



# JAR IDRETTSLAG

IIHF SKILLS 4 ALL WEBINAR

13 May 2025





# Agenda

- Introduction
- History
- Club structure
- Economy
- Sports
- After school



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# Introduction

Who are we?



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# WHO ARE WE?

(in a nutshell)

- Sports club Located just outside of Oslo, Norway
- Privately owned facility first opened its doors in 2013
- Over 1,000 active members
- 8,000 visitors weekly

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# Quintin Bollue

- Dir. of sports & player development ice hockey
- WU18 Norwegian NT coach
- IIHF LTP instructor
- NIHF regional coach supervisor

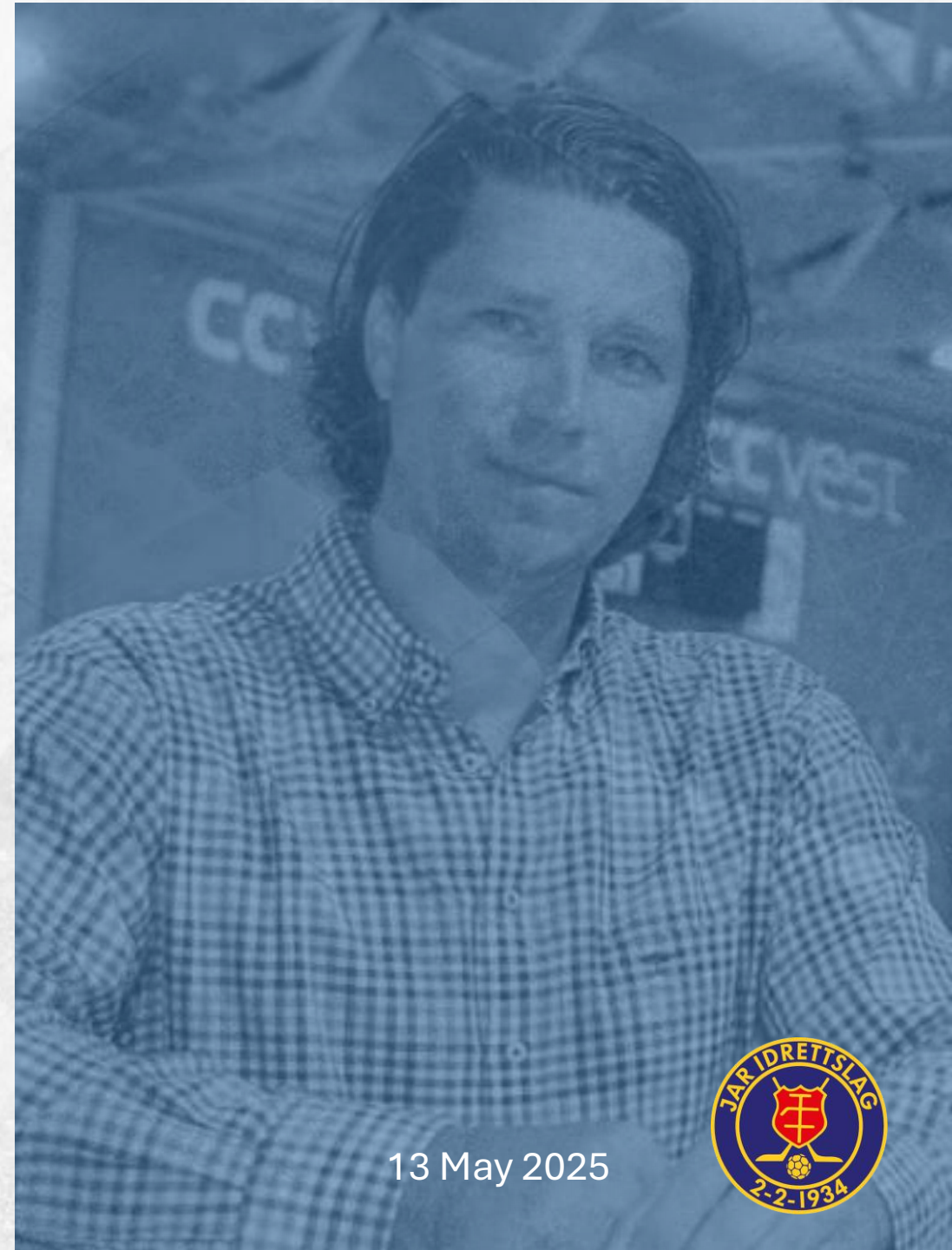
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# Knut Henrik Spets

