



PLAYER HANDBOOK



Welcome to the
DuPage Stars

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Note from the President

Dear Players and Families,

I am incredibly excited to welcome you all to the DuPage Stars family! We are thrilled to have you on our team and look forward to a season filled with growth, development, and unforgettable experiences.

At the DuPage Stars Hockey Club, we strive to create a positive and inclusive environment where players can learn, compete, and have fun. Our goal is to foster a strong sense of community among our players and families, both on and off the ice.

We believe in the power of teamwork, sportsmanship, and dedication. Together, we will work hard to achieve our goals and create lasting memories.

I am eager to see what this season brings and look forward to supporting you all.

Sincerely,

William Flinker

President | president@dupagestarshockey.com | 630.452.0160



COACHING STAFF



Brian Barnes - Hockey Director and Varsity Head Coach

Coach Barnes is excited to return for his fourth year as Hockey Director and Varsity Head Coach for the DuPage Stars Hockey Club. He joined the club in the Spring of 2023 after spending the previous nine years as an assistant Varsity coach at Maine Township. Coach Barnes takes pride in having over 40 players he has coached over the past 13 years who have continued their hockey careers post high school, moving on to play College D-III, College ACHA, NAHL, or NA3HL hockey. An Illinois native, Barnes grew up in Park Ridge playing club hockey for the Northern Express. He played Maine Township hockey his junior and senior years of high school. After

high school, Barnes played two years of club hockey at Robert Morris University. After the Stars Varsity team earned its way into the league semifinals two seasons ago and being awarded Varsity Coach of the Year by the Illinois West League for the 24/25 season, and leading his team into the top 8 to compete in the IL West Cup each of the previous 2 seasons, Coach Barnes is excited and looking forward to another successful season and accomplishing even more with the team.

Wyatt Andreuccetti - Varsity Assistant

Wyatt is from Downers Grove, IL. He is a pipe fitter for Local 597. Wyatt played his youth hockey with the Huskies, Fury, Bruins, and Blues. He played high school hockey with the DuPage Stars for his junior and senior years, and was alternate captain. He was an assistant coach for the Stars JV team for 2 years and was named Coach of the Month by the Chicago Blackhawks. He then moved up to assist at Varsity. The DuPage Stars is a second family to him. His most memorable years of hockey were with the Stars, and he hopes to bring that same excitement to our players while strengthening their skills.



Sal Carcerano- Varsity Assistant



I started playing hockey at the age of 3, beginning my career with the Huskies program until I was 13. From there, I joined the Chicago Bruins, where I was part of a team that won a state championship, while also playing for the DuPage Stars. After youth hockey, I continued my career at Arizona State University playing Division 2, where we qualified for regionals. I am looking forward to my second year on the bench and continuing to push these players to reach their full potential while finding success in the game they love.



Blake Gordon- JV Head Coach

Coach Blake is excited to return for his forth season as the JV Head Coach of the Dupage Stars Hockey Club. Having joined the club in the fall of 2023, he takes pride in the significant progress made by the JV program over the past few seasons, which includes winning an MLK tournament championship, achieving an undefeated spring season in 2024, and finishing in the top 8 for Illinois West during the 2024-2025 & 2025-2026 seasons. Growing up in Westchester, IL, Blake has been playing hockey since the age of 3, spending time with the Chicago Blues and Franklin Park Panthers before playing four years of high school hockey at Nazareth Academy. After high school, he played two seasons of club D2 hockey at Lewis University. Coach Blake looks forward to another successful and enjoyable season.



Sean Trout- JV assistant

I started playing hockey as a kid out of Oaklawn Ice Arena. When I got older, I played Midget hockey for the Chicago Hawks Hockey Club. I went on to play Junior B hockey in Wisconsin and Junior A hockey in Florida. I have been coaching for 13 years. I began my coaching career coaching in-house teams back in 2012. I have since coached at all age levels from Silver Mite to high school.

John Schuten- JV Assistant Coach, Goaltending Coach

Hey, I'm Coach John Schuten. I've been playing hockey for 20+ years and it all started at Downers Grove ice rink. Or as the Stars like to call it, THE BARN. As I continue my tenure with the Stars, I am continually looking for more ways to help the players and the coaches. I'm excited for the upcoming season. ROLL STARS!!



