

2023 XPLOSION HOCKEY

Greetings everyone!

If you play ice hockey in the Des Moines area and are looking for the BEST cross-training you can get in the off-season...you NEED to be a part of this program. Xplosion hockey has created, trained and worked in developing the top players from 8yrs old to 21yrs old in the Des Moines area.

With over 27 National Championships and 30 years of Coaching under my belt. I set my expectations high every year. "It has to be TEAM FIRST, we win together, we lose together," is what our coaching staff tells our players. Developing players and getting the most out of ALL our players is our strength. Me and my team of assistant coaches and volunteers help each player define their role on the team for success.

WE are NO LONGER offering our Club program. WE will carry two teams in divisions that carry the numbers to do so. In the case that happens, one will be the "A" team (RED team) and one would be the "B" team (BLACK team). Our #1 goal is to place kids on the team that best fits their development to where they are today. Our #2 goal is to assemble the best team to compete at a National level. We look at this as the same way you would look at a puzzle. It takes ALL the pieces to complete the puzzle. This is a TEAM sport and it takes everyone's roles to complete the team #teamfirst.

Please take the time to read through ALL the information in this email. It will cover our travel dates, practices, expectations, etc... If you have any additional questions, please email dmrollerhockey@gmail.com.

Registration deadline for tryouts is **Thursday, February 9th at 11pm.**

[2023 Registration LINK](#)

Thanks for your time and interest in Xplosion Hockey!

Sincerely-

Rob Kooker
Blaine Barker
Jacob Etzel

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XPLOSION Elite is a competitive and higher intensity program for that player that is ready to take his or her game to the next level. The commitment, training and level of Competition at each tournament is more intense. If your child has the drive, passion and willingness to be "Coachable" Xplosion Elite is your answer. WE will carry (2) teams (A & B team) in age groups with enough interest. Both A & B teams would travel to all the same Tournaments with the exception of Nationals. The A teams would travel to Tampa for Torhs Nationals. The B teams would travel to Either SIHA Nationals in CO, Springs or ECHO Nationals on the East coast. Those dates are being finalized for early June.---

****Players will NOT be permitted to play for ANY other Roller organizations / teams at tournaments or during the Xplosion Season.****

XPLOSION 2023 Schedule:

- April 14th-16 – TORHS Regional in Colorado Springs
- April 28th-30th – Mid-West Wars in St Louis
- May 19th-21st – TORHS Regional in St Louis
- May 26th -29th Memorial Day Weekend –**OPTIONAL** Legends Scout Tournament 10s, 12s, 14s, 16s, 18s & 21U only
- June 24th- July 1st- TORHS Nationals Tampa Florida (See Block schedule below)
 - 8U - June 22 - 25
 -
 - 10U - June 22 - 25
 - 12U - June 22 - 25
 - 14UA - June 25 - 28
 - 14UAA- June 26 - 29
 - 16UA - June 27 - 29
 - 18U - June 27 - 29
 - 21U - June 26 - 28

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Practice Tentative-- Attendance is REQUIRED unless you have discussed your absence with the coach (practice schedule and times will be set once teams are finalized). Your child would practice 2 of the 3 days listed below. THESE times are ALL SUBJECT TO CHANGE based on rink availability.

Mondays - times to be determined

Tuesdays - times to be determined

Wednesdays - 8:45pm-10pm

Thursdays- times to be determined

Fridays - 4:30-5:30pm Vertigo (16s & 18s)

*Each team (12U, 14U, 16U, 18U & 21U) will be doing VERTIGO (Speed and Agility training) with Tony Douglas and his team at the VERTIGO facility in Urbandale.

*The teams will also be doing Power Skating at Skate South with World Champion Speed Skating coach Mark Muse

*These classes and training sessions are ALL included in your training fees and attendance is REQUIRED for these as well unless discussed prior with the coach.

*Your child also will be required to play in the Xplosion Spring House league at Skate South during the months of March, April and May. 16U, 18U & 21U players will play in the Adult league on Tuesday nights (Youth league and Adult league fees are not included in your training fees).

