

What is ADM & Cross-Ice Hockey?

Cross-Ice hockey is a developmental model where players practice and play across the ice surface rather than lengthwise. The rink can be split into three sections to separate games or practice areas. Playing hockey in this manner will help your skater improve exponentially as skaters will experience:

- More touches on the puck and puck movement
- Fewer whistles (no off-sides or icing)
- More passing and shooting opportunities
- More changes of direction to improve skating
- More game play and fun!

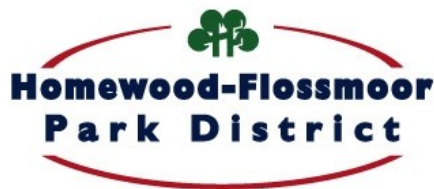
Cross-Ice hockey has been used at all levels including elite levels like AAA, Juniors and even the NHL. It promotes small area games which helps in learning and understanding the game of hockey.

USA Hockey and AHAI (Amateur Hockey Association of Illinois) fully support this style of play; they call it the **American Development Model (ADM)**, as it allows players to develop at the appropriate rate and skaters have more fun. The South Suburban Hockey League encourages its members to organize a program for their participants that follows ADM. Dyno-Mites is how we are providing ADM to the Homewood-Flossmoor Ice Arena.

ADM uses “stations” while practicing which allows for more skating and skills. ADM also has a larger practice to game ratio, focusing less on competition and more on skill development.



H-F Viking Youth Hockey Program



Dyno-Mites Contact and H-F Hockey Director

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*Homewood-Flossmoor
Park District*

Dyno-Mite

ADM Hockey Program
At H-F Ice Arena



DYNO-MITES **H-F ICE ARENA**

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Flossmoor, IL 60422*

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If you have questions, are interested in signing up for Dyno-Mites, or want to discuss coaching please contact Brit Terry at bterry@hfparks.com or 708.957.0100.

What is a Dyno-Mite?

A Dyno-Mite is a young skater born between the 2003-2006 birth years. This program is meant to be a stepping stone to the youth league program and geared to help younger players be better prepared for the league in upcoming years. Dyno-mites is an in-house hockey program where the teams only practice and play at H-F. Both boys and girls are welcome in this program.

All participants must have successfully completed a learn to skate program or have some skating experience (no game or league experience). This program is NOT meant for skaters who are developed enough to play at the Mite hockey level. If you are unsure if your child is the right fit for this program please call the rink and we can set up a time to watch your child skate.

What about Coaches?

The Dyno-Mite coaches will be parent/family volunteers. ALL coaches will be screened through AHAI, registered with USA Hockey and will complete their Level 1 Coaches Certification through USA Hockey. If you are interested in helping please let us know at registration.

How it works

Skaters will have 2 ice slots each week. One practice with a small group in the studio arena and one practice with all the Dyno-Mites in the main arena.



Every few weeks a Jamboree Day (game day) will be played in cross-ice format in place of the practice in the main arena. Teams will compete 3 on 3 and each team will have a goalie.

Teams will be decided based on parity. Cross-ice games are generally high scoring due to so

many more opportunities than if the games were played lengthwise.

Dyno-Mite Fees

\$500/Skater

Fees include all the practice/Jamboree slots, a jersey and awards at the end of the season.

H-F offers a monthly payment plan where payments are automatically withdrawn from your account and you provide a credit card. Otherwise a payment in full is required.

Other fees may include; tournaments, socks or extra ice time

The Details

Dyno-Mites runs for 25 weeks:

September 25, 2011-March 11, 2012

Excludes Oct 30, Nov 23, 24, 27, Dec 25 and Jan 1

Teams will have 2 ice slots; 1 during the week and 1 on Sunday afternoon. The weekday slot will vary each week (you will be given a full schedule once registration is complete). Possible weekday slots are:

Wednesday 6:15-7pm or Thursday 6:15-7pm, 7pm-7:45pm, 7:45-8:30pm

The Sunday slot is 2:40-3:50pm EVERY week.

Teams will play in 12 Jamboree Days (Sunday). Sunday slots not used for a Jamboree will be a practice slot for each team.

Registration/Pre-season

Meeting!

Wednesday, September 7 @ 6pm is a REQUIRED parent meeting. Please come with all questions and concerns. You will be informed of the first practice date of the season.

After the parent meeting registration will begin. Please come prepared to the meeting with your first installment or full fee. ***You cannot sign up without your current USA Hockey registration confirmation form. Register your skater at www.usahockey.com, print the form and bring it with you.