

Course Schedule

Saturday

11:50am-12:55pm **Pre Hockey**

1:00pm-1:45pm **TOT Hockey**

Wednesday

5:30pm-6:15pm **TOT Hockey**

6:15pm-7:20pm **Pre Hockey**

Equipment Requirements

TOT Hockey = Helmet, Gloves and Comfortable Clothes, i.e. jogging pants, sweat pants, no jeans.

Pre Hockey = Helmet (with face mask), Gloves, Shin Guards, and Elbow pads, Hockey Pants, Sticks.

Skate Rental = \$2.00

Equipment Rental = \$75.00

Bag includes helmet, gloves, elbow guards, shin guards, shoulder pads, and pants.

(The equipment rental is for the duration of the 6 week Hockey Academy courses. At the end of the course, you may keep the equipment or you may return the equipment for a \$60 refund).



1581 W. Normantown Road
Romeoville, IL 60446
(815) 886-4423

- There will be a maximum number of skaters allowed to enroll in each class. Classes will be closed when they have reached capacity. New classes will be opened on an as needed basis.
- Name tags will be located at the registration desk.
- Parents are not allowed on the practice area.
- Skaters will be evaluated throughout the session and coaching staff will recommend the next enrollment level.
- Pre-registration priority is given to current skaters in the program.
- Each skater will receive one free open skate pass at the end of the session.
- Please be aware there is a NO REFUND policy.
- Registration ends after the third week of class.

Fall 2009



October 7th-December 12th

info@iicskate.com

Ice Skating and playing ice hockey is a great way to stay physically fit and have FUN! The Little Huskies Academy follows the curriculum of the U.S. figure skating program in conjunction with U.S.A. Hockey and the NHL. The program includes classes for all skill levels aged 3 to adults.

The Little Huskies Academy provides the opportunity for participants to enhance their skills through a set curriculum based on individual ability and achievement.

Tot Hockey Classes Include:

Snowplow Sam 1

Sit and stand up on ice
March in place
Dip in place

Snowplow Sam 2

Dip while moving
Forward two-foot swizzle
Two-foot hop in place

Snowplow Sam 3

Forward skating
Backward swizzles
Curves

Pre-Hockey 1

Sit on ice and stand up	Scooter pushes or T-push
Proper stance	Forward swizzles
March forward across the ice	Snowplow stop
Forward two-foot glide	Backward skating
Dip or squat	

Pre Hockey Classes

Pre-Hockey 2

Backward stance	Backward Hustle
Skating forward using full strides	Backward Swizzles
Forward one foot glides: R&L	Glide turns; both directions
	Having snowplow stops

Pre-Hockey 3

Forward C-cuts (1/2 swizzle pumps) on circle R&L
Hockey turns, R&L, with speed in and out of turn
Forward slalom
Forward stops and starts
Backward v-stop
Lateral marching crossover, both directions

Pre-Hockey 4

Forward one-foot pushes on a circle
Forward crossover glides: hold feet in crossed position for 2 counts
Forward crossovers: clockwise & counter clockwise
Alternating backward: C-Cuts in a line: 1/2 swizzle pumps

In House Hockey League

Introduction to game play with a "5on5" format, real hockey.
Bridge the gap from Little Huskies to travel hockey.

Levels of Play: Mites, Squirts, Peewees, & Bantams

(if enough players)

- Team Practices/Games with coaches and referees in a IIC House League.
- No Travel
- 12 Weeks per session– 10 Practices, 10 games, 2 Playoff games
- Equal playing time for all emphasis on having fun.
- Weekly skill development sessions (optional)
- Goalie Fee- \$480.00 for all three sessions

Class Fees

Snowplow Sam 1	\$100.00
Snowplow Sam 2	\$100.00
Snowplow Sam 3	\$100.00
Hockey 1	\$125.00
Hockey 2	\$125.00
Hockey 3	\$125.00
Hockey 4	\$125.00
House League (per session)	\$480.00

Class Schedule

Wednesday Classes:

10/7, 10/14, 10/21, 10/28, 11/4,
11/11, 11/18, 12/2

Saturday Classes:

10/10, 10/17, 10/24, 10/31, 11/14,
11/21, 12/5, 12/19

(course schedule available)

Pro Day:

12/12 @ 10:40am

Included in your enrollment

No Class On:

11/7, 11/25, 11/28

Private Lessons:

Contact: Scott Allord

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