Michael Ockrim - Strength & Conditioning Coach



In 1992, Michael discovered weightlifting's transformative power at Fenwick High School. This experience reshaped his physical and mental outlook, propelling him from an unsure teen to a determined individual.

Today, as the Founder and Head Strength & Conditioning Coach at Mighty Oak Athletic, Michael's passion is to guide others on their training journeys. A respected author and health expert, he penned the bestselling *Death Resistant: A Common Sense Guide to Live Long and Drop Dead Healthy*. Michael holds certifications from the National Strength and Conditioning Association, American Council on Exercise, USA Taekwondo, and MovNat.

An alumnus of the University of Arizona and Keller Graduate School of Management, Michael has dedicated over 30 years to understanding strength and conditioning. His mission?

Build Better Athletes.

Garrett Formhals - Skills Coach

Garrett is originally from Rochester, Minnesota, and is a former collegiate hockey player and the founder of Coach G Hockey. Garrett played five years of junior hockey in various leagues before continuing his career at the University of Central Oklahoma, where he completed his college career. As a skills coach, Garrett focuses on skating, puck skills, shooting, hockey IQ, and helping players build confidence in their game. Through Coach G Hockey, he works with players of all ages and skill levels throughout the Chicagoland area. Garrett is excited to join the DuPage Stars and help their players continue developing both on and off the ice.



TEAM PHILOSOPHY

The Club is dedicated to interscholastic athletics as a vital component of a Player Member's high school education. Athletics will be a positive learning experience for our players if they recognize that they achieve their highest personal and athletic potential only by embracing a lifestyle dedicated to competition, integrity and self-discipline. In addition, selection to a team is both an honor and a privilege and, as such, carries responsibilities commensurate with leadership roles. As leaders and visible representatives of the respective schools they represent, athletes have the obligation to represent themselves in an exemplary manner.

Participants in the Club have a responsibility to adhere to the policies established by the Club, the Amateur Hockey Association of Illinois (AHA), USA Hockey, SafeSport, and any leagues in which we participate. Failure to comply will have consequences.

GOALS

- Player Development- to help each player get better on the ice as a hockey player and off the ice to become a respectful responsible young adult
- Improve general fitness level, speed, and agility from on and off ice training
- Win the Illinois West League at both the JV and V divisions
- Win the Combined State Championship at both the JV and V divisions
- Help players achieve their individual goals on and off the ice
- Develop a long-term plan for each underclassman player to help them as they transition to Varsity hockey or a bigger role on the Varsity team if they are already on that team

RULES

Tardiness: Players must show up to the rink 35 minutes before practice and 60 minutes before each game, unless the coach has asked for the players to show up earlier. This is a rule that pertains to all players AND parents. If a player has a conflict (another sport or school activity, etc.) the player needs to reach out to the coach BEFOREHAND to work out a solution going forward. Any tardiness will result in losing ice time or any other punishment that the coaches may see fit. Excessive tardiness will result in being scratched for complete game(s). Practice starts as soon as the Zamboni doors close.

Absences: If a player is going to miss a game or practice, they need to let the coach know ASAP. Excused absences- family emergency, injured/sick, another sport/school activity, college visit, etc. Unexcused absences- friend/family party, homework, vacation, work, babysitting, video games, etc. If a player does not show up and does not communicate with the coaches to let them know they won't be there, there will be a consequence of losing ice time or any other punishment the coaches may see fit. If a player has numerous no call absences or numerous unexcused absences, that player will be scratched for complete game(s).

Zero Tolerance Policy: This applies to all DuPage Stars players in school, after school, and during any team activities. We will be professionals on and off the ice as we represent our club.



24-hour policy for parents: We ask that any parent who wants to reach out to communicate with a coach after a game, to please wait 24 hours after the completion of that game to reach out. We encourage our parents to communicate with our coaches and this is the only rule that pertains to that open line of communication.

Ice Rink/Locker Room: Players must abide by any rules posted by the rink. It is the player's responsibility to treat all facilities with respect and clean up their locker room after each practice and game.