- General manager Jar IL
- Former National team player
- Led the organization to become the 2<sup>nd</sup> largest ice hockey club in the country in just 10 years



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# JAR IL HISTORY

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# History

- 1934 – founded
- 1952 – ice hockey offer
- 2013 – own rink
- 2018 – I started working
- 2020 – Quintin joined
- Now – 2<sup>nd</sup> largest club



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A blue-tinted photograph of ice hockey players in action. In the foreground, a player in a dark jersey with 'TORSHOVSPORT' and the number '14' is skating towards the right. Behind him, another player is also skating. In the background, a third player is visible near a goal. The goal has a banner that reads 'JAR HOCKEY'.

# CLUB STRUCTURE

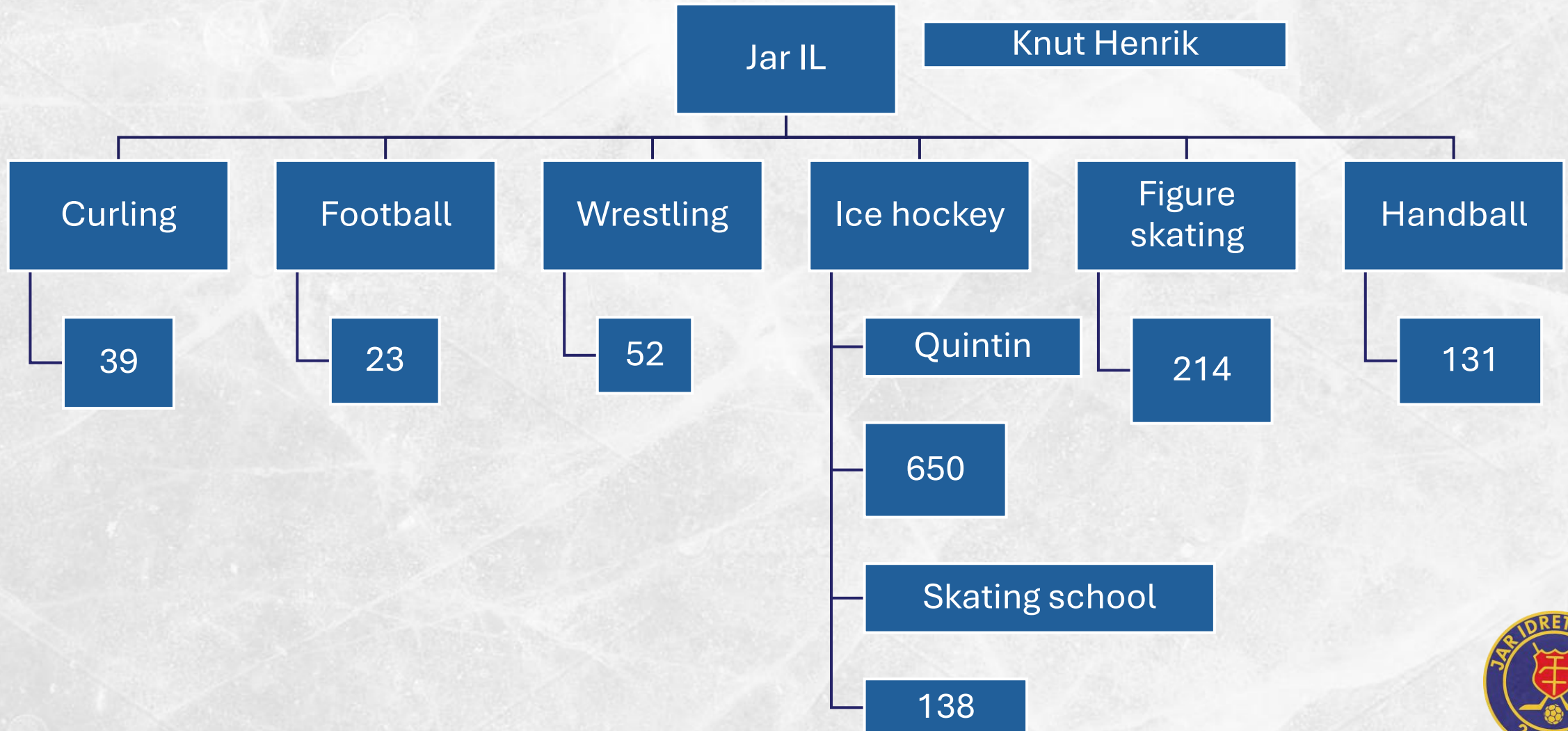
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# CLUB STRUCTURE





