

EJEPL Monthly Review

Volume 2 Issue 2

News for the Month of October, 2018

WWW.EJEPL.NET

It is our mission to prepare players to become the Junior, Prep School, and College recruits of the future. Players are introduced to elite practices, skill development opportunities, and academic guidance throughout the entire process.



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Our Starting Lineup



13u Diamond Division Carolina Rage and NYC Cyclones compete in a hard fought game on Sunday October 21st during our October Showcase

Eastern Junior Elite Prospects League in Review

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Talk your Way to Confidence

With the 2018-19 hockey season well underway, not only in the EJEPL, but also in other local hockey leagues, high school, middle school, elementary school leagues, and college hockey, Dr. Elizabeth Ward gives us a great perspective on confidence. In any sport, there is a direct correlation between confidence and success. As a former Harvard hockey player, licensed psychologist, and performance coach, Dr. Ward goes into some detail about confidence issues that all youth athletes may encounter during their time playing as well as some ways to help boost a youth athlete's confidence level in order to achieve maximum performance.



Hockey season is here. Whether you are preparing for a pro camp, early season training with your college team or beginning your club or house league, hockey energy abounds. As part of this kickoff to the season, the focus in this column will be confidence. Whether you are returning to your old team or joining a new team, it is natural to wonder what role you will play. In fact, all athletes — no matter what sport or level they play — face confidence issues at certain points in their career. What do Wayne Gretzky, Mark Messier, Denis Potvin, Jaromir Jagr and Mario Lemieux have in common? Aside from being exceptional players and esteemed captains, they possessed common attributes as impressive players. As part of my doctoral work, I researched NHL captains to determine overlapping characteristics they possessed. Confidence — in themselves, their training and their ability — was a primary one.

-  Do any of these sound familiar?
-  Have you ever felt that you were in a performance slump?
-  Have you ever felt overlooked by the coach?
-  Have you ever felt as though everyone else is better?
-  How can confidence improve performance?

Peak performance research has found a direct correlation between self-confidence and success. Athletes who feel confident believe in themselves and in their ability to compete at the level they want. Athletes and teams that display confidence perform better. Think back to 2004 when a confident Boston Red Sox team of self-proclaimed "idiots" upset what was considered the top club in Major League Baseball, the New York Yankees, and went on to win the World Series. Healthy self-confidence, which is important to distinguish from arrogance, motivates and empowers athletes and teams to excel beyond their expectations. It can determine whether a team succeeds or fails, wins a gold or a silver medal. In contrast, athletes and teams that lack self-confidence perform below their potential, often leading to slumps and low morale. Based on a variety of factors, confidence is complex and can fluctuate depending what the situation might entail. In one game, players might feel confident in themselves and their abilities, but in the following game, something could have changed and they feel less sure of their skills, abilities and even their position on the team.

What would you say to your teammate?

Given the connection between mind and body, it is natural that our thoughts and behaviors are connected. Simply, when we think negatively, we are apt to play less well than when we think positively. Scientists can now see the difference in body chemistry and activation in any given context. The cool thing is that we can choose to think negatively and decrease our chance of success, or we can choose to think positively and increase our chance at success. One defenseman from a Division 1 college frequently came down hard on himself

when an opponent beat him or scored during his shift. Once he became fully aware of what he saw as failure, a series of physiological effects occurred, resulting in poor play. As soon as he felt he had made a mistake, stress hormones flooded his body, his heart rate increased, his muscles tightened and he lost his ability to think quickly under pressure. His body reacted to the negative self-assessment and his performance weakened.

While exploring this pattern, I asked him if he tells his linemate the same things that he tells himself after an opponent scores by skating around him. "No!" he responded. I then asked what he would tell a teammate in such a circumstance. "I would tell him that it's OK, we'll get it back." In other words, his response to a teammate was far more positive than it was to himself.

Ways to strengthen confidence



Play hard in practice



Work out and practice skills off the ice

Develop a mental conditioning routine that includes: focused breathing; imagery (see last month's column); positive self-talk (see exercise at the end of this column); mindfulness techniques (topic of an upcoming column).

