



Fall Hockey 2023

IceLand Ice Arena Hockey Program

8435 W. Ballard Road Niles, IL 60714 (847) 297-8010

Resident Registration: August 1

Open Registration: August 3 –August 31

\$5 late fee after Aug 31

**No Classes October 9, October 31, November 11,
November 21-26, December 9-10**



"Intro to" Rookie RANGERS

An opportunity to try out our Rookie Rangers class for a very little investment. This class is for novice level skaters with an interest in playing hockey. All basic equipment (skates, shin-guards, elbow pads, gloves, helmet and stick) will be lent out to the players. Those skaters who have their own equipment are also welcome into this class.

◆ **Pre-Requisite:** Players should have prior skating experience and be stable on the ice.

<u>Code:</u>	<u>Sec.:</u>	<u>Age:</u>	<u>Time:</u>	<u>Day</u>	<u>Date:</u>	<u>Fee:</u>
433301	08	5-13	5:00-5:30 pm	Wed	09/06	Res \$10 / Non-Res \$20



ROOKIE RANGERS

Our most basic hockey class. Designed for beginner skaters with an interest in playing hockey. Skills covered in this class involve all basic skating skills-push & glides, stops, turns, backwards skating, transitions and crossovers. Stick and pucks are used in class to give each child a "taste" of playing hockey. All basic equipment (skates, shin-guards, elbow pads, gloves, helmet and stick) will be lent out to the players. Players who have their own equipment are also welcome into this class. Enrollment is limited.

◆ **Pre-Requisite:** Complete Intro Class with approval of Niles Hockey Instructor or possess basic skating skills and be able to glide. Players must be able to stand on the ice without assistance and be able to balance.

<u>Code:</u>	<u>Sec.:</u>	<u>Age:</u>	<u>Time:</u>	<u>Day</u>	<u>Date:</u>	<u>Fee:</u>
433302	01	5-7	2:00-2:30 pm	Sat	09/09-12/16 (12 Weeks)	Res \$129 / Non-Res \$161
433302	02	8-13	2:00-2:30 pm	Sat	09/09-12/16 (12 Weeks)	Res \$129 / Non-Res \$161
433302	03	5-7	1:00-1:30 pm	Sun	09/10-12/17 (14 Weeks)	Res \$150 / Non-Res \$188
433302	04	8-13	1:00-1:30 pm	Sun	09/10-12/17 (14 Weeks)	Res \$150 / Non-Res \$188
433302	05	5-7	1:45-2:15 pm	Sun	09/10-12/17 (14 Weeks)	Res \$150 / Non-Res \$188
433302	06	8-13	1:45-2:15 pm	Sun	09/10-12/17 (14 Weeks)	Res \$150 / Non-Res \$188
433302	07	5-7	5:00-5:30 pm	Wed	09/13-12/13 (13 Weeks)	Res \$140 / Non-Res \$175
433302	08	8-13	5:00-5:30 pm	Wed	09/13-12/13 (13 Weeks)	Res \$140 / Non-Res \$175



POWER RANGERS

Power Rangers is the next progression after a successful evaluation from our Rookie Rangers class. This class continues to cover skating at an intermediate level, as well as offering instruction on other skills of the game, including puck handling, passing and shooting. We strongly encourage players who have joined a Rangers team to continue to work on their individual skill development by taking a Power Rangers class. Full equipment is required. Enrollment is limited.

◆ **Pre-Requisite:** Successful attainment of skills that are taught in Rookie Rangers and approval of hockey instructor or hockey director.

