



Lindbergh Hockey Club Basics 2025-2026



Coaching Staff	Varsity Head Coach	Dan Geuhne
	Coaching Director	Dave Freeman
	JV 1 Head Coach - Mid States	Jeremy Blessing
	JV 2 Head Coach - Gateway	Bryan Lind
	Varsity Assistant Coaches	Jeremy Blessing, Bryan Lind, Eric Boning
	JV Assistant Coaches	Dominic Schlereth, Jared Opsal
	Goalie Coach	Jared Opsal
Lindbergh Hockey Board	President	Todd Schlereth
	Vice President	Ben Scott
	Secretary	Emily Becker
	Treasurer	Tom Gerrein
	Mid States Rep	Jason Olliges
	Varsity Coordinator	Connie Vivrett
Non-Voting LHC Positions	JV 1 Coordinator	Laura Grubb
	JV 2 Coordinator	VOLUNTEER NEEDED
	Social Media, Spirit Wear	Lauren Bryant
Hockey Governing Bodies	Lindbergh Hockey Club	Lindbergh Hockey Board
	High School Ice Hockey	Mid States Club Hockey Association (MSCHA)
	Inline Hockey	Missouri Inline Hockey Association (MOIHA)
	USA Hockey	USA Hockey
Required Equipment & Uniforms	Team Provided (Ice)	Jersey(s), Shells, Socks, Practice Jersey
	Player Provided (Ice)	WHITE Helmet, Mouth Guard, Neck Guard, Chest Protector, Elbow Pads, BLACK or TEAM Gloves, Hockey Pants, Jock/Jill, Shin Pads, Skates, Stick
	Player Provided (Inline)	Jersey(s), Helmet (white), gloves, Inline Hockey Pants (black), Shin Pads
Teams/Rosters	Varsity	Top Ice Team in LHC program. Evaluations start in August. The season runs through March.
	Frozen	Each team in Mid States must designate 12 players as Varsity only. These players are considered "Frozen" on Varsity. Which players are frozen is decided solely by the coaches. Being frozen or not should NOT be taken as an indicator of the player's skills and abilities. Many strategic factors come into play for deciding who is frozen.
	Swing	Players listed eligible to play both Varsity and JV
	Junior Varsity	The Junior Varsity Ice Team. Evaluations start in August. The season runs through March in tandem with the Varsity season.
	B Team	Development Ice Team for younger players in the program. Plays in the Spring/Early Summer.
	Inline	Team(s) are formed each spring based on skill and age of players. Evaluations take place in January. The season runs March-May.



Lindbergh Hockey Club Basics 2025-2026



SafeSport	Mid States Required Training	SafeSport is a national nonprofit org that works to prevent emotional, physical and sexual abuse and misconduct all the way to the US Olympic level. All Coaches, Board members, and players that reach 18 years old during the season must take and pass SafeSport training annually.
Communication	Players and coaches: GroupMe	This is the method the club uses for players to communicate with coaches and coordinators. At this level the players are responsible for communicating their availability for team events.
	Parents: Club Email	Announcements geared toward parents will be communicated via email. For example: evaluation dates, uniform fittings, signup dates and requirements, etc. Weekly email from the Club Secretary during the season.
	Parents: Crossbar App	Quick or urgent notifications will be sent via the Crossbar App. It is highly recommended for all parents to download and join the app. Um, anyone interested in a tailgate? Time changes, weather events, etc.
	Club Website	lindberghhockeyclub.com contains general information on the club, team schedules, programs, registration and resources.
	Social Media	- Facebook (LindberghHockeyClub) - X (@LindberghHockey) - Instagram (@LindberghHockey) Please follow the Facebook page to stay informed.
	Mid States Hockey Website	Mid States Club Hockey Association New rules for the season, Mid States news, and most importantly, TEAM ROSTERS, player stats, game calendars, playoff standings, and more. - LHC Varsity is in the Suburban Conference - JV is in the South Division
	MOIHA Website	Missouri Inline Hockey Association Rules, Rosters, Schedules, Live Scores, States, Standings, & More
Expectations for all teams	Games	Coaches will let players know their expectations for dressing for games. Players must arrive at the rink 1 hour before game time, ready for the workout. Players should communicate availability, lateness or illness to coaches via GroupMe team chat.
	Practices	Be ready before ice time, communicate attendance with coaches via GroupMe team chat. Players are to bring their own filled water bottles to every practice and game.
	Behavior	Players behave in accordance with USA Hockey, Mid States Hockey, Lindbergh School District, and Lindbergh Hockey Club codes of conduct.
	Player Eligibility: GRADES	Mid States rules dictate that each Fall and Spring Semester, teams must prove that all rostered players who attended LHS the previous semester earned 3 credit hours. Players who did not earn 3 credit hours will be ineligible to play the next semester. There are NO EXCEPTIONS to this rule.
	Player Eligibility for Playoffs: Number of Games Played	Each season, Varsity and JV players must be rostered for 10 Varsity games or 18 consecutive JV and Varsity games to be eligible to play in playoffs. "Elite" players have slightly stricter eligibility rules. Coaches and Coordinators keep track of eligibility, but ultimately IT IS THE PLAYER'S RESPONSIBILITY to RSVP they are available or they will not be rostered. INJURED players who have been told they are not allowed to play due to the injury must report their injury to the coach and/or coordinator and provide DOCTOR LETTERS with the dates they are not allowed to play and the date they are cleared to play. Those games should not count against eligibility, but the team must submit a waiver if the player has not met eligibility rules. Mid States makes the final call and is VERY STRICT about this. Their decision is FINAL.