Thoughts impact behavior

It is estimated that people have about 60,000 thoughts a day and that about 80 percent of those are negative. Given the magnitude of those numbers and the mind-body connection, negative self-talk clearly has an adverse effect on performance. Positive self-talk, however, promotes confidence and success. Training their minds like their muscles — with personal affirmations and consistent repetitions — allows athletes to develop positive thinking habits, which then become automatic under pressure.

Self-talk exercise

Purpose: To replace automatic negative statements with positive statements or affirmations about self.

When to practice:

When negative talk of self arises after a challenging incident or interaction

In anticipation of a stressful situation when the player wants to build confidence

General instructions:

Write down a common negative self-statement. Cross it out and replace it with something positive (i.e., what you would say to a close friend or teammate). Repeat the positive self-statement whenever negative thoughts arise. As self-awareness and practice develop, it will become easier and eventually more automatic to hear a positive internal script.

As with every mental conditioning technique, consistent training is key. Remember that you would not expect to have strong quadriceps after going to the gym only once or twice. Invest time into building confidence and enhance your opportunity for success.

Rhode Island & Philadelphia Futures' Division Showcase a Huge Competitive Success

The EJEPL hosted their annual RI-Philly Futures showcase over the Sept. 21-23 weekend and it was a great competitive success. "Many of the games went into OT, or were 1-2 goal games" stated Vice Commissioner **Larry Nastasi**. With games at Warwick, West Warwick, Smithfield, Cranston, Brown University and Connecticut College, the northern group played in many older barns. In the South, the venues were Ice Line, Ice Works, Igloo Ice Center & Revolution Ice Gardens. The regular season standings are taking shape in the youth levels with the futures now done with their 2 showcases and having played at least half their EJEPL games. The Diamond level Showcase was also held during the weekend of October 19th-21st.



During the September Showcase, the 14u Gold Delaware Ducks and Carolina Eagles battle hard with #67 Jordan Fabian of the Ducks scoring the game tying goal near the end of the third period in a game on September 21st launching the game into overtime



Members of the 14u Gold Charlotte Rush team pose for a photo before a game during the September Showcase. They would go on to have a successful weekend winning 4 out of 5 games played, currently sitting in fourth place in league standings



The 14u Gold Piedmont Predators battle hard against the Delaware Ducks in an overtime win for the Predators on September 21st during the Showcase



In our 14u Futures Division, the Carolina Eagles and Toms River Blackhawks compete in our September Showcase in a game on September 23rd with the Blackhawks coming out on top with a 4-2 win. Goaltender Kaitlyn Braun of the Blackhawks makes 24 saves in the game

EJEPL 16u & 18u Split Season October Showcase “Flashback” and Playoffs

Our 16u and 18u Split Season divisions wrapped up their final showcase during the weekend of October 6th, 7th, and 8th. This showcase was held in Connecticut using two different venues including Newington Ice Arena and Koepfel Sports Complex at Trinity College. With the KRACH Ratings system finalized for these levels, our top four teams from the 16u split season division were the Greater New York Stars, Western Mass Vipers, Philadelphia Revolution, and the Southern Connecticut Stars (National). Our four top teams from the 18u split

season division were the Southern Connecticut Stars (National), Greater New York Stars, Brick Hockey Club, and the Western Mass Vipers. Both teams that won the split season championship in the 2017-18 season in the 16u and 18u divisions will also be returning to the playoffs again this year; (Southern Connecticut Stars 16u & Greater New York Stars 18u). Both runner up teams will also make a return to the playoffs this season (Greater New York Stars 16u and Southern Connecticut Stars 18u). Below lists all playoff information for both the 16u and 18u split season divisions. Please log on to www.ejepl.net to view the full KRACH Ratings system in more detail.



The Spurrier-Snyder Rink at Wesleyan University in Middletown, Connecticut

The 16u and 18u Split season playoffs will be hosted by the Spurrier-Snyder Rink at Wesleyan University in Middletown Connecticut and Newington Ice Arena in Newington, Connecticut. The date of the games will be Sunday November 11th for both divisions.

