



# Glenview Stars Girls U12

Head Coach	Rob Messner	robert.messner99@gmail.com
Head Coach	Nick Lavallo	hawks21@speakeasy.net
Assistant Coach	Gina Guzzi	hockeygina13@comcast.net
Assistant Coach	Mike Troppina	mtroppina20@aol.com

The Glenview Stars Girls Hockey Program is committed to building young athletes and to providing a superior quality hockey experience. Our coaches will work to develop each player's overall skills while training the team to compete at a high level of play. We strive to model a focused work ethic through mutual respect and personal responsibility. The Glenview Stars Girls Hockey Program will provide unique opportunities for all of our girls to build community, mentoring and leadership among our female athletes.

**2016 – 2017 Skater Fee: \$3,475**

**Goalie Fee: \$2,575**

## Fees Include:

Two practices per week  
1.5 hours Skills Session per week  
Video Review Sessions  
*Power Skate run by Rob Messner &  
Skills Stations run by the girls coaching staff*  
Stars Parent Banquet in January  
NIHL Peewee Silver Boys League Fee  
One Tournament Entry Fee  
Illinois State Tournament Entry Fee

## Fees do not include:

Home & Away Jerseys \$215  
*New design for 2016-2017*  
Required Team Apparel Package \$80  
*Dryland T-shirt & Shorts  
Game Socks*  
Optional Stars Hockey Bag \$105  
Optional Warm-up jacket \$75  
Optional Warm-up Pants \$45  
Travel & Hotel Costs  
Team Slush Fund  
*Approximately \$600*  
Sell Fundraiser Tickets \$250

**OFF ICE TRAINING & NUTRITION:** It is important for an athlete to train her entire body and to pay attention to her nutritional needs in order to perform at her peak and to prevent injury. *Progressive Sports Performance* will run our dry land series this season and will give a nutritional seminar to our players and their families. Three certified sports trainers will work with the U12 team for 20 one-hour sessions. *Progressive Sports Performance* is located at 1808 Janke Drive, Northbrook - 10 minutes away from Glenview Ice Center.

*Stars' Girls continuing a tradition of  
hockey excellence*

## Tryouts

Friday, August 19 8:10 – 9:10 PM @ GIC  
Sunday, August 21 3:15 – 4:15 PM @ GIC

## Prospective Tournaments

### Defeat of Jesse James Days

September 8 – 11, 2016  
Northfield, Minnesota

### All-American Girl Tournament

November 18 – 20, 2016  
Blaine, Minnesota

### Tournament of Heroes

December 2 – 4, 2016  
Whitby, Ontario

### Girls Irish South Bend Cup

February 10 – 12, 2017  
South Bend, Indiana

## Events

### Duck Puck Mash Up

Monday, September 26, 2016

### Cancer Awareness

Events throughout October TBD

### Hockey Fights Hunger

November food drive

### Puck Cancer

December Charity Game w/ MsConducts

### Celebration of Hockey

January 27 – 28, 2017 to raise money for  
American Hearing Impaired Hockey Assoc.