GAMEDAY RULES

- Show up 60 minutes before
- Game day attire: Player Assigned DuPage Warm-up Jacket, Slacks or Khakis (no jeans or sweatpants), and collared shirt underneath the jacket (Polo or Button down). DuPage logo winter and ball caps are the only hats allowed. Dress shoes or solid black or white clean gym shoes. Players will bring a set of warm up clothes and gym shoes for pre-game warm ups.
- Every player will partake in the 15-20 min team stretch/warm up before each game (approx. 45-50 min before the game). Goalies can make the decision to warm up with the team or warm up on their own however they see fit.
- Players must be dressed and seated in the locker room 10 min before game start to go over pre game strategy/lines with the coaches.
- All players will be required to wear a black helmet and dark gloves.
- Penalties: go straight to the box. Do not talk to any players on the other team. Unless the player has a letter on his chest, he should not say any words to the referees.
- On ice altercations: stay out of scrums and fights. period. Do your Job. If there is a fight- do not be the 3rd, 4th, or 5th player in. If you are involved in an altercation- 1. There will be consequences decided on by the coaches and/or board. 2. Go straight to the penalty box or off the ice after the altercation occurs- don't say a word to anyone.

LOCKER ROOM POLICY

- You must NOT enter a locker room if there is not a coach in the locker room.
- There can NOT be a single player and single coach in the locker room.
 - There must be 2 players and 1 coach or 2 coaches and 1 player
- **NO cell phone use in the locker room.** Phones must be turned off or silenced before entering the room and then put up on the cell phone rack in the appropriate player's spot.
- **All players must be out of the locker room within 30 minutes from the end of practice or a game.**
- **Continued violations will result in the players locker room privileges being revoked.**



PLAYER CODE OF CONDUCT

Each player, as a member of the DuPage Stars Hockey Club (“the Club”), agrees to adhere to the following Code of Conduct.

PLAYER’S CODE

As a student-athlete and member of the DuPage Stars community, I recognize that I have a responsibility to conduct myself in a manner that represents me, my family, my team, my school, and my community with dignity. I further understand that actions I choose to commit that negatively impact myself, family, team, school or community will have consequences, up to and including dismissal from the team and the Club.

I understand that I will be subject to discipline if I commit any of the following actions:

- Use, possession, sale or transfer of alcohol
- Use, possession, sale or transfer of a controlled or illegal substance (including, but not limited to, mood-altering drugs and performance enhancing substances)
- Use, possession, sale or transfer of tobacco products
- Use, possession, sale or transfer of weapons, drug paraphernalia, syringes, or similar types of paraphernalia
- Use of any electronic media device and/or any website or other similar forum to make disparaging comments towards other teams, players, parents, or members of any organization. This is inclusive of, but not limited, to Facebook, Twitter, Snapchat, internet blogs, email, and texting
- Hosting or organizing a gathering or providing a venue where minors and any of the above referenced prohibited substances or equipment are present
- Any act that disrespects the property of another, including a teammate, opponent, coach, official, rink
- Any violation of Club policies (including, but not limited, to fighting, assault, battery, vandalism, theft, harassment, hazing and acts of gross disobedience), as well as any conduct that results in a Club suspension
- Any violation of any policy of AHAI, USA Hockey, SafeSport, and any leagues in which we participate
- Repeated acts of unsportsmanlike conduct during or surrounding games, practices and team events, such as cheating, fighting, or abuse of officials, other players, coaches or spectators
- Any action deemed by the Club not consistent with the policies established by the Club, the Amateur Hockey Association of Illinois (AHA), USA Hockey, SafeSport, and any leagues in which we participate



PLAYING TIME

DuPage Stars believes it to be in the best interest of each player to provide a safe and fair environment for competition. DuPage Stars believes it is important that we see measurable growth from all players on and off the ice. Our goal is to get the best effort out of all of each of our players. With that being said, playing time at the Junior Varsity level will be more evenly balanced for ice time/shifts to help the development of all of our JV players. Varsity playing time will not be as balanced. Ice time will be allocated more on the basis of talent, dedication, and hard work so that our Varsity team can compete with all of the other strong teams in our league/state.

EXPECTATIONS OF PARENT/GUARDIANS

Our players are building a solid foundation for character development. DuPage Stars Hockey Coaches and the Board expect all our parents/guardians to comply with the following expectations:

