



MEMO

To: CEIHF Talons Team Members
From: CEIHF Board of Directors and Coaching Staff
CC: Mike Delgado, Casey Winkel, Sherrie Winkel, Jon Wierzba, Doug Hallett, David Ryel
Date: 2012-02-08
Re: 2010 Talons Team Practice and Conditioning Schedule

SUNDAY TALONS PRACTICES

Enclosed is the proposed 2011/2012 Talons team practice schedule. The times and dates are per the current availability of rink time at the Parker Fieldhouse.

Although it may not be perfect, or the most ideal times, it is conducive to a typical elite team skating and conditioning regiment. We are making an enormous financial and time investment for our players, and we expect you to equally contribute by your cooperation and participation to the practice sessions.

WEEKLY TALONS CLASSROOM INSTRUCTION

The schedule will be rigorous; however, if we are to compete at the highest level and succeed as Colorado's most Elite representatives for inline hockey, it will require all of us to focus on the ultimate PRIZE and the necessary physical and mental requirements to reach our goals.

STRICTLY REC TOURNAMENT

Although not etched in stone yet, this tournament series will provide a competitive environment for those players within the recreational and development training program. Competition is planned with other "recreational" teams from the surrounding Parks and Recreation departments in the Denver Metro area.

VOLUNTEER COACHES

We are still seeking assistance in the area of coaching. Those that have an interest in volunteer coaching, please feel free to contact me at 720.257.3813 or email at edelgado@ceihf.org.

VOLUNTEER TEAM ADMINISTRATORS

Team administrators for each of our age divisions are a critical necessity. We need an administrator for each of the teams within the program. Your support will be greatly appreciated.

We are all very serious about our chances for success, and we need your complete and honest cooperation to make it happen. We will inform you in advance of any schedule changes that may occur.

Respectfully,

Eddie Delgado
CEIHF President
720.257.3813
edelgado@ceihf.org



2011/2012 TALONS PRACTICE SCHEDULE – Parker Fieldhouse
On-rink practices are followed by 20 minutes of dry land conditioning and instruction.

DATE	TIME	DIVISION	COACH	LOCATION
Sun, Dec 4	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Dec 4	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Dec 4	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Dec 4	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Sun, Dec 11	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Dec 11	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Dec 11	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Dec 11	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Sun, Jan 1	NEW YEAR'S DAY		NO PRACTICE	
Sun, Jan 8	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jan 8	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jan 8	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jan 8	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Jan 11	6:00 PM	14U / 16U	M. Delgado / E. Delgado	Activity Room
Sun, Jan 15	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jan 15	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jan 15	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jan 15	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Jan 18	6:00 PM	10U / 12U	M. Delgado / E. Delgado	Activity Room
Sun, Jan 22	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jan 22	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jan 22	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jan 22	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Jan 25	6:00 PM	14U / 16U	M. Delgado / E. Delgado	Activity Room
Sun, Jan 29	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jan 29	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jan 29	7:00 PM	12U	C. Winkel / M. Delgado	Rink
Sun, Jan 29	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Feb 1	6:00 PM	10U / 12U	M. Delgado / E. Delgado	Activity Room
Sun, Feb 5	SUPPER BOWL SUNDAY		NO PRACTICE	

Wed, Feb 8	6:00 PM	14U / 16U	M. Delgado / E. Delgado	Activity Room
Sun, Feb 12	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Feb 12	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Feb 12	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Feb 12	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Feb 15	6:00 PM	10U / 12U	M. Delgado / E. Delgado	Activity Room
Sun, Feb 19	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Feb 19	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Feb 19	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Feb 19	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Feb 22	6:00 PM	14U / 16U	M. Delgado / E. Delgado	Activity Room
Sun, Feb 26	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Feb 26	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Feb 26	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Feb 26	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Feb 29	NO CLASSES			
Mar 2/4	2HOT4ICE REGIONAL QUALIFIER RMR, Lakewood, CO			
Sun, Mar 11	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Mar 11	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Mar 11	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Mar 11	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Mar 14	6:00 PM	14U / 16U	M. Delgado / E. Delgado	Activity Room
Sun, Mar 16/18	WINTER WARS RMR, Lakewood, CO			
Sun, Mar 25	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Mar 25	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Mar 25	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Mar 25	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Mar 28	6:00 PM	10U / 12U	M. Delgado / E. Delgado	Activity Room
Sun, Apr 1	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Apr 1	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Apr 1	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Apr 1	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Apr 4	6:00 PM	14U / 16U	M. Delgado / E. Delgado	Activity Room
Sun, Apr 8	EASTER NO PRACTICE			
Sun, Apr 15	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Apr 15	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Apr 15	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Apr 15	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Wed, Apr 18	6:00 PM	10U / 12U	M. Delgado / E. Delgado	Activity Room

