



NEW JERSEY STARS PROGRAM OVERVIEW

New Jersey Stars organization is a premier Tier II travel hockey program which is part of the NJYHL (New Jersey Youth Hockey League) and EJEPL (Eastern Junior Elite Prospects League) leagues. On top of the scheduled league games, we provide 2 organization funded tournaments (1 for half season midget teams). Below is a breakdown of what we provide:

- Our season goes for a full 8 months, but we also provide occasional practices over the summer for players who are around and want to skate.
- 1 week of boot camp prior to the session starting in mid to late August (4 practices in a week in to get ready for the season)
 - Midgets boot camp starts in the last week of July
- Squirt through Bantams get 3hrs on the ice per week.
 - 1hr of skills practice run by a professional instructor (Tim Chase or someone qualified to run it)
 - 1 split ice practice that will utilize the full ice with small areas working on different skills
 - 1 full ice practice where the coaches will work on game situational drills and other aspects of player/team development
- Mites will get 2 practices per week that will focus on small area drills and skill development
- Midgets will get 3 hours of ice per week. It will be 2 practices of 1.5 hours. 1 practice a week once high school season starts.
- 1 video session breakdown of skating for each individual player. (Mites, Squirts, Peewees and Bantam players) Video is yours upon request.
- Goalies will get 1 hour per week of goaltending instruction from John Zdunkiewicz from Ztending. Only goalies will be on the ice for that hour.
- Weekly off ice training for Squirts – Midgets
 - Focusing on core strength and conditioning

For more information please visit www.njstarshockey.org or contact Tim Chase, the General Manager of the NJ Stars, at timchasenjstars@gmail.com / 609-558-2518.