Lindbergh Hockey Club Basics 2025-2026



Events All dates TBD Watch for email and Facebook announcements	Pink in the Rink	We partner with the Northwest Hockey Club for a couple (Varsity and JV/B) of friendly games to raise money for a family impacted by cancer. This is a fun event with 50/50 raffles, pink uniform highlights and a crowded, celebratory atmosphere. VOLUNTEERS ALWAYS NEEDED for 50/50 raffle, decoration and take down.
	Senior Night	Celebration of Seniors and their families. Coordinated by Junior year player parents. VOLUNTEERS NEEDED to assist Junior year parents with goodie bags, decorations and any other special things.
	Playoffs	Both Varsity and JV can make it to Mid States playoffs at the end of each season. Check the Mid States website to find out which division the teams ended up in and follow progress. Mid States Club Hockey Association
	Hockey Fights Cancer	We partner annually with Edwardsville Hockey to play a game together to raise money for Hockey Fights Cancer.
	Blues Special Hockey Scrimmage	Community Service Opportunity for our Players to support the Blues Special Hockey Program.
	Mid States All Star Game	Each year coaches can appoint two Senior players to represent LHC in the Mid States All Star Game at the end of the season.
	Team photos	Each team will schedule team photos, and we will do our best to accommodate all players. Please understand that we first and foremost try to schedule so our Senior players can be there and balance our schedule with the photographer availability. Dates and times will be communicated through all the communications channels.
	Sunday Night Lights - LHS	The LHC team is invited each year to participate in Sunday Night Lights, a special evening for critically ill and special needs children. Typically, we run a shinny hockey booth and give out candy. BOTH PLAYERS AND 1-2 PARENT VOLUNTEERS ARE NEEDED.
Facts and Miscellaneous	Dress list	A few days prior to every game, coaches will post the dress list on GroupMe. Dressed players are rostered for that game. It is important that players RSVP within the time allotted by the coach. NON RSVP will be considered a NO by the player. Healthy "Scratched" players who are not dressing are expected to be at the games in the appropriate clothing as directed by the coaching staff. Scratched players get in the games free and must sign in to each game.
	Varsity Game Cost	Varsity games cost \$5 per person per game. Scratched players are free. In the past, the payment has been cash only. A new electronic payment method might be used in 2025-26 but plan to pay cash until you hear differently.
	JV Game Cost	JV games are free until playoffs, which are \$5 per person.
	Student fans	Student fans can get rowdy at the Varsity games. New families will see the parent section and are advised to sit there. Please do not encourage rowdy student fan behavior. Cover little ones' ears and use caution exiting to the parking lot when certain teams are playing. LHC fans tend to be rowdy in a good way, but you never know. Park rangers are at every game and often local country police are there to enjoy.
	Lindbergh Hockey is a Club Sport NOT a LHS Sponsored Athletic Sport	Lindbergh Hockey is NOT a school-sponsored sport and the ONLY LHS event we are allowed to participate in is Sunday Night Lights.
	How to volunteer	Volunteers are always needed, and calls for volunteers will be made in the weekly parent email with instructions for how to volunteer. Thank you in advance, as it is our amazing volunteer parents who make much of the FUN and MEMORIES for our wonderful players!