

**2017-2018 River Otters
Player and Parent Manual**





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Heads Up Concussion Facts Sheet

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IceHogs Scholarship

Holiday Skate Gift Pack



Dear Parents and Players,

Welcome and thank you for enrolling your child in the 2017-2018 River Otters team. Please use this manual as a guide for this season. Inside you will find information such as park district contact information, equipment sizing, schedules, and codes of conduct.

Our goal is for you and your child have a fun experience and create long-lasting memories while providing a safe and supportive area for players to develop their skills. If you have any questions or concerns, please feel free to contact us at any of the points listed below.

From all of us at the Belvidere Park District, have a great season!



River Otters

Skill Evaluation Sessions

Dates:

Thursday, December 7 at 6:00 PM

Saturday, December 9 at 11:15 AM

Riverside Ice Arena

365 W. Locust St.

Belvidere, IL

Each player only needs to attend one session.

These will be used to determine skill levels for each player.

Equipment fittings will also be available on these dates.



PARENTS CODE OF CONDUCT

All River Otters parents are expected to follow the Code of Conduct

- Do not force your child to participate in sports, but support their decision to play their chosen sport for fun and learning. They will learn from coaches and other players. Make it fun!
- Do not embarrass your child by yelling at players, coaches, or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices, and how they benefit your young athlete. De-emphasize games and competition in younger age levels. Winning is exciting, but it should not be the only focus.
- Encourage your child to play by the rules. Help support the game and the referees. Any criticism of the officials only hurts the game, and consequently, your child.
- Applaud a good effort in both victory and defeat. Emphasize positive points of the game.
- Never yell at or physically abuse your child after the game or practice. Help remove all abuse in youth sports. Players require a good example as opposed to criticism.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them. If you enjoy the game, learn all you can about hockey – and volunteer.



SPECTATORS CODE OF CONDUCT

All spectators in attendance are expected to follow the Code of Conduct

- Display good sportsmanship. Always respect players, coaches, and officials.
- Act appropriately; do not taunt or disturb other fans. Enjoy the game together.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive. Cheer all good plays – Do not boo opponents.
- Help provide a safe and fun environment. Throwing any items on the surface can cause injury to players and officials. This also includes pounding on the glass, as it is also a playing surface.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Recognize good effort and teamwork. Be supportive after the game – win or lose.

PLAYERS CODE OF CONDUCT

All River Otters players are expected to follow the Code of Conduct

- All players are expected to conduct themselves in a respectful manner, both on and off the ice.
- Each player should focus on developing and improving his or her skills while also encouraging their teammates to do the same. This strengthens our team bond.
- Players should do their best to be on time for practices and games.
- Players will show respect to their coaches. If a coach offers advice to a player, he or she should do their best to listen and put that advice into action.
- Do not argue with the decision of the officials – If you have a questions regarding an official's decision, discuss it with your coach first!
- All players on and off the ice will refrain from using obscene, abusive language and gestures towards teammates, other players, coaches, officials, and parents.
- Refrain from retaliation – Unsportsmanlike conduct and misconduct penalties hurt the team.
- Most importantly: Remember that hockey is a game! Get out there and have fun!



SKILL EVALUATION DAYS

This year, we will be hosting two evaluation days on Thursday, December 7 at 6:00 PM and Saturday, December 9 at 11:15 AM. These are intended to ensure that your son or daughter is comfortable with skills such as skating forwards and backwards, along with handling a stick and puck. Each player only needs to attend one of these sessions.

If an on-ice instructor or coach feels that a player may not be comfortable with some of these skills, the player may be referred to the Learn-to-Play program.

EQUIPMENT

If your child needs equipment for the season, we will have it available. We request that fittings be done for equipment prior to the beginning of the season. Each player that requests equipment will need to return it at the end of the season. Below, you will find a list of sizing guides for each piece of equipment that is needed for each player.

Skates

The most important piece of equipment is the skates. Skates with a proper fit are essential to ensuring a player is safe on the ice. The fit of the skate itself will vary from brand to brand and even model to model. Below is a general listing for how to size skates based on shoe size.

Remember, each player will have different preferences on how they want their skates to feel. If your child falls between sizes, try the next size up. They will grow into their skates and you can always double up on socks. It will take a few sessions to break their skates in, so some foot pain the first few times they wear them will be normal. Most retailers will offer baking skates to help make breaking in skates easier.

