



# Spring 2023 Season Information



The Ice Bears program competes in the Northwest Hockey League. This league focuses on competitive hockey while still allowing for balanced ice time for all players. The Oak Park Ice Bears program is based on the three pillars of developing a love for the game of hockey, a dedication to skill development, and being a model organization in terms of sportsmanship. Spring hockey is a great way for current players to get more ice time and practice to continue skill development for the next season. New Players also get the opportunity to experience Travel House Hockey without committing to a full season.

## New Players

*Players who are new to the Ice Bears Program **MUST** be evaluated **PRIOR** to registration. Contact Dan Seltzer at [hockey@pdop.org](mailto:hockey@pdop.org) to set up an evaluation. Anyone who registers without being evaluated will be removed from the roster and lose their place on the team*

Registration Timeline	
<b>RETURNING RESIDENT ICE BEARS (Most Recent Season)</b>	Friday, February 3, 8:30am
<b>OAK PARK RESIDENTS</b>	Saturday, February 4, 8:30am
<b>RETURNING NON-RESIDENT ICE BEARS (Most Recent Season)</b>	Sunday, February 5, 8:30am
<b>OPEN REGISTRATION</b>	Saturday, February 11, 8:30am
<b>PRELIMINARY REGISTRATION CLOSURES</b>	Thursday, March 2, 11:59pm

## Tentative Spring Timeline

**Week of March 20:** Sportsmanship meetings, team divisions as necessary, 14U Contact Clinics, and practice begins.

**March 26:** Scrimmage Saturday- All teams will scrimmage for practice before games begin

**Game Scheduling:** TBD – Your head coach or team manager will communicate when possible. Games are usually on the weekends. Home game times are listed below “Weekly Schedule”

**Games Begin:** April 1

**Season Ends,** League Tournament Begins: June 2

**Season Conclusion/Championships:** June 10 & 11

## Weekly Schedule

For Spring 2023, each team will have a one-hour practice once a week, and 2 hours of training with Goodman Elite Training once a week (One hour on-ice, one hour off-ice)

### Potential Practice Times\*

Mondays: 4-5, 5:10-6:10, 6:20-7:20, 7:30-8:30

Thursdays: 7:45-8:45

Fridays: 4-5, 5:10-6:10, 6:20-7:20

### Potential Weekend Home Game Slots

Saturdays: 3:45-4:55, 5:10-6:20

Sundays: 8:45-9:45, 10-11, 11:15-12:15

*\*Subject to Change Based on Registration Numbers, will be decided once registration is complete. The practice schedule will be decided based on registration by Friday, March 10th.*

Generally there are teams at each level, however, a team may not be offered at all levels pending registration outcomes.

**The program reserves the right to add players based on circumstance.**

## Age Levels by Birth Year

Players will be required to play at their appropriate age level.

**Mite (8U): 2015-2016**

**Squirt (10U) : 2013-2014**

**All Girls Team: Ages TBA by February 2nd**

**Peewee (12U): 2011-2012**

**Bantam (14U): 2009-2010**



# Program Information

## Sportsmanship Meetings

All players will participate in a Sportsmanship Meeting with the Aquatic & Rink Program Supervisor on the first day of practice. In this 30-minute meeting, we will discuss sportsmanship basics such as acting with empathy, winning and losing with grace and making meaningful apologies. These meetings will further the Park District’s mission to be a model organization in terms of sportsmanship as well as give players valuable information to take with them in all areas of sport and competition.

All parents and guardians will be invited to a similar meeting on the same day in which we will discuss how to report unsportsmanlike behavior and tools you can use to support your player’s personal growth as well as their development as an athlete.

## Goodman Elite Training

Oak Park and Goodman Elite Training are pleased to continue their training partnership! Goodman Elite Training is directed by Paul Goodman, Chicago Blackhawks Head Strength & Conditioning Coach, and 3 X Stanley Cup Winner. Goodman Elite’s full-time coaching staff are highly educated, NSCA-certified strength and conditioning coaches, maintaining the highest level of coaching standards in the industry.