SUNDAY November 11th16u Split Season

7:50am Western Mass Vipers vs. Southern Connecticut Stars (National) at Wesleyan University

CHAMPIONSHIP GAME

1:50pm Greater NY Stars vs. Winner of the 7:50am Game at Wesleyan University

Sunday November 11th18u Split Season

9:50am Southern Connecticut (National) vs. Western Mass Vipers at Wesleyan University

11:50am Greater NY Stars vs. Brick Hockey Club at Wesleyan University



Newington Ice Arena in Newington, Connecticut

5:00pm Championship Game at Newington Ice Arena

All game will be two 25 minute periods with a five minute warm up before each game. USA Hockey rules will be in effect.

Overtime: Should a game reach overtime, it will be a (10) minute sudden death period with each team skating four aside. If the game is still tied, another (10) minute period will be played but with each team now skating three aside. If the game remains tied, 3x3 play will continue for (10) minute periods until a goal is scored. At the conclusion of the game, awards will be given out and players from both teams will remain on the ice.

October Diamond Showcase Snapshot

During the weekend of October 19th-21st, our diamond divisions competed in their second showcase of the season in the Philadelphia and New Jersey areas. Nine different venues were used including Ice Line Quad Rinks, Patriot Ice Center, Igloo Ice Arena, Ice Land Skating Center, IceWorks Skating Complex, Flyers Skate Zone (Northeast), Revolution Ice Gardens, Hatfield Ice Arena, and Old York Road. With the season approaching the midway point, the standings are really starting to take shape. We would like to ask that all coaches and team managers for each organization to please check your game schedules to be sure that you have the required number of games scheduled. If there are any questions regarding this matter, please contact any one of our EJEPL League Officials. Contact information for our league officials may



In our 13u diamond division, the Carolina Rage battle against the NYC Cyclones in an exciting overtime game on October 21st that would end in a 1-1 tie

found by logging on to www.ejepl.net clicking on the EJEPL Officers tab on the right side of the homepage located right above the official hotels button. KRACH ratings will be posted for our diamond divisions starting on December 4th and then updated on each of these following days: December 11th, December 18th, January 8th, January 15th, January 21st, and January 28th. If there needs to be an update to the KRACH ratings on any date after the previously listed dates to determine team placement, it will be done as necessary. There is a much more detailed explanation of the KRACH Ratings System on our website and can be found on the homepage directly above where our official hotels button is. Just click on the KRACH tab. Larry Nastasi is our KRACH Ratings System guru so after viewing the detailed explanation of this system on our website, if there are still any questions, please direct them to Larry Nastasi.

Diamond Showcase Action Shots



13u Diamond Carolina Rage game tying goal scored by #21 Ryan Hay of the Rage on October 21st sending the game to OT

13u Diamond Carolina Jr. Hurricanes vs. Philly Blazers on October 20th. Great game that went into OT with the Blazers coming out on top 4-3



13u Diamond NYC Cyclones vs. Nassau/Lawrence on October 20th. Nassau player gets tripped up driving to the net drawing a penalty



13u Diamond Protec Ducks played the Delco Phantoms on October 20th for the first game on Saturday morning. Another OT game which was decided by the Ducks 2-1



“Organizational Spotlight” Featuring the Delaware Ducks

“The Delaware Ducks Youth Hockey Organization expects each player to learn discipline and respect for the game of hockey, their coaches, teammates, parents, officials and opposing players. Our goal is to have FUN, learn the game and represent the Delaware Ducks Youth Ice Hockey with enthusiasm and class.”



Delaware Ducks History and Background



Founded in 1993, the Delaware Ducks are a non-profit youth ice hockey organization, committed to helping children at all age levels develop the skills necessary to play competitive travel ice hockey. It is a strong part of our mission to teach boys and girls the sport of ice hockey and help develop the physical skills required to participate in the competitive environment of the sport. The Delaware Ducks Youth Ice Hockey program will aim to develop the total player both on and off the ice. We are committed to building and providing an experienced coaching staff who have played at various levels in our sport.