# Ice hockey

- Over 40 teams across all competitions
- From U7 to Veteran
- Just one regulation ice rink



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# FACILITY





# ECONOMY

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# ECONOMY

- Owning our own rink gives us flexibility, but is expensive
- Very dependent on volunteers
- You pay for what you get (sustainable long term)
- We rely on income from club programs such as camps

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# SPORTS

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Video by: Erik Evans

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# Our philosophy

- “as many as possible – for as long as possible – as good as possible”
- Recruitment – retention - development
- Strategic focus on the next generation of hockey players
- Offer for everyone, regardless of their level or age

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# Wildcats

Wildcats

JU16

JU14

JU12

JU10

JU8

Skating school

# Jar IL

Senior

U20

U18

U16

U15

U14

U13

U12

U11

U10

U9

U8

U7

Skating school





# BUILDING THE FOUNDATION



“want to create sustainable success?  
Focus on the root, not the fruit.”


– Jon Gordon–

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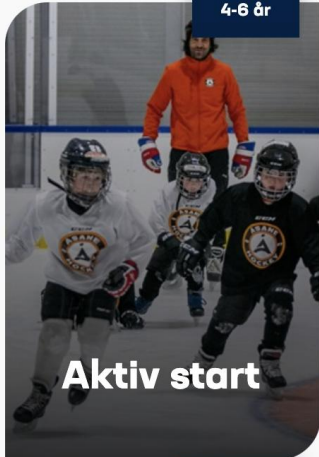
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Isbjørnmodellen