Practicing his success at the NHL level and D1 Hockey strength & conditioning, Paul Goodman brings his scientific approach and proven holistic training program directly to Ridgeland Common Recreation Complex. Each training session will mirror the Goodman philosophy, containing elements of speed, balance, power, agility, mobility, total body and core strength. Our athletes will receive a world-class strength & conditioning program during the 2022/23 hockey season.

For the Spring 2023 season, Goodman Elite Coaches will train all teams for 2 hours a week, one-hour on-ice, and one-hour off-ice.

## Parent Volunteer Opportunities

The Ice Bears program is run on the generosity of our parent volunteer coaches and managers. If parents are interested in volunteering to coach or manage a team, they should reach out to the Program Supervisor directly. The Park District requires all volunteers to submit to a background check as well as remain compliant with all USA Hockey volunteer requirements.

## Checking Clinics

### Bantam Checking Clinics Dates & Times

All Bantam-level players must participate in checking clinics to play league games.

- Tuesday, March 21<sup>st</sup> Off-Ice 4:45-5:45P On-Ice 6:00-7:00P
- Wednesday, March 22<sup>nd</sup> Off-Ice 4:45-5:45P On-Ice 6:00-7:00P
- Thursday, March 23<sup>rd</sup> On-Ice 6:30-7:30P



## Scan to Register!

Registration begins at 8:30A on:

- Friday, February 3<sup>rd</sup> for returning Oak Park resident Ice Bears
- Saturday, February 4<sup>th</sup> for new Oak Park resident Ice Bears
- Saturday, February 5<sup>th</sup> for returning non-resident Ice Bears
- Saturday, February 11<sup>th</sup> for new non-resident Ice Bears

## Program Contacts

Dan Seltzer  
Hockey Coordinator  
[Daniel.Seltzer@pdop.org](mailto:Daniel.Seltzer@pdop.org)  
708-725-2312

Abby Sacks  
Aquatic & Rink Program  
Supervisor  
[Abby.Sacks@pdop.org](mailto:Abby.Sacks@pdop.org)  
708-725-2303

Kayla Lindgren  
Aquatic & Rink Manager  
[Kayla.Lindgren@pdop.org](mailto:Kayla.Lindgren@pdop.org)  
708-725-2315



# Level Clarifications and Requirements

## Mite program

The Mite level at the Ice Bears will be formatted a bit differently than all the other levels. It will still participate in the NWHL, but will begin play with cross ice games, a 3 game pre tier, 6 game regular season and end of season tournament. Mite hockey is designed to introduce the game to players who are comfortable skating and ready to learn more advanced hockey maneuvers. Players interested in this team must have hockey experience prior to signing up and **MUST** attend one of the evaluation days. Please contact Dan for more information.

## Bantam Program

The Bantam team will work to better prepare players for high school hockey by focusing on high level game understanding, character development, and player responsibility in addition to skill development, sportsmanship, and fun. Checking is introduced at the Bantam level and players transitioning to the Bantam level must be equipped with the proper skills and experience to participate safely. Therefore, players interested in the Bantam Team must be evaluated by the Hockey Coordinator in order to enroll, **prior years of play DO NOT guarantee Bantam level eligibility.**

# Skater Registration Requirements

## Pre-Requisites – Mite

New Mite (U8) players must have minimally passed Mighty Cub 4, completed 2 sessions of Skills and Drills, and completed 2 sessions of Ice Bear Prep League PRIOR to registering. Players who have not met these requirements will be removed from the roster.

## Pre-Requisites – Squirt

New Squirt players must have minimally passed Mighty Cub 4, completed 3 sessions of Skills and Drills and Ice Bear Prep, as well have taken Power Skating League PRIOR to registering. Players who have not met these requirements will be removed from the roster.

## Peewee and Up

Peewees and Bantams must show that they have surpassed the requirements of squirt and their skating and stick handling is strong enough to safely participate in contact hockey. Contact the Program & Operations Manager of Ice Arena for prerequisite information and to set up an evaluation.