The structure of our on ice curriculum revolves around training our players in a competitive environment that focuses on skill advancement, hockey IQ and game preparation. Off the ice we will focus on fitness, recovery and team building. We expect each player to learn discipline and respect for the game of hockey, their coaches, teammates, parents, officials and opposing players.

Our goals for our players are:

- to learn the game
- represent the Delaware Ducks with enthusiasm and class
- build teams who can represent the Ducks at the USA Hockey National
- build long lasting friendships and HAVE FUN!

This year marks the 25th anniversary for the Delaware Ducks, playing out of the same rink for all 25 years, The Patriot Ice Center (formerly the Pond) in Newark Delaware. Also for 25 years, the Delaware Ducks have been proud members of the Delaware Valley Hockey League. The Ducks have also been a proud 5 year member of the EJEPL.

The Delaware Ducks have four teams currently competing in the EJEPL in the 18u diamond division, 12u gold division, 14u gold division, and our 16u futures division. Each of these teams has seen success this year with the 18u team in first place, the 12u team in third place, the 16u team in second place, and the 14u team in the top 10 out of 31 teams in their division. The 16u team will be competing in the EJEPL showcase during the weekend of November 9th-11th.



Delaware Ducks Recent Achievements

- 2017 Bantam B Silver Stick Champions
- 2018 Bantam B Silver Stick Reginal Champions
- 2016 USA Hockey U18 Tier II Champions
- 2017 USA Hockey U16 Tier II Finalist
- 2017 USA Hockey U18 Tier II Finalist
- 2018 USA Hockey Tier II Champions

Words from the Bantam B Coach Leading up to their most Recent Silver Stick Championship

As a coach you set expectations with your team every season; hard work, perseverance, team work, supporting each other, overcoming adversity, & never giving up to name a few. A week before Silver Sticks, illness decided to sweep through the team and leaving 8 players questionable to play. Fortunately, many recovered enough to play, leaving us down 1 defenseman. After a tough 2-1 loss in game one, we came back in games 2 & 3 and executed our game plan winning 4-1 and 3-0 earning 4 points and the second seed. In the semi-finals we knew we had our work cut out for us, but we knew we had what it took to play our best, not give up, and fight until the end. This work ethic rewarded us with a 3-1 win and a trip to the finals to face the team we lost to in game one.

In the finals we had to be on top of our game and get back what we had given up in game one. Our opponent came prepared too. After giving up a goal, we bounced back and tied the game. We gave up another and were down 2-1 but this team never gave up. We tied the game in the 3rd but couldn't find the back of the net on a 5v3 power play. The game would have to be decided in OT.

After settling the team and reminding them to stick to our game plan we were rewarded with the game winning goal and earned our way to play in Canada. I am extremely proud of all of these players and how they handled themselves throughout the tournament.



For the second year in a row, the Delaware Ducks Bantam B team win the October International Silver Stick Tournament in October



Delaware Ducks win the 2018 Tier II 18u National Title in April at Cornerstone Community Center in Ashwaubenon, WI

2018 Tier II 18u National Champions

No deficit is too large for the Delaware Ducks, even in the biggest game of the players' young lives. Down 5-1 after the opening period to the Boise Junior Steelheads, the Ducks scored six of the next seven goals — including two late in the third — to win the 1A Division title 7-6 in the Chipotle-USA Hockey Youth Tier II 18U Nationals at the Cornerstone Community Ice Center on Monday April 9th, 2018. "We just tried not to panic," said Ducks forward Zach Swift, who assisted on the game-tying and game-winning goals. "That was really the first time we were

down all tournament. In the semifinals, we were down two. But down 5-1, we were a little scared but we were able to pull it out. I couldn't be happier with my team." Fisher Sellers tallied both goals in the waning minutes of the third to give the Ducks the national title. He said his teammates bickered at each other after getting down by four, but the negatives were turned into positives. "We really came together and said, 'You know what, this is the