Sun, Apr 22	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Apr 22	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Apr 22	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Apr 22	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, Apr 27/29 AAU REGIONAL QUALIFIER RMR, Lakewood, CO

Sun, May 6	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, May 6	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, May 6	7:00 PM	12U	D. Hallett / C. Winkel / M. Delgado	Rink
Sun, May 6	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, May 13 MOTHER'S DAY NO PRACTICE

Sun, May 18/20 2HOT4ICE REGIONAL QUALIFIER RMR, Lakewood, CO

Sun, May 20 NO PRACTICES

Sun, May 27 MEMORIAL DAY NO PRACTICE

Sun, Jun 1/3 ECHO QUALIFIER RMR, Lakewood, CO

Sun, Jun 10	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jun 10	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jun 10	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jun 10	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, Jun 17 FATHER'S DAY NO PRACTICE

Sun, Jun 24	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jun 24	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jun 24	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jun 24	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sat, Jun 30 APPLEBEE'S PANCAKE BREAKFAST FUNDRAISER

Sun, Jul 1	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jul 1	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jul 1	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jul 1	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, Jul 1	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jul 1	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jul 1	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jul 1	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, Jul 8	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jul 8	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jul 8	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jul 8	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, Jul 15	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jul 15	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jul 15	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jul 15	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

Sun, Jul 22	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jul 22	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jul 22	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jul 22	7:00 PM	14U	J. Wierzba / M. Delgado	Rink
Sun, Jul 29	6:00 PM	8U	D. Younkin / D. Rydel / M. Delgado	Rink
Sun, Jul 29	6:00 PM	10U	C. Winkel / M. Delgado	Rink
Sun, Jul 29	7:00 PM	12U	D. Hallett / M. Delgado	Rink
Sun, Jul 29	7:00 PM	14U	J. Wierzba / M. Delgado	Rink

NOTE:

The 16U practice time slot is based on participation.

Each practice 1-hour time slot is followed by 20 minutes of dry land conditioning.

IMPORTANT NOTE:

All on-rink practice and classroom sessions are MANDATORY for all team members. To build a winning program involves the participation of all team members. Do not let your teammates down.

2012 TALONS TOURNAMENT SCHEDULE

DATE	TOURNAMENT	LOCATION
March 2012 Mar 2-4 Mar 16-18	2HOT4ICE Winter Nationals Winter Wars	RMR, Lakewood, CO RMR, Lakewood, CO
April 2012 Apr 13-15 Apr 27-29	TORHS Regional Qualifier AAU Junior Olympics Qualifier	RMR, Lakewood, CO RMR, Lakewood, CO
May 2012 May 00 – Actual Date TBD May 25-27	NARCh Regional Qualifier 2HOT4ICE Regional Qualifier	Rink TBD RMR, Lakewood, CO
June 2012 Jun 8-10 Jun 00 – Actual Date TBD	ECHO Qualifier Manufacture’s Cup	RMR, Lakewood, CO RMR, Lakewood, CO
July 2012 Jul 00 – Actual Date TBD	Beat the Heat	RMR, Lakewood, CO
August 2012 Aug 00	Avalanche Shootout	Pepsi Center

NOTE:

Additional tournament dates will be posted as they become available from the tournament organizers.

The Talons team involvement in any of the proposed tournament(s) is dependent on player participation to field a team and effectively compete.

The “Strictly Rec Tournament(s)” are contingent on other Parks and Recreation programs’ participation.