



No Boys Allowed!



09.06 – 03.07



PROGRAMS

- ADORABELLES (Girls Ages 4-7)
- INCREDIBLES (Girls Ages 6-9)
- IT'S A GIRL THING LEAGUE (Ages 9-12)

- Recommended as a first step for beginning hockey players who have completed a Learn to Skate class and have a solid base of fundamental skating skills
- Program serves as an introduction to "team" play with practice sessions and small-ice games
- League for girls ages 9-12

In cooperation with



SUBURBAN
FARMINGTON HILLS
ICE

Operated by Suburban Sports Group

23996 Freeway Park Dr. • Farmington Hills, MI 48335

Phone: 248.888.1400 • Fax: 248.888.9868

www.suburbanice.com

it's a girl thing!

PROGRAM FEATURES

- Program runs 25 weeks from September through March (no skates during holiday breaks)
- Great schedule and excellent ice times all at one location
- Commitment to the development of skills, knowledge of the game and FUN!
- Players will play and be challenged at their competitive level
- No body checking
- Full equipment required
- Program is in cooperation with the Michigan Icebreakers Hockey Club
- Each player receives:
 - jersey & hockey socks
 - picture package
 - year-end awards
 - USA Hockey membership (September 1-August 31)
- Sessions run by Suburban instructional staff with the help of parent volunteers



COACHING EDUCATION PROGRAM

- Parents of participants encouraged to apply as coaches
- Applicants will be accepted on desire and commitment – no previous experience necessary
- Volunteer coaches will be trained with on and off-ice support of Suburban staff
- Coaches must have their own helmet, gloves, skates and stick
- Coaches Training Program will include:
 - coaching manual
 - practice plans
 - on-ice coaching seminars
 - off-ice coaching clinics



REGISTRATION & FEES

- Limited enrollment!
- Registration fee due at sign-up. \$35 fee for withdrawals prior to September 1. Registration fee is non-refundable after September 1. Remainder of dues paid in installments in September, November and January.
- Cash, Visa/Mastercard/American Express/Discover, or check/money order (made payable to Suburban Ice-Farmington Hills) accepted
- \$40 charge for NSF checks

Program	Ages	Registration		Installments		
		Fee	#1	#2	#3	
ADORABELLES SESSION 1 (SEPT.-DEC.)	4-7	\$100.00	\$100.00	N/A	N/A	
ADORABELLES SESSION 2 (JANUARY-MARCH)	4-7	\$100.00	\$100.00	N/A	N/A	
COMBO-SIGN UP FOR BOTH SESSIONS AND GET \$25 OFF OF 2ND SESSION.						
INCREDIBLES	6-9	\$175.00	\$200.00	\$175.00	N/A	
IT'S A GIRL THING LEAGUE	9-12	\$175.00	\$210.00	\$210.00	\$200.00	



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the programs



ADORABELLES (Girls Ages 4-7)

- Recommended as a first step for beginning hockey players who have completed a Learn to Skate class and have a solid base of fundamental skating skills
- One 1-hour skate each week on Saturdays at 9:00 or 10:00 am
- Emphasis on creating a fun, challenging environment for players to learn the beginning principles of skating in equipment, stickhandling and puck skills
- Skill stations and skillbuilding games as part of each session

INCREDIBLES (Girls Ages 6-9)

- Program serves as an introduction to "team" play with practice sessions and small-ice games
- One 1.5-hour skate each week – Sundays between 11:00 am - 6:00 pm
- First five weeks of the program serve as a training camp to teach age-appropriate skills to players and as an on-ice training session for coaches
- At the end of training camp players are divided into equal teams and receive their team jerseys and hockey socks
- Teams will be grouped into lines based on skill and experience. Lines will be matched during all game situations to ensure that players are playing at their competitive level
- Practice portion of weekly sessions focus on fundamental skating and puck skills using skill stations
- Game portion of weekly sessions consist of small-ice games in a fun, age-appropriate and competitive environment that maximizes ice time, increases puck possession time, stimulates creativity and enhances the fundamental skill development of each player

IT'S A GIRL THING LEAGUE (Ages 9-12)

- Two 1-hour skates each week – one on Friday evenings between 5:30-8:30pm and one on Sunday between 11:00 am-6:00pm
- First five weeks of the program serve as a training camp to teach age-appropriate skills to players and as an on-ice training session for coaches
- At the end of training camp players are divided into equal teams and receive their team jerseys and hockey socks
- Weekly practice sessions focus on fundamental skating and puck skills using skill stations and small-ice games
- Weekend games will be structured to maximize ice time, teach positioning, strategy and rules of the game, and to insure that each player has the opportunity to compete, improve and enjoy the game
- Teams may compete in a number of games with girls from another arena



Suburban Ice - Farmington Hills is the home of the Michigan Icebreaker organization which ices competitive girls hockey teams at the 12u, 14u, 16u, 19u and senior age groups. These teams are formed by tryouts held in August and are members of leagues with teams from other arenas throughout Michigan. All practices and home games are held at SIFH and teams typically skate three times a week throughout the season. Check at the SIFH office for tryout dates and coaches contact information.