National Championship. We need to stop that,” Sellers said. ““We need to dig deep, give it all we’ve got and leave everything out there.’ This is my last youth hockey game. I left it all out there, and I know my brothers did, too.” The Ducks made it to the Division 1A national championship game last year but fell 3-1 to the Jr. Hurricanes. The sting from that loss stayed with the Ducks players the entire year. All but two players from this year’s team experienced that heartbreak in 2017. “It makes us know what it’s like to lose, and we don’t want to be back in that position — going back in the locker room, hanging our heads. It’s no fun,” Sellers said. “We knew that was something we couldn’t do two years in a row.” Added Swift: “I did not want to lose again this year. That was a lot of motivation for the whole team.”



Members of the Delaware Ducks and York Devils joined forced when they competed in the EJEPL All Star Game on February 19th, 2018

Competition can lead to lifelong friendships

One of the great things about hockey is not only the relationships you build with teammates, but the lifelong friendships that can formulate after years of competing against your opposition. It is true what they say, hard competition can bring out the best in an athlete, in any sport. After years of competing against each other in the EJEPL and local leagues, members of the York Devils and Delaware Ducks are able to join forces and compete together in the 18u EJEPL All Star Game on February 19th, 2018. Members of the Delaware Ducks

included Joe Impagliazzo, Zach Swift, Jake Woodruff, Dylan Johnson, and Christian Sharp. Members of the York Devils included Riley Johnson, David Lundy, Nate Mathews, Cole Flory, Austin Dipofi, and Quin Anderson. These players have been able to compete hard against one another, pushing each other to become better athletes all while forming a close bond. It is a unique experience that the EJEPL is glad to be part of.

Delaware Ducks Community Outreach and Support of Kay's Kamp



Kay's Kamp is an American Camping Association (ACA) accredited week-long, overnight camp experience for children with cancer and those now in remission. Kay's Kamp provides a unique and special place for these kids to escape the daily environment of hospitals, medications, pain and the discomfort associated with cancer and its treatments.

The Delaware Ducks participate in a fundraiser each year to help support this camp. During last season, the Ducks were able to raise \$4,000 in support of the camp. Presenting the check to members of the Kays Kamp are board members from the Delaware Ducks; Mike Stead, Mike Swift, Chris Hughes and April Haupt. For more information on this fundraiser hosted by the Ducks, please log on to their website www.delawareducks.com and to learn about ways to give to Kays Kamp or to find out more about the camp, log on to www.kayskamp.org.

“Organizational Spotlight” Featuring the New Jersey Stars

Mission of the Stars: The Stars' mission is to provide a healthy environment for our members to learn, play and enjoy the sport of ice hockey. Within this environment we strive to support the positive athletic and personal growth of our players through a commitment to high-level skill instruction from professional coaches, a demonstrated standard of sportsmanship, and education in the values of discipline and teamwork.



New Jersey Stars Youth Program Led by Professional Staff

Tim Chase, GM/Coach: Tim Chase took over the NJ Stars program in 2017 and is the GM for the NJ Stars and the Director of Hockey for ProSkate. He played youth hockey in Michigan and won the Bantam Nation Championship in 1985. Tim played 3 years of Prep School hockey at Tabor Academy and won the New England Prep School Championship in 1988 and was the MVP of the final game. He was drafted in the 7th round of the NHL Draft by Montreal. Chase also played 4 years at Brown University and then played 6 years in the AHL, IHL, ECHL and in Europe. He's been coaching since 2002 and has experience coaching mite through midget aged players. Currently, he is the high school hockey coach for the Princeton High School Boys Varsity team which lost in the NJ State semifinals in the 2017-2018 season.

Andrey Kapranov is the skills coach for the New Jersey Stars for the 2018-2019 season and will be coaching a team in the Stars program. Andrey brings a wealth of hockey knowledge. Andrey played hockey for the Russian National team and went on to play professionally in Russia for a few years. Andrey has many prestigious coaching achievements in his career, including winning the Championship of Russia and the U17 World Cup Challenge for team Russia. Andrey has been around the program for the past season and we are happy to announce his expanded role with the Stars.

