

LEAGUE OF THEIR OWN: ADULT  
WOMEN'S INTRO TO HOCKEY  
PROGRAM TAKES OFF



NARCE 2012  
RECAP IN  
PHOTOS

# RINK

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# Instant Classic

→ MINNESOTA RINK  
BREAKS THE ICE  
WITH REFRIGERATED  
OUTDOOR SHEET



+ SPECIAL  
REPORT: **STAR**  
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JULY/AUGUST 2012

# A League of Their Own

Adult women's intro to hockey programs fill ice time, grow game

**T**urn those hockey moms into hockey players by organizing an adult women's intro to hockey program.

After the state tourneys, annual ice show, adult league tourney and an end of season public skate session, the availability of ice really opens up at Kettle Moraine Ice Center in West Bend, Wis. With ice available, general manager Craig Petersen developed a spring program with a demographic not yet targeted in the Washington County area: Adult women.

Petersen, who also runs the intro to hockey program for 4, 5 and 6-year-olds, solicited two coaches to help him embark on this new program, with the goal of having 20 to 30 participants in its inaugural year. He met with his coaches and discussed what would be taught during the seven-week program. They formatted the practice plans and skills similar to what entry level kids were doing.

Since all participants would be required to wear full hockey gear, it was determined that prior to the first practice, two "fitting" dates were in order. Some of the women had borrowed equipment from the rink, while others had gear at home they got from their kids and husbands. One woman who had some playing experience took the lead in the locker room by helping the rookies in the group get all their gear on.

The first practice was what anyone would expect for a group with little to no experience. They went over falling and getting up, along with the proper stance before getting into skating basics. The women needed to feel comfortable in their equipment and on their feet.



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Some of them were concerned about the aggression in the game of hockey, so the coaches discussed the fact that it's OK to "steal" the puck from an opponent in a scrimmage. That's part of the game. And no, it doesn't make them a bad person.

The goals for the new program were simple:

- (1) No pressure
- (2) Have fun
- (3) Develop basic skills and understanding of the game
- (4) Get a good workout



## REAL PROGRAMS \* Successful programs to consider adopting



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"You're going to get a workout. You're going to sweat. Yes, you're going to fall. But you will have a good time," coach Regan McCormack says.

Participant Karen Vorpahl was excited to hear about the new program.

"It's physical — not hitting — but a good cardio workout. It takes a lot of exer-

tion going through drills on the ice," she adds. "I signed up because I didn't have a good understanding of the game from the bleachers. When you are on the ice, you get a better understanding of the game and the skills needed."

Becky Carmichael's daughters, Kayla, 8, and Jolene, 6, are in Kettle Moraine's ADM program. Her son, Ethan, plays for the

**"YOU'RE GOING TO GET A WORKOUT. YOU'RE GOING TO SWEAT. YES, YOU'RE GOING TO FALL. BUT YOU WILL HAVE A GOOD TIME,"**

— REGAN MCCORMACK, COACH

Milwaukee Junior Admirals. Her lack of skating experience did not stop her from signing up. "I was able to gain confidence in skating and now enjoy going to public skate sessions with my children," Carmichael says.

Of the 32 participants, 19 were hockey moms. An article in the local paper and some grass-roots marketing helped make up the remainder of the group. ☉

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