JUST THE FAQ'S – FREQUENTLY ASKED QUESTIONS:

Q: Is the registration fee refundable if my child is not ready to play hockey or decides not to play?

A: In order to properly plan and run a program, the registration fee is non-refundable after September 1. A \$35 fee will be assessed for withdrawals prior to September 1.

Q: When does the hockey season start, and how long does it go?

A: The Fall/Winter hockey season begins in early September and runs through the end of March.

Q: What is the difference between the Adorabelles and the Incredibelles?

A: The Adorabelle program, ages 4-7, skates only 1 time per week and therefore, the time and financial commitment is less. Players in the Adorabelle program are grouped into different skill groups in order to be challenged. Small-ice games are incorporated at the end of each practice session.

The Incredibelle program, ages 6-9, skates 1 time per week for 1.5 hours. Players are placed on a team and small-ice games (cross-ice or half-ice) will be played during each weekend session.

Q: If my player participates in the Fall/Winter program, will I have priority registration for this league the following year?

A: Yes, returning players always have the first registration opportunity for the following season, and each year you will receive a returning player application in the mail that needs to be returned by the deadline to ensure your registration.

Q: Where do we go from here?

A: Suburban FUNDamental Hockey at Suburban Ice-Farmington Hills serves as the feeder program for the Michigan Icebreakers program and players can move to those programs (space permitting) when their skills and knowledge of the game have progressed to that level.



September 2006 – March 2007



Suburban It's a Girl Thing Player Registration Form



Don't get shut out! Register now!

PLAYER'S FULL NAME (First) _____ (Middle) _____ (Last) _____

Address _____

City _____ Zip _____ Home Phone _____

Mother's Name _____ Work Phone _____ Cell Phone _____

Father's Name _____ Work Phone _____ Cell Phone _____

e-mail address (please print) _____

_____ Yes, I am interested in coaching. (circle) Mother Father Other _____

Contact Person Other Than Parents _____ Phone _____

Player's Specific Medical Problems _____

PLAYER INFORMATION

Age _____ Date of Birth _____

School attending in 2006-07 _____

Please circle your player's position preference : Player Only Goalie Only Goalie/Player

Please circle how many series of a Learn to Skate program your skater has completed: None 1-2 3-4 5-6 7+

Has your player ever played organized ice hockey before? (circle one) Yes No

If yes, how many years? _____ What association or arena? _____

HOW TO REGISTER

- Submit completed player registration form, birth certificate and registration fee to Suburban Ice-Farmington Hills (contact information at bottom of page).
- \$35 fee for withdrawals prior to Sept. 1. Registration fee is non-refundable after Sept. 1.
- Cash, check/money order (made payable to Suburban Ice-Farmington Hills) or Visa/Mastercard accepted.
- Remaining dues will be paid in installments in September, November and January.
- \$40 fee for NSF checks.
- Select which program you would like to register your player for:

PAYMENT METHOD

_____ Check or money order enclosed
 _____ Visa _____ Mastercard
 _____ AMEX _____ Discover
 CV2 # (last 3 digits on back of card) _____
 Expiration Date _____

Card # _____

Name of Cardholder _____

If billing address is different than above, please indicate here:

Program	Ages	Registration Fee		Installments		
		#1	#2	#3	#1	#2
<input type="checkbox"/> ADORABELLES SESSION 1	4-7	\$100.00	\$100.00	N/A	N/A	N/A
<input type="checkbox"/> ADORABELLES SESSION 2	4-7	\$100.00	\$100.00	N/A	N/A	N/A
COMBO-SIGN UP FOR BOTH SESSIONS AND GET \$25 OFF OF 2ND SESSION.						
<input type="checkbox"/> INCREDIBELLES	6-9	\$175.00	\$200.00	\$175.00	N/A	N/A
<input type="checkbox"/> IT'S A GIRL THING	9-12	\$175.00	\$210.00	\$210.00	\$200.00	\$200.00



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