



INLINE NEWS

Winter Season -
2007

Season Calendar:

- December 8 –Winter Season begins
- Winter Break
Dec 17-Dec 31
- Practices resume
Jan 1
- Games resume
Saturday, Jan 5
- Presidents Holiday-
No practice or
games week of
Feb 11-16
- Playoffs -
Saturday, March 1
- Championship
Sunday, March 2
- Possible Player
Clinic or drills,
Saturday, March 8
Watch for more
information.
- Spring Season
begins March 25!



A Note from the Director:

Alex Eng

inline@pwhockey.com

Welcome to the Winter Season for PWHC-InLine. Things are off to a great start with registration counts up and a really smooth planning session for all of the coaches. With your assistance by registering early we were able to have a successful planning session with every single coach attending to setup the teams for this season. This extra time will help assist us with planning for clinics and special events between future hockey seasons. If you get a chance to talk to your coach, please ask to see if there is anything that you can do to assist and let them know that you appreciate their volunteer service.

Moving forward, I would like to use the newsletter for more than league communication and information. We would like to educate everyone about Hockey and Inline Hockey. You will notice that we have an article in this edition of the newsletter about the numbers on the inline wheels - what do they mean? Why are there two sets of numbers? Why should I care? If you have a question that might help new or even seasoned players please let me know by emailing inline@pwhockey.com. Better yet, if you or your kids want to write an educational article, please let me know and we will try to publish it in an upcoming newsletter.

Thanks,

Alex Eng

PWHC Executive Director Inline Programs

Choosing The Right Product

BY DICKY WILLIAMS

Choosing a Wheel that Suits Your Needs

Wheel construction has always been 3 parts science and 1 part magic. There is new wheel technology every year that raises the bar in terms of performance and durability in Inline hockey. The challenge for wheel designers is to create a wheel that grips well (usually by utilizing a softer urethane compound), while maintaining an acceptable level of durability and speed. When deciding on a wheel, consider these factors:

Wheel Hardness

The hardness of the urethane on a wheel is one of the main factors to consider when choosing a wheel. This hardness is represented by a number followed by the letter "A". For example: A Pro 250 outdoor wheel comes in several hardness ratings from 80A - 86A. A higher number denotes a harder wheel. Viewed in a purely scientific sense, a harder wheel will be faster because the speed robbing mush is eliminated, thereby reducing your rolling resistance. The contact patch is smaller, again reducing rolling resistance. From a practical point of view, however, a hard wheel will not grip most playing surfaces well - costing you more in slippage than you gain in reduced rolling resistance. In addition, harder wheels tend to have low rebound (see below). A harder wheel will also provide you with better durability and more resistance to chunking and tearing. The bottom line is that choosing a hardness is always a trade off. If you go softer, you will gain grip and rebound, but will lose some speed and durability. Here are some basic ranges:

(Continued on next page)

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PWHC Website:
<http://www.pwhockey.com>

FYI:

- ❖ Club tee shirts are still available for purchase at \$10.00. Limited sizes are available. Contact Alex Eng if interested: inline@pwhockey.com
- ❖ PWHC-IL is always looking for good referees. To learn more go to <http://www.usahockey.com> or contact Steve Worrall at swhirl@verizon.net
- ❖ Need a new jersey because yours is lost or damaged? Contact Becky Steele to order a new one. One set of jersey's are free per player- Replacement jersey's are \$30.00 each. Be sure to specify white or red. tastefullybstele@hotmail.com

**PWHC
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Indoor Smooth Surfaces:

General Range: 72A - 76A

If you are a larger player - or if you tend to be very aggressive on your wheels in terms of skidded stops, you should tend towards the 76A range.

Outdoor Surfaces:

General Range: 80A-86A

A harder wheel will tend to give you a little more durability, but you should really choose your outdoor wheel based more on how rough the surface is. For rougher surfaces, go for a wheel on the softer end of the scale. This will allow the wheel to conform around the texture of the surface - giving you a better ride.

Multiple Durometer:

Many wheels utilize a construction technique that use multiple durometers in one wheel. Think of this as a "wheel within a wheel". In this technique, a harder urethane is poured first, followed by a softer urethane on the outside for excellent grip. In this way, a wheel can have a very soft outer for excellent grip, but have a harder middle layer to avoid the flex and mushiness of soft single durometer wheels.

Rebound

A quality wheel will "give back" some energy to the skater through rebound, similar to the way a quality composite shaft will return a more powerful shot through the release of the flex put into the shaft during a shot. Generally wheels with multiple durometers have better rebound. Also - wheels that utilize a urethane hub rather than a plastic hub have better rebound. Don't overlook the Rebound factor on wheels - This is your key indicator to the performance level of the wheel.

Summary

When choosing a wheel, find something that suits your needs for hardness in terms of your weight, playing style and the surface you are playing on. Next, if you can afford a wheel with a urethane hub - or a dual or triple durometer pour, go for it - You won't regret spending a little more to get the liveliness a high quality wheel will provide for you.

Player Safety:



USAH-IL protective gear is required at all games and practices. Referee's and coaches have been asked to keep a watch out for players not wearing the required equipment and players may be asked to leave the playing surface. Equipment most often not used is the mouth guard and elbow pads. Please help us keep your players safe and be sure they have all the necessary equipment. USA Hockey Inline requires that all players have the following equipment to participate in any USAHIL-sanctioned

Event: inline skates, HECC approved helmet with chin strap, HECC approved full face mask with chin cup, colored (non-clear) internal mouth guard, elbow pads, gloves designed for hockey, knee and shin protection designed for hockey, and a hockey stick.

Additional recommended equipment: protective cup or pelvic protector.



Spring: It isn't too early to be thinking about Spring Hockey!



To help get the final season of the year off to a successful start, consider registering now. By registering early, YOU save \$30.00. Early registration is \$165. Regular registration is \$180 and is in effect until the last day of the current season. After that date, late registration is \$195.00. Share your love of hockey with a friend! You could earn a \$35 PWHC credit! Be sure to check out the registration page online at <http://www.pwhockey.com> for other great ways to save.

In Search of....Someone to coordinate a Skills and Drills event for our players Saturday, March 8. Please contact Alex Eng at inline@pwhockey.com for details.

The folks at TSP are interested in knowing if there is an interest in them stocking inline hockey wheels, pants, sticks, tape, etc. Let them or any of the Inline Board Members know your thoughts.