# Pre-Registration Instructions



**Player must be present with his/her parents during the online sign-up. A valid 2021-2022 USA Hockey number and payment of initial deposit will be required. We will NOT accept a registration form WITHOUT a valid USA Hockey Number. Instructions to register with USA are on the following page.**

## **If You Did NOT Participate in the MOST RECENT Ice Bears Season**

1. Create household account in the new registration system if you have not done so already
  - a. <https://www.pdop.org/createaccount/>
2. Put a PDOP program in your cart for your player, you do not need to check out, however this gives the Park District of Oak Park permission to view your account [A public skate works great!]
3. Email [Kayla.Lindgren@pdop.org](mailto:Kayla.Lindgren@pdop.org) to notify that your household is created and that your player has been added to your account
4. Kayla will add the appropriate skill to your player in order for them to register on the appropriate date
5. The skill will be assigned based upon birth year, resident status, and returner status.
6. The skills will be applied and then you will be able to successfully register on your appropriate date through registration link that will be supplied to you after skills are assigned.
7. Visit the "Store," and select Ice Bears Spring 2022 then your players proper level.

*If your household does not notify Kayla that your household is ready to have the skill added before registration begins you will not be able to register.*

## **If You Have NEVER Participated in Ice Bears**

Any player who has NEVER played a Fall or Spring Ice Bears season before, will be required to attend a Pre-Evaluation Skate, please contact Dan Seltzer at [hockey@pdop.org](mailto:hockey@pdop.org) to set up your players evaluation. In the interest of setting players up for success, the coaching staff will be putting players through drills to assess if they are ready for travel level play. **If a new player does not attend a pre-evaluation, they will forfeit their spot on the team and it will be given to the first waitlisted player.**

# USA Hockey Registration

In addition to completing and handing in the Park District of Oak Park In-House Travel Hockey registration, ALL players and coaches must register for USA Hockey ONLINE for the upcoming season.

## **Step 1: Complete the online registration process**

1. Go to [www.usahockeyregistration.com](http://www.usahockeyregistration.com)
2. Click on the 'Ice Players & Coaches' button
3. Select the correct season and follow the prompts to register
4. Process payment using- Visa, MasterCard, Discover, or American Express (credit or debit card)
5. Print out your confirmation page. Make sure you do this as you will need to turn it in with your registration packet.



**Step 2: Submit your USA Hockey Confirmation Number as part of your online Amilia registration. Without completing this step, your skater can not be added to any USA Hockey Roster and will NOT be able to participate in the program.**



# Travel House Pricing



Cost for this program includes:

- All ice time associated with weekly games and practices
- League and Tournament fees
- Scheduler and officials' fees.
- **New in Spring 2023:** 2 hours a week of Goodman Elite Training
- **New in Spring 2023:** 5 punch Stick & Puck punch pass
- Spring registration also includes 2 jerseys for each player.

Registrants may pay the Full Cost at registration or sign up for the payment plan as outlined below:

Age	Full Cost		Deposit	Mar 1 Payment	Apr 1 Payment	May 1 Payment	Jun 1 Payment
8U	\$700	OR	\$200	\$125	\$125	\$125	\$125
10U	\$750		\$250	\$125	\$125	\$125	\$125
10UG	\$550		\$150	\$100	\$100	\$100	\$100
12U	\$750		\$250	\$125	\$125	\$125	\$125
12UG	\$550		\$150	\$100	\$100	\$100	\$100
Girls	\$750		\$250	\$125	\$125	\$125	\$125
GirlsG	\$550		\$150	\$100	\$100	\$100	\$100
14U	\$800		\$300	\$125	\$125	\$125	\$125
14UG	\$600		\$200	\$100	\$100	\$100	\$100

Financial assistance is available, for more information, please visit <https://pdop.org/financial-assistance/>

***\*Any deposits and payments made prior to withdrawing from the program at any point are non-refundable unless the program is canceled by the Park District of Oak Park.\****

## Additional Registration Questions in Amilia

**Jersey Number:** If Players were on the Ice Bears in Fall, they **MUST use the number that they have been assigned. If you are unsure of your player's number, contact [abby.sacks@pdop.org](mailto:abby.sacks@pdop.org) BEFORE registration. If your player is new to the ice bears, please choose three numbers\* your player would like to have. Number selection during registration does NOT guarantee that number for your player during the season.** If there is an issue with the number selected, PDOP staff will reach out to parents prior to the start of practices.