<u>Code:</u>	<u>Sec.:</u>	<u>Age:</u>	<u>Time:</u>	<u>Day</u>	<u>Date: (7 weeks)</u>	<u>Fee:</u>
433303	01	7-8	7:05-8:05 pm	Thurs	09/07-10/19	Res \$150 / Non-Res \$188
433303	02	9-14	7:05-8:05 pm	Thurs	09/07-10/19	Res \$150 / Non-Res \$188
433303	03	7-8	7:05-8:05 pm	Thurs	10/26-12/14	Res \$150 / Non-Res \$188
433303	04	9-14	7:05-8:05 pm	Thurs	10/26-12/14	Res \$150 / Non-Res \$188



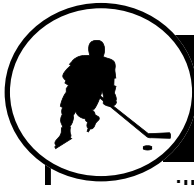
Stickhandling, Passing and Shooting Clinic

Back by popular demand! This class will cover the basics of protecting the puck, moves and fakes, stickhandling and passing. It will also go over proper

shooting technique for wrist and backhand shots. Players will have the opportunity to work on passing and shooting situations that they will see in games. For example, the players will work on knowing when to 'open up' and how to properly execute a successful net drive.

- ◆ **Pre-Requisite:** Must be on a team at the U8 Level or above.

<u>Code:</u>	<u>Sec.:</u>	<u>Who:</u>	<u>Time:</u>	<u>Day</u>	<u>When: (4 weeks)</u>	<u>Fee:</u>
433304	06	Ages 7-14	7:05-8:05 p.m.	Tues	10/03 - 10/24	Res \$86 / Non-Res \$108



Adult Hockey Clinic

This clinic is designed for beginner and intermediate level players 16 years old and over. Full equipment is required for the clinic. The structure of the clinic

will be drills and scrimmaging.

*This class needs at least 10 skaters registered in order for it to run.

- ◆ **Pre-Requisite:** Must have full equipment and possess basic skating skills. Players need their own equipment for this class.

<u>Code:</u>	<u>Sec.:</u>	<u>Who:</u>	<u>Time:</u>	<u>Day</u>	<u>When: (13 weeks)</u>	<u>Fee:</u>
433304	01	Ages 16-99	9:45-10:45 p.m.	Mon	09/11 - 12/11	Res \$280 / Non-Res \$350



Goalie Clinic

This class will use station-based training that will

allow for maximum repetitions to further each goaltenders development. Goalies will learn and work on their fundamentals, rebound control, proper save selection, recovery, etc. Goalies of all levels are welcome. This class has a maximum of 9 goalies.

<u>Code:</u>	<u>Sec.:</u>	<u>Who:</u>	<u>Time:</u>	<u>Day</u>	<u>When:</u>	<u>Fee:</u>
433304	03	Ages 7-10	5:50-6:50 p.m.	Fri	09/08 - 09/29 (4 Weeks)	Res \$86 / Non-Res \$108
433304	04	Ages 11-14	5:50-6:50 p.m.	Fri	09/08 - 09/29 (4 Weeks)	Res \$86 / Non-Res \$108
433304	05	Ages 7-14	7:05-8:05 p.m.	Tues	11/07 - 12/12 (5 Weeks)	Res \$108 / Non-Res \$135



Body Contact / Shooting Clinic

This clinic will cover age specific progression of body contact skills. This will include safe ways to play along the boards, using leverage to play the puck and

"heads up hockey". Body checking, angling and more experienced shooting techniques will be taught to the bantam level and above players. The U8 mite through peewee aged players will work on proper shooting technique for wrist and backhand shots, stickhandling, puck protection, moves and fakes and angling.

- ◆ **Pre-Requisite:** Must have completed one session of Power Rangers or played on a Rangers U8 team or above this past Spring or Fall season.

<u>Code:</u>	<u>Sec.:</u>	<u>Who:</u>	<u>Time:</u>	<u>Day</u>	<u>When: (3 weeks)</u>	<u>Fee:</u>
433304	07	Ages 7-11	7:05-8:05 p.m.	Tues	09/05 - 09/19	Res \$65 / Non-Res \$81
433304	08	Ages 12-16	7:05-8:05 p.m.	Tues	09/05 - 09/19	Res \$65 / Non-Res \$81