- a. Parents/Guardians must respect all participants, coaches and game officials.
- b. Parents/Guardians will not participate in name calling or other undesirable acts that detract from the game and resolve to conduct themselves as a responsible adult, even during the most trying circumstances.
- c. Parents/Guardians will remember that our players look to us for guidance and tend to conduct themselves according to our examples.
- d. Parents/Guardians will discuss the positive aspects of the game and not dwell on the negative.
- e. Parents/Guardians will recognize good play, no matter who makes it and strive to make each year the best hockey season possible.
- f. Use of any electronic media device and/or any website or other similar forum to make disparaging comments towards other teams, players, parents, or members of any organization will not be tolerated. This is inclusive of, but not limited, to Facebook, Twitter, internet blogs, email, and texting
- g. Parents/Guardians are subject to the DuPage Stars Board for conduct considered in violation of this Handbook and/or harmful to the image of the hockey club, its players, coaches, officials and fans.
- h. Parents/Guardians will not embarrass themselves or team members by yelling at players, coaches, managers, officials, or other parents and will always show a positive attitude toward the game, players, coaches, officials and fans.
- i. Players are put on the ice at the coach's discretion. If your player has concerns about their ice time, have them schedule a meeting with their coach to discuss. This is not a discussion for the parents to have with the coaches.



EXPECTATIONS OF COACHES

- a. Coaches are expected to be at practices, games and tournaments at the specified time.
- b. Coaches will strive for their team to compete at the highest level.
- c. Coaches will inspire players to love the game, instill a desire to win and teach good sportsmanship with a respect for teammates, opponents and officials.
- d. Coaches should provide detailed continuous feedback to players throughout the season. Coaches will do their best to provide tips, drills, and best practices to improve on a player's strengths and weaknesses. Detailed feedback is not going to happen during a game.
- e. Coaches have the sole discretion to determine playing time for all players.

FINANCIAL COMMITMENT

Player fees primarily go towards expenses such as: ice time, league fees, and coaches' salaries. The balance of collected fees are used for a variety of other club-related activities, and to keep an appropriate minimum reserve to remain a viable club into the future.

The 2026-2027 Fall Season player total fees are as follows:

JV Skater	\$5,950
JV Goalie	\$3,000
Varsity Skater	\$6,950
Varsity Goalie	\$3,500

There is a \$500 equipment fee for all new players to the club.

Player Fees also include:

- Three tournaments (excluding travel expenses)
- Uniform package
 - New Players
 - Game and Practice jerseys
 - Warm Up Jacket
 - Off Ice t-shirts
 - Shell(s)
 - Socks
 - DuPage Stars Hockey Bag
 - Returning Players
 - Practice Jerseys
 - Off Ice t-shirts
 - Socks
- Off-Ice Sessions (24 total sessions)
- On-Ice Skills Sessions (10 total)



DuPage Stars policy requires that payment of the player fees must be made by the required due date. Failure to pay any installment by the designated deadline will result in a player's immediate suspension from team activities until payment is made or a payment plan is agreed upon. Failure to pay will also be referred to the AHA! Rules and Ethics Committee for player suspension.

THE DuPAGE STARS HOCKEY BOARD

The DuPage Stars Hockey Board of Directors consists of mainly volunteer parents of current players. The Board’s purpose is to administer the financial and administrative obligations of the program, to support the Stars Hockey program and to carry out the needs and directions of the Hockey Director. The 2026/2027 Board is as follows:

Officers		
William Flinker	President	president@dupagestarshockey.com
Andrea Paris	Vice President	vp@dupagestarshockey.com
Debbie Genovese	Secretary	
Eric Larsen	Registrar	registrar@dupagestarshockey.com
Dan Banach	Treasurer	treasurer@dupagestarshockey.com

Board Members		
Aaron Bass	Rules & Ethics	rulesandethics@dupagestarshockey.com
Pat Mukushina	Social Media	social@dupagestarshockey.com
	&Team Building	
Doug Pestka	Equipment	
Mike Maffei	Board Member	
Charlie Baier	Board Member	



ZERO TOLERANCE POLICIES

USA Hockey is committed to creating a safe and fair environment for all participants. Respect for the game, the opponents, coaches and officials is a critical part of the environment that is created. This Zero Tolerance Policy summarizes required actions to be taken when violations occur.

All players, coaches, officials, team officials and administrators and parents/spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey sanctioned games. Thus, the following points of emphasis must be implemented by all USA Hockey participants and spectators.

Players

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a player:

- 1) Openly disputes or argues any decision by an official.
- 2) Taunts or incites an opponent.
- 3) Visually creates a disturbance during the game.

Any time that a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such action.

Coaches

A minor penalty for unsportsmanlike conduct (zero tolerance) shall be assessed whenever a coach:

- 1) Openly disputes or argues any decision by an official.
- 2) Uses obscene, profane or abusive language to anyone at any time.
- 3) Visually displays any sign of dissatisfaction with an official's decision including standing on the boards or standing in the bench doorway with the intent of inciting the officials, players or spectators.