\*The Park District attempts to keep players' numbers consistent throughout their Ice Bears career, to do this please ensure your players' number matches the parity of their birth year:  
 Players with even birth years (2010, 2012, 2014, 2016) have even jersey numbers.  
 Players with odd birth years (2009, 2011, 2013, 2015) have odd jersey numbers.

**USA Hockey Number:** All players must register with USA Hockey every year. Please follow the USA Hockey Registration instructions on page 4 and provide the players USA Confirmation Hockey number which is a combination of 9 numbers and 4 letters located in the PDF confirmation emailed to you after registering with USA Hockey. The fourth number must be "3" for the Spring 2023 Season



**THE FOLLOWING FORMS  
ARE TO ASSIST WITH  
ONLINE REGISTRATION.  
THEY WILL NOT BE  
COLLECTED.**

**USA Hockey Numbers must be  
submitted for ALL PLAYERS or  
they will not be allowed on the  
ice.**



**Waiver Required!** For insurance purposes, Park District programs and activities require signed waiver.  
Please sign the waiver section below.

**RELEASE AND HOLD HARMLESS AGREEMENT**

Please read this form carefully and be aware that in signing up and participating in this program (s), you will be waiving and releasing all claims for injuries you might sustain arising out of this program (including transportation services, when provide).

As a participant in the program (s), I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of injuries, damages or loss which I may sustain as a result of participating in any and all activities with or associated with such program (s).

I agree to waive and relinquish all claims I may have as a result of participating in the program (s) against the Park District of Oak Park and its officers, agents, servants, and employees. I do hereby release and discharge the Park District of Oak Park and its officers, agents, servants, and employees from any and all claims from injuries, damage or loss which I may have or which may accrue to me on account of my participating in the program(s).

I further agree to indemnify and hold harmless and defend the Park District of Oak Park and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages, and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program (s)

**I have read and fully understand the above Program Details and Waiver Release Claims. Waivers MUST be signed by participant (s)' legal guardian. Facsimile signatures will be considered as original by the District.**

Signature (s) : \_\_\_\_\_ Date: \_\_\_\_\_





# Player Code of Conduct Policy

Park District of Oak Park



Player's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

With the interest in providing the best hockey experience for everyone, we have adopted the following Player Code of Conduct Policy. Each player is required to read the information below and sign the bottom of this form, acknowledging that you understand and are willing to abide by the policies set forth.

## Player Responsibilities

1. I will place the emotional and physical well being of my teammates ahead of my personal desire to win.
2. I will set an example by demonstrating fair play and good sportsmanship to all players, coaches, officials and staff.
3. I will consider it a privilege to participate in the Ice Bears Hockey Program and will act respectfully toward others, before, after, and during each practice or game.
4. I agree to accept the direction of my coach and fellow teammates when delivered in a constructive and positive manner.
5. I will treat with utmost respect every ice arena's facilities and property. I will leave all locker rooms in the best possible condition.

INFRACTIONS OF THE CODE OF CONDUCT AND MISBEHAVIOR MAY INCLUDE, BUT ARE NOT LIMITED TO THE FOLLOWING

\*Unsportsmanlike conduct

\*Fighting

\*Offensive language

\*Repeated delay of practice or game

\*Refusing to shake hands after the game

\*Excessive game penalties

\*Bullying

## Player Code of Conduct

Any player's behavior, occurring in or about any ice arena during a game or practice, that brings discredit on Ridgeland Common, Ice Bears Hockey Program or any of its players, parents, or coaches, shall immediately be reported to the Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager as appropriate. Upon such report, the Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager shall take whatever steps necessary to investigate the incident. If such investigation reveals the incident occurred, the offending player shall be barred from further games and/or practices for such a period as the Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager deem appropriate. The Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager reserve the right to extend and/or supplement any penalties or game suspensions imposed by any official of the *Amateur Hockey Association of Illinois* or any of its affiliates.

REFUNDS WILL NOT BE GIVEN TO ANY PLAYER.

I have read, understand, and agree to follow the above Code of Conduct. My coach and/or Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager have answered all questions.