Sergei Starikov won 9 national titles in the Soviet Union. Participating in 3 Olympic Tournaments, Sergei won 2 Gold and 1 Silver medal. He would appear on the cover of Sports Illustrated, becoming one of the first Soviet players to wear an NHL uniform when he joined the New Jersey Devils in 1989. Sergei has coached teams in the KHL and is currently coaching the South Brunswick High School team. Sergei has been coaching with the Stars for many years and brings a wealth of knowledge to the kids. Sergei also is a youth coach for the ProSkate Hockey Programs; Intro2Hockey and Jr. Stars house league programs.

John Zdunkiewicz is our goaltending coach for the New Jersey Stars again this season and he will also be coaching a team for the 2018-2019 season. John did a great job with our goalies last year and now he has expanded his role by coaching our Squirt AA team. John ("Coach Z") has 30+ years of playing and coaching experience, having started playing at the age of 3! Growing up, he excelled both as a goaltender and skater and his passion for the sport lead him to begin coaching while in HS. After playing at the collegiate level, Coach Z founded Ztending. John played his college hockey at Niagara University and played with the Trenton Devils in the ECHL. We are excited to get John as a goaltending coach and as a coach for one of our teams.

New Jersey Stars Growth and Potential

The NJ Stars began in 2001 and have grown hockey in the central NJ area. They have a large in house program (Jr Stars) that feeds the NJ Stars and many other travel programs in the area. The NJ Stars are growing as it went from 10 teams in 2017-2018 season to currently 14 teams for this season. We have added more non parent coaches and look to expand our coaching staff next season. We are also planning on fielding all girls teams for the Stars at the U16, U14, U12 and U10 level in the 2019-2020 season.

New Jersey Stars Youth Program Believes Parents Play Large Role in the Athletic Experience for Athletes



New Jersey Stars Squirt team goes 2-0 in league games played during the weekend of October 5th-7th

In the Stands

Parents can take the fun out of hockey by continually yelling or screaming from the stands. Parents should enjoy the game and applaud good plays. The stands are not a place from which parents should try to personally coach their kids. Kids often mirror the actions of their parents; and if they see mom or dad losing their cool in the stands, they'll probably do the same on the ice. Players will also determine their own

appropriate range of behavior based largely on how they see their role models behave. Make sure that you set a positive example for your child.

Car and Home

Some parents not only spoil the fun for their kids at the ice rink, but also in the car, believing this the perfect place for instruction. To serve their children's best interest, parents must try to keep things in perspective. There's more to life than hockey, and the car and home are not places to coach. Parents are responsible for supporting and respecting the coach's decisions and abilities. It is unfair and unacceptable to put children in a position of having to decide who to listen to -- their parents or the coach.

Also consider that the worst damage to a team can be done from within. Talking negatively about coaches' decisions or the performance of teammates will poison your child's attitude and destroy the unity that the team has worked hard to build. Take the high road by reinforcing the other role models in your child's life, including his coach and teammates.

At Practice

Parents should remember that if a child wants to improve, they have to practice -- not just play. Even if a child is not the "star" player for a team, practice stresses the importance of teamwork, establishing goals, discipline and learning to control your emotions, all of which are important lessons children can use both in and away from sports.

The average player sees 15 minutes of ice-time in each Pee Wee game. Think about the energy spent over the years arguing about missed shifts here and there...then consider the value of 75 solid minutes of ice-time at practice. Make sure that your priorities are in order.

Support Your Child AND the Coach

It happens to every player -- a disappointing game...a poor performance...maybe some tough motivation from his coach. Instead of criticism (of him, his teammates or the coach), what your child really needs is support. Remind him of his talent and love for the game, reinforce his self-confidence and urge him to work hard to overcome the weakness or challenge. Maybe even buy him some ice cream.

