

NEWSLETTER



The official newsletter of the Irish Youth Hockey League

JULY 2023

VOL. 3

UPCOMING EVENTS

- **July 7-9** [ND Hockey Camps](#)
- **July 10-14** [Planet Hockey Camp](#)
- **July 11-** [IYHL Girls Skate](#)
- **July 14-16** [ND Hockey Camps](#)
- **July 17-19** [10u/12u Ice Box Camp](#)
- **July 17** [Goalie Clinic @Compton](#)
- **July 21-23** [Ryan Bischel Hockey Camp](#)
- **July 24** [Goalie Clinic @Compton](#)
- **August 26-28** Rovers tryouts
- **August 26-** Back to Hockey Day
- **August 29-** Shamrocks tryouts



Announcements

- **Travel team prospects-** It's tryout registration time!
Rovers: [register here](#).
Shamrocks: [register here](#).
- **Road to Rovers and Shamrock Shoutouts-** the twice weekly pre-tryout skates, will start the week of August 7 (details TBD).
- **GOALIES-** We have two clinics scheduled for July- the 17th and 24th, both at Compton. Register for [session one](#) and/or [session two](#).

SUMMER CALL OUTS

For travel teams

- 8U-** Session 2 7/17 530pm
Session 3 7/31 530pm
 - 10U-** Session 2 7/20 530pm
Session 3 8/1 530pm
 - 12U-** Session 2 7/20 530pm
Session 3 7/31 615pm
 - 14U-** Session 2 7/17 645pm
Session 3 8/1 615pm
- [Register Session 2](#)
[Register Session 3](#)

Lessons from the Local Pros

TIPS FOR IYHL PLAYERS/COACHES FROM THE COACHES AT COMPTON AND THE ICE BOX

Compton:

You cannot simultaneously remain the player you once were and become the player you aspire to be. Players who undergo change are the ones who initiate progress. As a coach, you cannot compel them to change; you can merely offer them the platform and tools. Ultimately, the decision to change rests solely with the players themselves.

HARD TRUTH VERY FEW PLAYERS ARE WILLING TO ACCEPT: YOUR development is YOUR responsibility! YOUR opportunities come from YOUR actions! YOUR choices determine YOUR labels! YOUR rate of improvement comes from the consistency of YOUR work! It's on YOU - no one else!

Ice Box:

It's common to be excited about hockey in the spring and summer months, but when it comes to your own youth hockey players, it is important to be cautious about too much ice time in the off-season. All ages (especially 6u/8u) need time away from the rink and participating in other sports to promote their hockey skills. "Athletic development at any age is important, specifically if you look at the long-term athletic development phases."

Coaching Corner



Head travel coach applications are open. [Click here to register.](#)

Remember, if you plan on being on the ice or the bench at any point this season, you must complete the multiple steps to become certified. [Click here](#) to view what those steps are. [MidAm coach clinics are scheduled](#)- register asap!

Player Spotlight



Name: Julie Olson

Current Age: 12-years-old

Years Played: She has been on the ice since she was one and started playing at 5 years old.

Position: Goalie

Favorite part of playing in the IYHL: "My favorite part is making friends and winning State last year."

Name: Tate Jozwiak

Current Age: 11-years-old

Years Played: Six years

Position: Wherever the team needs him but he prefers left wing.

Favorite part of playing in the IYHL: "My favorite thing about the IYHL is scoring goals and making friends."



4 Offseason Training Tips for 12U (from USA Hockey)

Summer seems to present a dilemma for youth hockey players. They don't want to abandon the game completely and let rust creep in, but they also should [...\(click to continue\)](#)



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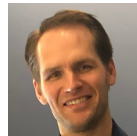
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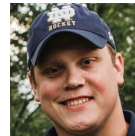
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