



*** IRONDALE/ST. ANTHONY ***

GIRL'S HOCKEY

2020-21 Irondale/St. Anthony
Hockey Slideshow

Booster Club

Season
Information



2020-21 Conference Hockey Rules

Practice/tryouts begin on January 4, 2021

Competition start date is TBD

Rescheduled games are the responsibility of the host AD

As a conference we are trying to avoid scheduling any games past Thursday, March 18

Should a game(s) be cancelled due to COVID-19 we will discuss what the process looks like for scheduling a game accordingly

Program (hockey) specific guidance will come from the MSHSL soon

Spectators at events will be based upon guidance from MDH, MSHSL, and SEC policies - information will be shared when it is available



**KNIGHTS
HOCKEY**



2020 Knights Coaching Staff - Tom Rodefeld Head Coach
- Jessica Mularie Asst. Varsity - Britta Nundahl Head Junior Varsity
- Abby Bollensen Asst. Junior Varsity - Pat Fagerlee Asst Varsity
- Meghan Lorence Asst. Varsity - Julia Carle Goalie Coach

A.D. News and Notes



Troy Urdahl
turdahl@isd282.org
612-706-1105



Chris Fink
chris.fink@moundsvIEWSschools.org
Phone: 651-621-6821

■ Athletic Trainer and Concussion Training

- State Legislature Mandated Training in the Fall of 2011/Continuing Education/Concussion Training

Amy Reimer, LAT ATC -
NovaCare Rehabilitation

amy.reimer@moundviewschools.org

Training Room Hours: Monday –

Friday 3:15 pm – 5:45 pm

Training Room Phone: 651-621-6950



Qualities of a Good Team Captain:

- Leads by example
- always strives to do her best
 - Recognizes team needs
 - Helps the team set goals
- Is not afraid to speak her mind
 - Selflessness
- Strong focus on academics
 - Will motivate others
 - Dedicated
 - Inspiring
 - Enthusiastic
 - Positive



Academics and Athletics

- If a student is found to be failing one or more classes, they will be given one week to work to get these grades above failing.
- If a student isn't passing after one week they cannot participate in any competitions until they are passing all classes.
- Weekly check on Wednesday of students' grades to be completed by activities office.
- Coaches will be notified by the activities office of those students who are failing a class and will discuss this information with the individual athlete.
- Students who have been on the fail list for a week will be informed by their coach the following Wednesday that they are now academically ineligible to participate in competition until they are passing all classes. (Athletes are able to practice during this time.)



MSHSL Bylaws

- Mood Altering Chemicals (Includes E Cigarettes)
- Sexual/Racial/Religious Harassment/Violence and Hazing (Social Media)
- Consequences:
 - **First Violation:** 3 weeks or 3 events, whichever is longer. Student will lose the right to be a captain in any activity for the school year. Student will not be considered for all conference honors.
 - **Second Violation:** 9 weeks or 9 events, whichever is longer. Student will lose the right to be a captain for their high school career and will not be considered for all conference honors.
 - **Third Violation:** Student will lose eligibility for the next twelve months along with not being eligible for all conference honors while serving this penalty.



Social Media Video





Game Management Update:

One aspect that is imperative to plan for accordingly is that the SEC adopted moving forward with live stats for hockey games. Each arena has confirmed that they have WIFI capability for the host school to log into their respective hub site and provide live stats for each game. These live stats can be shared electronically with both sets of coaches and officials/MSHSL if necessary.

Gatorade

FHIT

Little Sisters

Team Busses

Arena Protocol

Team Handbook





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GAME TIME SHORTS
COLOR: GREY
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LADIES SIZES: XS - XXL
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adidas
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COLOR: MAROON
SIZES: SM - XXL
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HOODED SWEATSHIRT
COLOR: MAROON, GREY
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\$25.00
SCREEN PRINTED LOGO



FLEECE BOOSTER BLANKET
COLOR: GREY
SIZE: 54" W X 76" L
\$26.00



LADIES 1/4 ZIP
COLOR: MAROON/GREY
LADIES SIZES: XS - XXL
\$30.00



TEAM MITTEN
COLOR: MAROON/GREY/WHITE
SIZE: S/M, L/XL
\$13.00



BEANIE
COLOR: MAROON/GREY/WHITE
\$13.00



TEAM SCARF
COLOR: MAROON/GREY/WHITE
\$20.00



1/4 ZIP PULLOVER
COLOR: MAROON/GREY
SIZES: XS - XXL
\$30.00

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KNIGHTS HOCKEY

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KNIGHTS HOCKEY

SALES CODE
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2018-19 Season of Irondale / St. Anthony Hockey Week 1



Monday October 29th

Try-Outs at NSC Rink 1

4:00 - All skaters on the Ice
5:00 - Off the Ice 10 minute break
5:10 - All skaters back on the Ice
6:10 - Off the Ice and done

Tuesday October 30th

Try-Outs at NSC Rink 1

4:00 - All skaters on the Ice
5:00 - Off the Ice 10 minute break
5:10 - All skaters back on the Ice
6:10 - Off the Ice and done

Wednesday October 31st

Try-Outs at NSC Rink 1

4:00 - All skaters on the Ice
5:00 - Off the Ice 10 minute break
5:10 - All skaters back on the Ice
6:10 - Off the Ice and done



Thursday November 1st

Practice at NSC Rink 1

4:00 - Team meeting at the Rink
4:30 - All skaters on the Ice
6:30 - Off the Ice and done

Friday November 2nd

Practice at NSC Rink 6

4:10 - Team Photos at the Rink
5:10 - All skaters on the Ice
6:10 - Off the Ice and done

Saturday November 3rd

Scrimmages at Mound Westonka

9:45am - Bus leaves Irondale
 11:30 Varsity Orono vs Irondale at Pond
 12:45 JV Orono vs Irondale at Pond
 2:00 Varsity Irondale vs MWHS at Thaler
 4:30 Varsity Northfield vs Irondale at Thaler
 4:30 JV Northfield vs Irondale at Pond
 6:30 Bus back at Irondale

Sunday November 4th Rest



Website

<http://irondalegirlshockey.weebly.com/>



Hudi