Criticism of the player, his teammates or coaches in this kind of situation will only undermine his respect for the team, the coaching staff and, ultimately, his own abilities. If he does not understand what to change or how to change it, encourage him to approach his coach right away. Coaches have a great respect for players who can understand their weaknesses and show a willingness to work hard at them. And a player with a negative attitude will go nowhere quickly. Choose your example from the real world...there are a lot of them.

Always Be Positive

Parents serve as role models for their children, who often look to adults for advice, direction and approval. Never lose sight of the fact that you are a role model, and strive to be a positive role model. As a parent, one of the most important things you can do is show good sportsmanship at times to coaches, referees, opponents and teammates.

Remember that your children are PLAYING hockey. It is important to allow them to establish their own goals and play the game for themselves. Be careful not to impose your own standards or objectives.

Positive Reinforcement

The best way to help children achieve goals and reduce their natural fear of failure is through positive reinforcement. After all, no one likes to make mistakes.

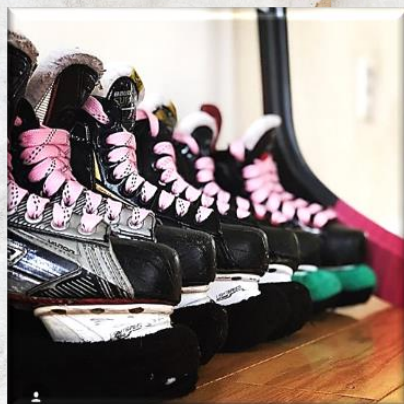
If your child does make a mistake -- and they will (remember, they're just kids) -- keep in mind that mistakes are an important part of the overall learning process. Strive to be supportive and point out the things they do well. Make your child feel like a winner. **And don't forget to just sit back and enjoy the games once in a while!**



New Jersey Stars participate in the 2018 Mite Jamboree

New Jersey Stars and PINK the RINK!

IN HONOR OF **BREAST CANCER AWARENESS**, FOR THE MONTH OF OCTOBER **NEW JERSEY STARS** WILL BE SPORTING **PINK LACES** AND **PINK TAPE** ON STICKS. ALL DONATIONS WILL BENEFIT THE **SUSAN G. KOMAN FOUNDATION**.



New for Spring 2019, EJEPL Spring League!

EJEPL Spring League 2019

The EJEPL is proud to announce a limited travel SPRING LEAGUE for 2019. The foot-print of the League will be Long Island, NYC, Northern / Central NJ and Lower CT.



The program will be for MITES (full ice), Squirts, Pee Wees and Bantams only. (NEXT YEAR'S AGES)

Please log on to www.ejepl.net to register for our new Spring League! Below are the details:

- 🏒 (6) GAMES-----(3) HOME AND (3) AWAY GAMES
- 🏒 Playoffs ---top (2) teams at each level in Championship game @ Abe Stark Arena 6/9
- 🏒 Starting date---May 4---end June 9.
- 🏒 EJEPL will administer the League and there will be a standings and schedule web page
- 🏒 No roster limits
- 🏒 USA Hockey rules
- 🏒 3--15 minute periods with EJEPL OT rules
- 🏒 (3) points for a win, (2) for an OT win, (1) for an OT loss and 1.5 for a tie
- 🏒 Division Directory for easy scheduling
- 🏒 No games on Memorial Day weekend
- 🏒 Cost--Minimal for pilot program-----\$550 (includes playoffs)

Directors:

Henry Lazar 718 332 4555 HLizard78@aol.com
Matt Davie Jr. 347 677 2445 mdavie323@yahoo.com

APPLICATION ---EJEPL SPRING LEAGUE 2019

Please e-mail in:

AGE GROUPS ENTERING: (PLEASE CIRCLE)----- MITE---SQUIRT---PEEWEE---
BANTAM

(ORGS MAY ENTER MORE THAN (1) TEAM AT ANY LEVEL)

ORGANIZATION _____ RINK _____

NAME _____

CONTACT PERSON _____ CELL PHONE# _____

E-MAIL _____