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Uniforms

Each child will be required to purchase the following: **NEW DESIGN THIS YEAR**

Total Uniform cost – \$165 (uniforms are theirs to keep) We will be changing jersey designs this year.

- 2 Sublimated Xplosion Jerseys Wht/ blk – \$100 for the set
- Custom Team roller hockey pants– \$65 *required each year (goalies not required)*

Uniforms will need to be paid for when order is placed. Uniform designs change every 3 yrs (2023 will be the first year of the NEW design).

Other “Xplosion” gear will be available for purchase. **A player pack will be required for all players. It is the “off” rink uniform for tournaments.**

There will also be opportunities to purchase gloves, bags, girdles, sticks, wheels, shorts, etc... through Xplosion at discounts. So if you need anything please ask!

Training fees / Tournament fees from March – June

Training fees for the 8U, U10 season \$700 (Vertigo Training not included–8U & 10U will NOT be doing Vertigo training this season)

Training fees for the U12–U18 season –\$850

XPLOSION ELITE (Fees are per player & based on a 9 person roster)

**TORHS Regional / Colorado : \$165

**Mid–West Wars St Louis : \$165 (8U–18U)

****(OPTIONAL)**** Legends Tournament Kalamazoo, Michigan (Fee will includes pants, jerseys and draft fees)

**TORHS Regional / St. Louis : \$165

**TORHS Nationals / Florida : TBD

**RHA Insurance Membership (Similar to USA Hockey Card) required for ALL Regional and National Tournaments = \$35 for the yearly membership.

Tournaments will be invoiced 1 week before the tournament date.

We will be offering two payment options this year.

Option 1– Training fees. One–time payment based on the total provided above – **\$Total\$**

Option 2– Training fees. 2 equal payments made on or before these dates – March 10th / 2nd payment May 15th

- Additional Fee: TORHS Nationals fees TBD

Child will not play if his or her dues are not current

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Parents–

As you know, tryouts are a very stressful time for both players and parents. Since your child will be busy working on the rink during this time, we are asking that parents please wait out in the front lobby or **outside of the building** for the following age groups **12U, 14U, 16U & 18U**. If your child needs some help with gear, skates etc. you may help them get their stuff on and then we ask that you leave so we may get the tryout started.

If your child is trying out **for 8U or 10U** please commit to follow these simple rules while you are in the rink for tryouts:

- Stay positive for your child ALWAYS
- Stay away from the rink area and don't stand along the rink walls.
- Sideline coaching by the parents during the tryouts or outward yelling will not be tolerated and you will be asked to leave the tryout area.. Your player needs to remain focused and attentive to the instructors.
- Stay away from talking about other players or comparing your child to other children. This can only cause negative or hurt feelings.
- Stay focused on the big picture and trust that our goal is to put every child into the best opportunity for them to succeed.
- Stay with the program and help your child have a great year. This is a growing process. Not only for hockey, but for life, TRUST the process.

more information...keep reading!



2023 XPLOSION HOCKEY

PLAYER SELECTION CRITERIA INFORMATION BELOW

PLAYER SELECTION CRITERIA:

General Overview of the skills to play the Game

Skating- Acceleration, Speed, mobility, agility, balance, stride, crossovers, pivots/ transitions, acceleration out of turns, quick feet, controlled skating, change of pace.

- Can the player perform the basic forward and backward stride?
- Are the player's knees bent with the back slightly forward and the head up, or is the player hunched over, bending at the waist with little knee bend?
- Good skaters will use long strides with a complete recovery of the stride leg before striding with the other leg. Their strides will look very smooth and appear not to require much effort to move around the rink.
- Does the player look smooth when they skate or do they appear off balance?
- Can the player turn in both directions with little trouble or do they struggle to turn in one or both directions?
- Can the player stop in both directions? Younger players will often have trouble stopping in one direction.
- Can the player keep up with the play or do they struggle to stay with the other players on the rink?

Passing- Passing, receiving, passing choices, on the backhand, unselfish with the puck, presents a good target, receives and retains with control, touch passing.