YOUTH						
Skate size	8	9	10	11	12	13
Shoe Size (Youth)	9	10	11	12	13	1

JUNIOR										
Skate size	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5
Shoe Size (Youth)	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5
Shoe Size (Women's)				5	5.5	6	6.5	7	7.5	8

SENIOR										
Skate size	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
Shoe Size (Men's)	7.5	8	8.5	9	9.5	10	10.5	11	12	13
Shoe Size (Women's)	9	9.5	10	10.5	11	11.5	12			

EQUIPMENT

Helmet

Measure around your child's head. When choosing a helmet, you want to make sure that the helmet does not sit too loose on your child's head. Another important thing to keep in mind is the type of face protection that comes with the helmet. Facial cages help protect the entire face from potential injury from pucks and sticks. Clear protective visors or "bubbles" will help do the same without obstructing as much vision as a cage. In the cold, visors may have a tendency to fog up.

Youth-sized helmets measure 18.8-20.8 inches.

Senior sizes: Small – 20-21.4 inches, Medium – 20.4-22.4 inches, Large – 21.2-23 inches.

Shoulder Pads

Measure around your child's chest and note their height.

YOUTH			JUNIOR			ADULT		
	Chest (in)	Height		Chest (in)	Height		Chest (in)	Height
Small	21-25	3'3-4'1	Small	26-30	4'3-4'8	Small	36-40	5'5-5'9
Medium	23-27	3'7-4'4	Medium	28-32	4'7-5'0	Medium	38-42	5'7-5'11
Large	24-28	3'9-4'7	Large	30-34	4'11-5'4	Large	40-44	5'9-6'1

Elbow Pads

These are measured by height and weight

YOUTH			JUNIOR			ADULT		
	Weight	Height		Weight	Height		Weight	Height
Small	40-60	3'3-4'1	Small	60-90	4'3-4'8	Small	120-160	5'5-5'9
Medium	45-65	3'7-4'4	Large	80-100	4'11-5'4	Medium	140-180	5'7-5'11
Large	50-70	3'9-4'7						

Gloves

Measure from your child's fingertips to the end of your child's elbow pad. Say you measure a distance of 10.6" meaning your child falls between sizes; you should go up to the next size. If your child's fingertips touch the end of the glove, the glove is too small. The cuff of the glove should touch the end of the elbow pad.

Youth-sized gloves come in 8 and 9 inches.

Junior-sized gloves come in 10, 11, and 12 inches.

Senior-sized gloves come in 13, 14, and 15 inches.

EQUIPMENT

Shin Guards

Shin guards are generally measured in height but for accuracy and proper fit, they can be measured sitting down so that the leg is bent at a 90 degree angle. Measure the length of your child's shin from the top of the skate boot to the center of his or her kneecap.

YOUTH		JUNIOR		ADULT	
Shin Size	Height	Shin Size	Height	Shin Size	Height
7"	3'3-4'1	10"	4'3-4'8	13"	5'5-5'9
8"	3'7-4'4	11"	4'7-5'0	14"	5'7-5'11
9"	3'9-4'7	12"	4'11-5'4	15"	5'9-6'1
10"	4'3-4'8	13"	5'5-5'9	16"	5'11-6'3

Hockey Pants

Hockey pants are typically measured by waist size. They should extend from the bottom of the rib cage and cover the knee when bent. Try to look for hockey pants that have protection on both the front and back of the legs.

YOUTH		JUNIOR		ADULT	
	Waist (in.)		Waist (in.)		Waist (in.)
Small	20-22	Small	22-24	Small	30-34
Medium	21-23	Medium	24-26	Medium	32-36
Large	21-23	Large	26-28	Large	34-38
		X-Large	28-30	X-Large	36-40

Hockey Sticks

Hockey sticks come in three different sizes and each will have different characteristics. Each player will have their own preferences. Youth-sized sticks are used for 4-8. Junior sticks are used for 7-12. Intermediate sticks are used for 10-15. Senior sticks are used for 14 and up.

Sticks come in various flexes which determine how easily they bend. The higher the flex number, the stiffer the stick is. If a player uses a stick that is too flexible, it may snap, but if using a stick that is too stiff, they may struggle with handling the puck.

When measuring stick height, hold the stick straight up, parallel to your child. If your child is in skates, the stick should come no higher than the chin. If your child is not in skates, the stick should come no higher than your child's nose. If the stick is too tall for your child, most shops will be able to cut the stick down to the proper height.

JERSEYS

Measure around your child's chest. If your child measures 38", you should go a size or two up as a Youth Small would be too small. We recommend ordering a jersey size up since we will be playing outdoors and kids may want to have an extra layer or two underneath their jersey along with accommodating the equipment. Here is a jersey sizing chart taken from AthleticKnit.com.

YOUTH		ADULT	
Size	Chest (inches)	Size	Chest (inches)
Small	36-38	Small	41-43
Medium	38-40	Medium	43-47
Large	40-42	Large	49-51
X-Large	42-44	X-Large	53-55

As far as choosing a number, please have your child choose three numbers. If his or her first choice is not available, we will go with the second choice listed. Please detach the form below and turn it into River Otters Director.