Any time that a coach persists in any of these actions, they shall be assessed a game misconduct penalty.

In addition, any player/coach who uses language that is hateful or discriminatory in nature anywhere in the rink before, during or after the game shall be penalized under Rule 601(e.3) resulting in a match penalty. Such behavior is reprehensible and has absolutely no place in our game. The offender shall be immediately suspended until a hearing is conducted by the governing USA Hockey Affiliate or Junior League.



Officials

Officials are required to conduct themselves in a businesslike, sportsmanlike, impartial and constructive manner at all times. The actions of an official must be above reproach. Actions such as “baiting” or inciting players or coaches are strictly prohibited.

Officials are strongly encouraged to introduce themselves to the coaches prior to the game to establish a basis of mutual respect and to facilitate/define in-game communication.

Officials are ambassadors of the game and must always conduct themselves with this responsibility in mind.

Parents/Spectators

Parents are expected to be a positive role model by treating all players, coaches, officials and fellow spectators with respect and support.

The game will be stopped by game officials when parents/ spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. The game officials will identify violators to the coaches for the purpose of removing parents/ spectators from the spectator’s viewing and game area. Once removed, play will resume. Lost time will not be replaced, and violators may be subject to further disciplinary action by the local governing body. This inappropriate and disruptive behavior shall include:

- 1) Use of obscene, profane or abusive language to anyone at any time.
- 2) Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence.
- 3) Throwing of any object in the spectators viewing area, players bench, penalty box or on ice surface, directed in any manner as to create a safety hazard.

USA Hockey strongly recommends that each local youth hockey registered team designate a volunteer to serve as a parent/spectator monitor during all team games. This monitor will, ideally, address inappropriate spectator behavior prior to the situation escalating to the point it has an impact on the game. This designated monitor shall have the full support of the youth hockey association and the arena management to remove any spectator in violation of the Zero Tolerance Policy.

*Any parent who is asked to leave the game for a zero tolerance violation will serve a minimum (5) consecutive league game suspension (not including the game of violation) (AHA Rule) and the parent could be imposed a monetary fine of \$100 (For 1st infraction) with an escalation amount per incident



(\$500 for the 2nd infraction). A second offense may include further disciplinary action up to and including season suspension for all remaining games including playoffs. (\$1,000 for the 3rd infraction). A third offense will include a permanent suspension. Inappropriate and disruptive behavior includes: Use of obscene or vulgar language in a boisterous manner to anyone at any time. Taunting of players, coaches, officials or other spectators by means of baiting, ridiculing, threat of violence or physical violence. Throwing of any object in the spectator's viewing area, player's bench, penalty box or on-ice surface, directed in any manner as to create a safety hazard.

Administrators

Administrators are the key to building a positive, growing and safe USA Hockey community. Create a culture that is:

- 1) Welcoming
- 2) Protected
- 3) Respected
- 4) Connected
- 5) Valued

Administrators are responsible for enforcing the rules and policies established and approved by USA Hockey, their Affiliate, and their Association or Club. This includes taking disciplinary action, as deemed appropriate, towards any parent/spectator removed from a game as a result of a violation of the Zero Tolerance Policy.

The undersigned, being the Player, Parents or Legal Guardians of the Player, or Coach hereby acknowledge receipt of the DuPage Stars Hockey Club Zero Tolerance Policy and agree to be bound by the terms of the policy and the penalties imposed for violation of the policy.

Violation of policy will not result in a credit or refund of season fees.



IMPORTANT DATES

First Practices Start:	September 1 nd
Off-Ice Training Starts:	September 8 th
Varsity Preseason Tournament:	September 10-13, Seven Bridges
JV Preseason Tournament:	September 18-20, All Seasons
Outing #1 Paintball:	TBD
Outing #2 Blackhawks Game:	TBD
Nashvegas Tournament:	Oct 10-12 Nashville, TN JV and Varsity
Holiday Party:	TBD
Alumni Game:	TBD
Senior Night:	Jan 23 (Tentative)
MLK Weekend Tournaments:	Jan 16-18 JV – TBD (Local) Varsity – Vegas Jr. Golden Knights (Las Vegas, NV) Games are potentially 8am Saturday to 7:30pm Monday

