

# WINTER SEASON

**STARTS - November 13th, 2019**

**ENDS - March 22nd, 2020**

- Team Jersey and Socks Included.
- USA Hockey Registration mandatory for all players. You can register for that by visiting the following:  
[www.usahockeyregistration.com](http://www.usahockeyregistration.com)



## JOIN THE FUN!

### How to Register?

- Register over the phone by calling 732-940-6400 or In-person at the ProSkate Front Desk.
- Ask about our Summer Camps!
- Summer Camp is **FREE**- for Fall and Winter participants! See the special deal in our camp flier!

## Grow Your Game at ProSkate!

ProSkate offers many programs for players of all levels to advance and develop their skills.

The Jr. Stars program is our feeder program into our Travel Hockey Teams (New Jersey Stars). For questions about travel hockey please contact Tim Chase - [timchasejstars@gmail.com](mailto:timchasejstars@gmail.com)



## ProSkate Hockey Pyramid

# JR. STARS YOUTH HOCKEY HOUSE LEAGUE

*WINTER 19-20'*



ProSkate Ice Arena  
1000 Cornwall Road  
Monmouth Junction NJ 08852  
732-940-6400  
[www.hockeyatproskate.com](http://www.hockeyatproskate.com)





# WINTER 19-20' REGISTRATION

# TEAM CONCEPTS

# PLAYER DEVELOPMENT

## Winter 19-20' Season Guide

November 13th - March 22nd, 2020

### **Mite Level** (Birth Years 11', 12', 13') - **\$800**

Practices - Wed 5:00pm & Sat 11:15am

Games - Sunday 8:45am

### **Squirt Level** (Birth Years 09', 10') - **\$850**

Practices - Wed 5:15pm & Sat 7:45am

Games - Sunday 8:00am or 9:00am

### **Peewee Level** (Birth Years 07', 08') - **\$875**

Practices - Wed 6:15pm & Sat 12:15pm

Games - Sunday 10:15am or 11:15am

### **BNMGT Level** (Birth Years 03', 04', 05', 06') - **\$895**

Practices - Wed 7:15pm & Sat 1:30pm

Games - Sunday 12:30pm or 1:45pm

Starting this Winter Season, the Jr. Stars program will be focusing on *Team Concepts* on their 90-min Wednesday practices. Squirt through Bantam/Midget divisions will have 45-minutes of team concepts and 45-minutes of skills training. Professional training will include the following:

- **Full Ice Team Concepts.**
- **Game Theory and Situations.**
- **Learning the Fundamentals of the Offense and Defense Positioning.**
- **Power-Plays and Penalty-Kills.**
- **Controlled Scrimmages.**
- **Strong Focus on Teamwork.**

**Wednesday Practices** - 90 Minutes  
(Mites 60 minutes)

**Saturday Practices** - 60 Minutes

Saturday practices will feature a strong focus on powerskating to strengthen our players skating abilities. Players will learn edge-work, stride, balance and other key powerskating techniques.

Both Wednesday and Saturday practices will feature a series of skills stations that will provide core fundamentals such as:

- **Puck Control and Stickhandling.**
- **Shooting Accuracy and Technique.**
- **Passing and Receiving the Puck.**
- **Fun Small Area Games.**

Questions? Email - [scottbuzney@gmail.com](mailto:scottbuzney@gmail.com)