



# BLACKHAWKS



## Skate at the Lake

LABOR DAY WEEKEND 2014

The Blackhawks will kick off their 2014/15 season with their annual training camp weekend in Lake Tahoe. A tradition since 2010, the retreat weekend is something that players, coaches and parents look forward to. For players and coaches, the weekends is a great bonding weekend. Teams skate once or twice a day, have dryland activities and other fun team building exercises. Players get to know their teammates as they prepare for their season together. Beach BBQs and other activities allow parents to get to know one another. As one player puts it, "The Tahoe retreat is awesome! Its hard to explain, its just fun!"

Ice slots will start on the evening of Friday 8/29 and go through Monday morning 9/1 at the South Lake Tahoe Ice Arena. Check the Master Ice Schedule for ice times (see inset below) Mite through Bantam teams will be staying at the Aston Lakeland Village resort. Midgets will be staying at the Forest Suites. Most teams gather for food, fun and festivities on Sunday night for the South Tahoe Labor Day Weekend Fireworks Extravaganza – this year should be no different!



### SOFT GOODS

Soft goods will be for sale in the Lakeland Village Lodge 3rd floor conference room during the following hours:

Saturday 8/30 9 - 11 am, 2 - 4 pm, and 5 - 7 pm

Sunday 8/31 9 - 11 am, and 2 - 5 pm.

If you missed ordering Bauer warm-up suits or jerseys at tryouts, players can order them here. Other soft goods will also be available for sale. What's new for 2014? This year we have embroidered Performance sweatshirts, pajama pants, flat-billed snapbacks, cinch sacks, and baseball hats. Players should also come by to get their free club t-shirt if they did not receive one at tryouts. Soft goods questions? Email Amber Baer, SCVHA Secretary, [baerftn@aol.com](mailto:baerftn@aol.com)

### Master Ice Schedule

Did you know? Our Ice Scheduler posts assigned ice slots on the Master Schedule.

Go to [www.blackhawks.org](http://www.blackhawks.org)

Calendar → SCVHA Master Ice Schedule



## Hockey Talk

*Q&A with the Blackhawks Director of Hockey Operations*

**Q:** My son is a pee wee. I have thought about getting him extra ice time by signing him up in an in house league. What are the pro's and con's of playing travel and in house at the same time?

**A:** The obvious advantage of "extra ice time" is increased skill development – well used ice time can result in better hockey players. At the same time too much ice time can lead to burnout, or plateauing, where a player continues to practice without improving over time. Over-training in hockey can also rob kids of time needed to develop other essential non-hockey-related physical coordination from the other sports. I just returned from the USA Hockey Level 4 Coaching Seminar where several coaches from the U.S. National program talked about having to choose the best dozen or so players from a national talent pool of several hundred extremely skilled 14-15 year-old hockey players. To these coaches, the most obvious connection between those young players and future top-tier talent is overall athleticism. The coaches observed that those who are limited to being solely phenomenal hockey players at age 15 don't typically make the jumps to the highest tiers because they don't have the overall foundation of athleticism to support their hockey talent as they get older. These coaches are looking for players with long-term athletic potential.

So, if you're thinking about "extra ice time" for your player, consider if this request is coming from your player or from you as a parent. If your player is asking for extra ice time, consider how much hockey your player is already playing. Per USA Hockey guidelines, at age 12, players should be on the ice about 4 hours per week for about 7 months of the season, with another 4 hours or so a week working on off-ice physical hockey training (jumping, agility, core strength, hand-eye coordination etc). If the player already get this amount of hockey from his/her travel program, then extra ice time may be unnecessary for long-term hockey development. If your travel program is short of this, it seems reasonable to supplement with extra ice time, but my recommendation would be to use unstructured ice time (public skate, Gretzky hours) to reach these targets. Unstructured ice time will give kids the reps and puck touches and time on skates that they need to build skill (in conjunction with their regular travel program), without risking possible burnout.