(detach at dotted line and return to Rivers Edge)



Jersey Selection Form

Player's Name: _____

Player's Age Group: **7-10** **11-14** (circle one)

Player's Jersey Size: _____

Player's First Number Choice: _____

Player's Second Number Choice: _____

Player's Third Number Choice: _____

EQUIPMENT CHECKOUT FORM

If your child would like to check out equipment this year, please bring this form to one of the Skill Evaluation nights and we will fit them for their gear. Please feel free to use the guidelines provided in this manual to measure for your child's equipment.

Player Name:

Parent Name(s):

Phone Number:

Equipment

Size

Skates

Helmet

Shoulder Pads

Elbow Pads

Gloves

Hockey Pants

Shin Guards

Stick

Practice Jersey

#



PRACTICES

We will be holding practices on Thursday nights starting at 6:00 PM, and Saturday mornings starting at 11:15 AM. We encourage all players to come to each practice, but understand that emergencies do arise.

Remember, we will be playing and practicing outside. It is important for your player to wear an extra layer or two under their gear, as the temperature can be quite cold. We value the safety of our players.

Parents will be able to watch practices from the Warming House.

Due to the unpredictability of the weather, we will notify parents as far in advance if there is a cancellation. We will also not be holding practices when tournaments are scheduled to be at Riverside Ice Arena. Please refer to the handout in this folder for ways to stay updated on our schedule.



ICEHOGS FUNDRAISER

This year, we are partnering up with the Rockford IceHogs to raise money for the River Otters. We will be selling tickets to the game on Sunday, February 18, 2018. This means that you get a ticket to that night's game and the Belvidere River Otters will get a portion of that money back!

This is a great way to get the whole family out to a game!

We will provide more information on this exciting opportunity as it becomes available.



PUBLIC SKATE & OPEN SHOOT

Open Shoot and Open Skate times offer a great opportunity for players to sharpen up their skills.

Open Shoot times are grouped by age with 14 and under, along with 15 and over. There may be times where the ice is split to accommodate both age levels. Riverside Ice Arena requires that everyone have their own helmet, gloves, and stick. Full equipment is not required, but recommended for children who may not be used to wearing full equipment on the ice.

Open Skate times are open to the public.

Cost of Open Shoot: \$4

Cost of Public Skate: Children \$2 Adults \$4

Cost of Skate Rental: \$2

Adult Rat Hockey: \$5 (Goalies skate free)

RINK PASSES

Season passes to the rink are also available for Public Skate and Open Shoot sessions and can be used throughout the season. These are a great value if you want to spend time focusing on improving your puck handling and skating skills!

	Presale Through 11/1	Regular Price
First 2 Family Members	\$50	\$65
Each Additional Family Member	\$10	\$10
Individual	\$25	\$35
Late Addition/Lost Pass	\$10	\$10

All Family Passes include a Guest Pass for five Public Skate entries OR five skate rentals.

New this year is our Holiday Skate Gift Pack for \$85, see next page for details

RESOURCES

Below, you will find a list of retailers for purchasing hockey equipment and accessories.

Pete's Skate Shop
4150 N. Perryville Rd.
Rockford, IL 61111
Located in Carlson Ice Arena
(815)282-0568

Dick's Sporting Goods
6380 E. State St.
Rockford, IL 61108
dickssportinggoods.com
(815)397-7115

Pure Hockey/Total Hockey
170 Barrington Rd.
Schaumburg, IL 60194
purehockey.com
(847)798-9820

Play It Again Sports
6124 Northwest Hwy.
Crystal Lake, IL 60014
playitagainsportscrySTALLAKE.com
(815)459-1717

CONTACT INFORMATION

If you have any questions or concerns, please feel free to contact us.

Patrick Kloss
Recreation Supervisor
815-547-9557 ext. 31
pjkloss@belviderepark.org

Rivers Edge Recreation Center
1151 W. Locust St.
Belvidere, IL 61008
815-547-9557

Sara Garcia
Athletics Assistant
815-547-9557 ext. 35
vaspec@belviderepark.org

Riverside Ice Arena
365 W. Locust St.
Belvidere, IL 61008
815-547-9557 ext. 50#

Gabriel Castillo
Marketing Manager
815-547-9557 ext. 20
gcastillo@belviderepark.org

Administration Building
1006 W. Lincoln Ave.
Belvidere, IL 61008
815-547-5711

Kristen Chereso
Marketing Assistant
815-547-9557 ext. 20
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Chris McFarland
Recreation Supervisor
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