\_\_\_\_\_  
Signature of Oak Park Ice Bears Player

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date





# Parental Code of Conduct Policy

Park District of Oak Park



Player's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

With the interest in providing the best hockey experience for your child, we have adopted the following Parental Code of Conduct Policy. Each parent is required to read the information below and sign the bottom of this form, acknowledging that you understand and are willing to abide by the policies set forth. Thank you for your support on this issue.

## Parental Responsibilities:

1. Have your child at the arena, allowing enough time to get ready (minimum ½ hour). Lockers rooms are available and should be used at all times, rather than changing in the upper or lower lobby.
2. Always show support towards your child and the other children out on the ice. Don't forget that they are only children. Your support means a lot to them.
3. Set a good example by treating the officials, coaches, athletes, and fans with respect and dignity. *Remember, hockey is a game and a game should be FUN!* It is your responsibility to demonstrate the same type of behavior we wish to see in our children.
4. Support the coaches. Remember, they are *volunteering* their time. If you have a problem or suggestion, please discuss it with the Team Manager.
5. Never discipline your child for making mistakes or losing. Winning is not the main objective of the Ice Bears Hockey Program.
6. Coaches will attempt to provide *fair* ice time for all players, no matter their ability. Once again, as long as everyone gets to play and have fun the game was a success...no matter who had the highest score.

## Parental Code of Conduct

Any parent's behavior, occurring in or about any ice arena during a game or practice, that brings discredit on Ridgeland Common, Ice Bears Hockey Program or any of its players, parents, or coaches, shall immediately be reported to a Coordinator and the Hockey Director as appropriate. Upon such report, the Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager shall take whatever steps necessary to investigate the incident. If such investigation reveals that the incident occurred, the offending parent shall be barred from further games and/or practices for such period as the Hockey Coordinator, Program Supervisor, and/or Aquatic and Rink Manager deems appropriate. If the behavior is reported by an official to the *Amateur Hockey Association of Illinois*, a minimum suspension of three games will follow. If such parent who is suspended appears at any game or practice from which the parent has been banned, the child of the parent shall be benched for such period of time as that parent remains in violation.

I have read, understand, and will abide by the Parental Code of Conduct as outlined above. By signing below, I am committing my entire family to abiding by this policy.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date



# USA Hockey Zero Tolerance Policy

Park District of Oak Park



In an effort to make ice hockey a more rewarding experience for all participants, AHAI has instructed the Officiating Program to adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, coaches, officials, team officials, administrators, and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during, and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all On-Ice Referees and Linesmen.

## **Players**

A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a player:

1. Openly disputes or argues any decision made by an official.
2. Uses obscene or vulgar language at any time, including swearing, even if it is not directed at a particular person.
3. Visually demonstrates any sign of dissatisfaction with an official's decision.

Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such actions.

## **Coaches**

A minor penalty for unsportsmanlike conduct (Zero Tolerance) shall be assessed whenever a coach:

1. Openly disputes or argues any decision made by an official.
2. Uses obscene or vulgar language in a boisterous manner to any one at any time.
3. Visually demonstrates any sign of dissatisfaction with an official's decision, including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players, or spectators.

Any time that a coach persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such actions.

## **Officials**

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial, and constructive manner at all times. The actions of an official must be above reproach. Actions such as "baiting" or inciting players or coaches are strictly prohibited. On-ice officials are ambassadors of the game and must always conduct themselves with responsibility in mind.

## **Parents/spectators**

The game will be stopped by on ice officials when the parents/spectators are displaying inappropriate and disruptive behavior, interfere with other spectators, or interfere with the game. The on-ice officials will identify violators to the coaches for the purpose of removing the parents/spectators from the viewing and game area. Once removed, play will resume. Lost time will not be replayed and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

1. Using obscene or vulgar language in a boisterous manner to anyone at any time.
2. Taunting players, coaches, officials, or other spectators by means of baiting, ridiculing, threat of violence, or physical violence itself.
3. Throwing any object in the spectator's viewing area, players bench, penalty box, or on the ice surface, directed in any manner to create a safety hazard.

## **Equal Opportunity Policy**

USA Hockey shall provide an equal opportunity to armature athletes, coaches, trainers, managers, administrators, and officials to participate.