



March  
2015

# The Komets Tale

## Upcoming Events:

**Wednesday, 3/18**

Deadline to enter Kraft Hockeyville for a chance at a \$150,000 rink upgrade~

**Saturday, 3/28  
HOCKEYFEST**

**Wednesday, 4/1**

Deadline to complete volunteer hours



## Board of Directors Election Results:

Thanks to all our candidates!

Sue Alton will continue in her role as Secretary and Mike Roscioli will be the new Vice-President of Off-Ice Affairs. Dave Torkilsen will continue serving as our NIHL Commissioner.

### Komets Board Of Directors

**President:** Kevin Pratt

**Vice-President On-Ice:** Chris Grabot

**Vice-President Off-Ice:** Mike Roscioli

**Secretary:** Sue Alton

**Treasurer:** Kari Torola/John Bendall

**Promotions Director:** Jodi Salata

**NIHL Commissioner:** Dave Torkilsen

**WAHA Commissioner:** Erin Catherall

**Development Commissioner:** Chris Seemann

## OUR RINK CAN WIN A \$150,000 UPGRADE!

CALLING ALL KOMETS! Parents, Players 13+, Grandparents, friends of Komets...WE NEED YOUR HELP!

Kraft Hockeyville is looking for America's most passionate hockey community...and we believe the KOMETS community is just that! Please get everyone you know to enter!

Go to: [www.krafthockeyville.com](http://www.krafthockeyville.com) and click on "find my rink", type in Kenosha Ice.

Up until March 18, 2015, tell them in 2,500 characters or less what makes our community so passionate about hockey. The winning community will host a 2015-2016 NHL Pre-Season Game, plus **\$150,000** towards upgrading their local arena courtesy of Kraft.

**ENTER NOW! TAKES JUST A FEW MINUTES!!**

## SPRING HOCKEY

- **Tournament Teams**  
(Mites-Bantams)-10 practices/2 Tournaments  
(Midgets)-2 Tournaments (no practices)
- **Player Skills or Goalie Skills**  
Mites/Squirts/PeeWees/Bantams—9 weeks
- **Midget Scrimmage**-9 weeks

**REGISTRATION IS NOW OPEN!** [CLICK HERE to sign up!](#)

# Membership Volunteer Policy

Reminder... each family is required to volunteer 20 hours per season or pay \$400 as a volunteer "buy-out".

**All volunteer hours must be completed by April 1st.**

*See the list below for current opportunities*

Please remember...

**ALL VOLUNTEER HOURS MUST GET LOGGED INTO THE HOCKEYSHARE VOLUNTEER TRACKING SYSTEM**

Any questions, contact Sue Alton: [secretary@kenoshakomets.com](mailto:secretary@kenoshakomets.com)

## Current Volunteer Opportunities

- **Help with Promotions:**
  - **Hockeyfest-March 28** (sign up on boards in the lobby)
  - **2015 Golf Outing** (need to form a committee asap) Contact Jodi Salata: [jodisalata79@gmail.com](mailto:jodisalata79@gmail.com)
- **Buildings and Grounds**--Weekly rink cleaning projects are posted on dry erase board inside the cleaning closet. Help by completing any of the weekly tasks and simply record your hours!
- **Equipment and Devos** help needed. Contact Chris Seemann: [cseemann1@yahoo.com](mailto:cseemann1@yahoo.com)

## ANNUAL HOCKEYFEST

SATURDAY, MARCH 28<sup>TH</sup>

Join us for our 4<sup>th</sup> Annual HOCKEYFEST celebration!

Spend the day at the rink to celebrate the end of the 2014-2015 season!

Featuring:

10:30AM—3x3 Tournament—Mites-Bantams

**ONLINE REGISTRATION OPEN! [CLICK HERE to sign up!](#)**

2:00PM—Komets Coaches vs Varsity Game

4:00PM—3x3 Championships

5:00PM—Komets Alumni Game

**ONLINE REGISTRATION OPEN! [CLICK HERE to sign up!](#)**

7:00PM—Kenosha Adult Hockey League All-Star Game

**Chili Cook-off** — Winning Chili receives a trophy!

Try all the recipes and vote on your favorite. All you can eat only \$5!

To participate in the Chili Cook-Off while earning some volunteer hours, please email Kara Costello at: [ksemp4@yahoo.com](mailto:ksemp4@yahoo.com)

We will have food, refreshments, ice cream sundae bar, raffles and tons of hockey fun!

**VOLUNTEERS NEEDED:** Sign up on the boards in the lobby! No help will be turned away! **LAST CHANCE TO GET IN YOUR VOLUNTEER HOURS!**





## Spring Dry Land Training

In partnership with LM Precision Training, the Komets are excited to offer a spring dry land training opportunity to all players – Squirrel thru Midget.

Billy Larkins (CSCS, *Certified Nutritionist*) can help your athlete transition from the grind of the hockey season to a healthy off-season training regimen.

### Focus Areas

- Strength and conditioning
- Mobility, flexibility and injury prevention
- Puck handling
- Footwork
- Body Mechanics/ Body control
- Agility

### Cost

- \$90 per athlete - includes (9) weekly sessions
- Minimum - 6 players per group.

### Schedule

- Bantam (2002, 2001 birth years)  
Mondays: March 30 - May 25 @ 5:30-6:30 PM
- Midgets (1997 – 2000 birth years)  
Tuesdays: March 31- May 26 @ 6:00-7:00 PM
- Squirrels/PeeWees (2003 – 2006 birth years)  
Wednesdays: March 31 - May 27 @ 5:00-6:00 PM

### Location

- LM Precision Training - 5506 75th Street, Kenosha, WI  
(Less than 1 mile from Kenosha Ice)

### Sign-Up

- Contact Billy Larkins @ 262-515-3482 or [train@lmprecisiontraining.com](mailto:train@lmprecisiontraining.com)