- Does the player have the basic skills to execute a forehand pass?
- When the player passes the puck do they slap at it or is the motion smooth with the player following through to the intended target?
- Can the player pass the puck to its intended target with minimal effort?
- Can the player make an accurate pass to a moving target?
- Can the player receive a pass on their backhand or do they tend to shift their body to receive the pass on the forehand?
- Can the player pass the puck off the backhand with some speed and accuracy?
- Does the player call for the puck vs. banging their stick on the floor or say nothing at all?
- Does the player passing the puck make eye contact with the intended receiver or do they just pass the puck blindly?
- Can the player execute a saucer pass over the sticks and other obstacles?
- Can the player pass the puck off the boards to another player?

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Puck Control- Head is up, smooth and quiet, good hands, protection in small spaces and in traffic.

- Is the player foundationally ready to handle / carry the puck using a hockey stance with hands away from the body?
- Does the player appear to be comfortable handling the puck while skating or do they appear to fight the puck and have trouble skating with some speed while handling it?
- Can the player keep his/ her head up while carrying the puck?
- Can they execute dekes and fakes with the puck?
- Can they stop quickly or change direction while handling the puck?
- Can the player continue to handle the puck while in traffic and under pressure?
- Does the player get pushed or bumped off the puck easily?

Shooting- Power, accuracy, quick release, can shoot in motion, goal scorer, rebound control, variety of shots wrist shot, snapshot, backhand, slapshot.

- Does the player exhibit balance within the shooting motion?
- Can the player execute the technique of a wrist shot and backhand (weight shift)?
- Does the player follow through to the target on all shots?
- Can the player raise / lift the puck?
- Is the puck shot with some velocity?
- Does the puck sit flat in the air or does it wobble?
- Can the player execute a one-time shot?
- Is the player accurate when shooting?

Positional Play - Ability to see the play developing both offensively and defensively and moves to support, judgment, anticipation, understands position, disciplined.

- Does the player seem to understand where he/ she are to play on the rink?
- Do they support the puck in defensive and offensive situations?
- Does the player show patience or do they tend to panic when pressured?
- Can the player angle another player off the puck?
- Does the player force the play or do they wait too long?
- Does the player understand defensive gap control?

This is a GREAT player check- up with how and where your child's ability is.

Can they perform these tasks? All of these are things coaches look for at ALL levels.

Questions like these help coaches and evaluators place kids on the proper teams for your child's best growth opportunities.

Tryout date/time information and Link for registration below:

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Try- outs will be held at:

Skate South

10494 County Line Rd

Des Moines, Iowa

Tryout information and dates

Again, this year WE ARE DOING CLOSED TRY- OUTS FOR 12U, 14U, U16 & U18. MEANING, PARENTS, YOU MAY HELP GET YOUR CHILD'S GEAR ON, TIE SKATES, AND THEN PLEASE LEAVE THE RINK AREA. YOU ARE MORE THAN WELCOME TO WAIT IN FRONT LOBBY OR OUTSIDE OF THE BUILDING. 8U and 10U Try-outs have been explained in the above parent letter.

Try- out Dates and Times- please read closely

U8s & U10s Tuesday - Feb 14th 5:00pm - 6:00pm

U8s & U10s Thursday - Feb 16th 5:00pm - 6:00pm

U12s Saturday - Feb 11th 9:00am - 10:15am

U12s & 14s Monday - Feb 13th 7:30-830pm

U14s Saturday - Feb 11th 10:30am - 11:30am

U16s & U18s Wednesday - Feb 15th 8:45pm - 10:00pm

U16s & U18s Sunday - Feb 19th 8:45pm - 10:00pm

- You must complete the registration form for tryouts by February 9th, link below.
- Drills will be timed and evaluated.
- Cost to try out is \$45, non-refundable, payable to Xplosion Hockey either by Venmo or Square Invoicing.
- Registration cut- off date is Thursday, Feb. 9th.

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***All tryouts will be at: Skate South 10494 County Line Rd. Des Moines, IA**

If you have questions and would like to learn more about Xplosion Hockey. Please email us at: xplosionhcky@gmail.com

Thanks so much for your time and interest in Xplosion Hockey.
We are looking forward to a FUN & EXCITING season!

Registration link: [Xplosion Tryout 2023](#)