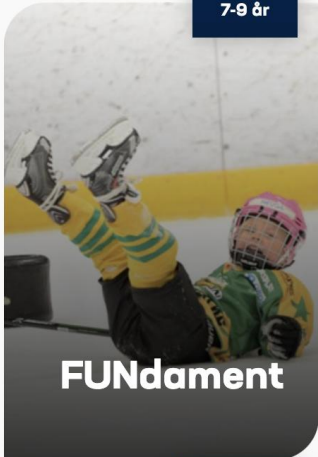


4-6 år




Aktiv start

7-9 år



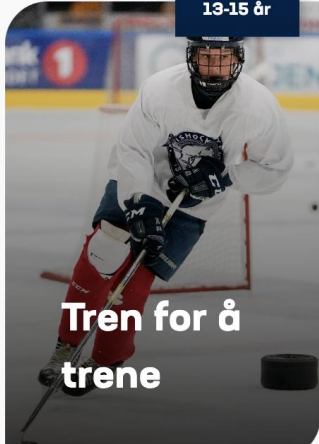
FUNDament

10-12 år



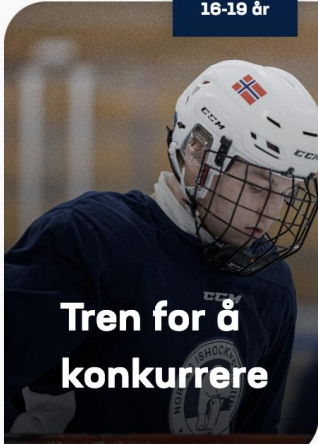
Lær å trene

13-15 år




Tren for å trene

16-19 år



Tren for å konkurrere

Senior



Tren for å vinne

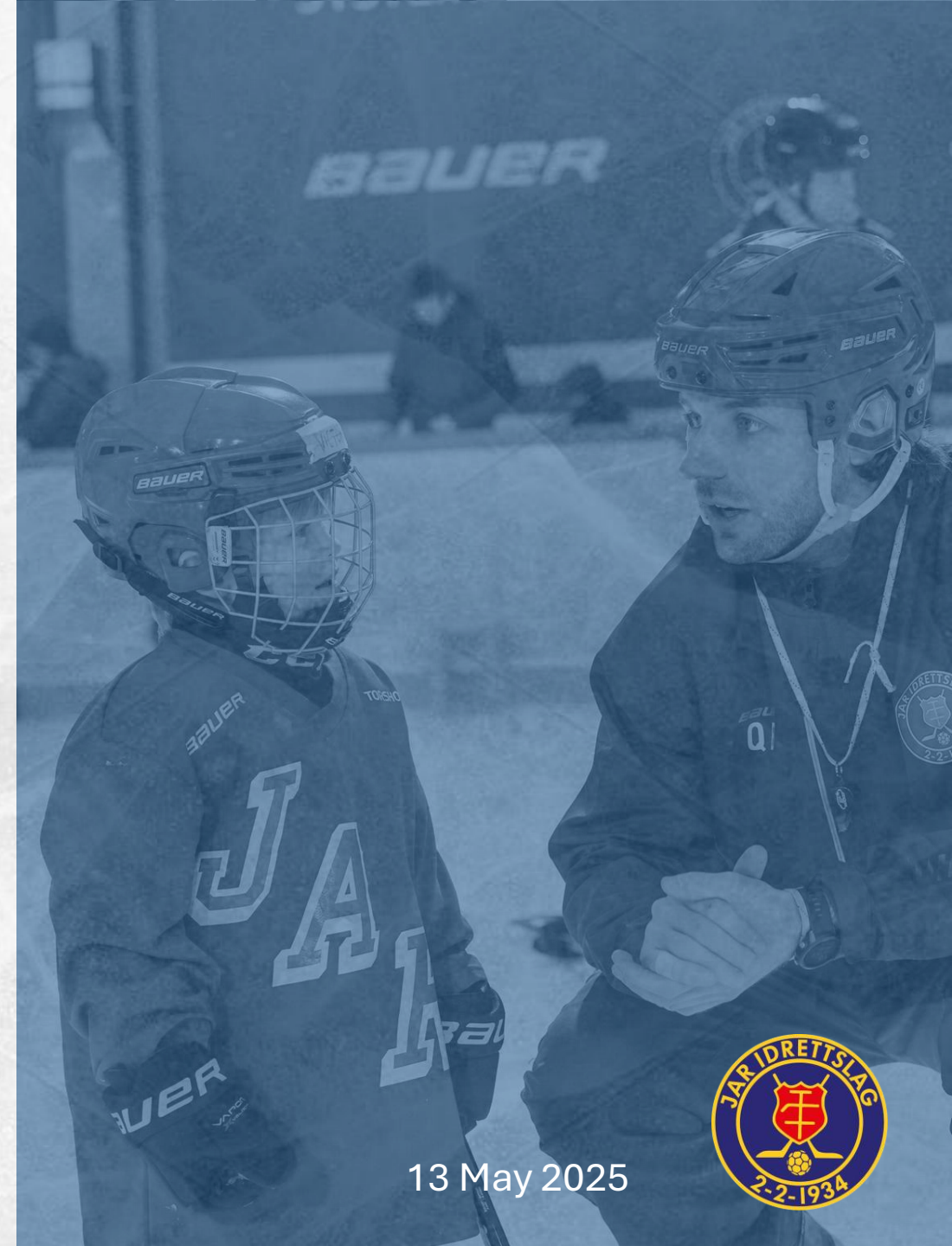
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# Skatingschool – U7-U8

- Recruit, recruit, recruit!
- 50 kids / birthyear
- Two sessions a week
- Parent coaches
- Station-based activity
- 3v3 cross ice



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# U9 – U10

- 3 sessions / week
- Parent coaches
- Station-based activity
- 3v3 cross ice

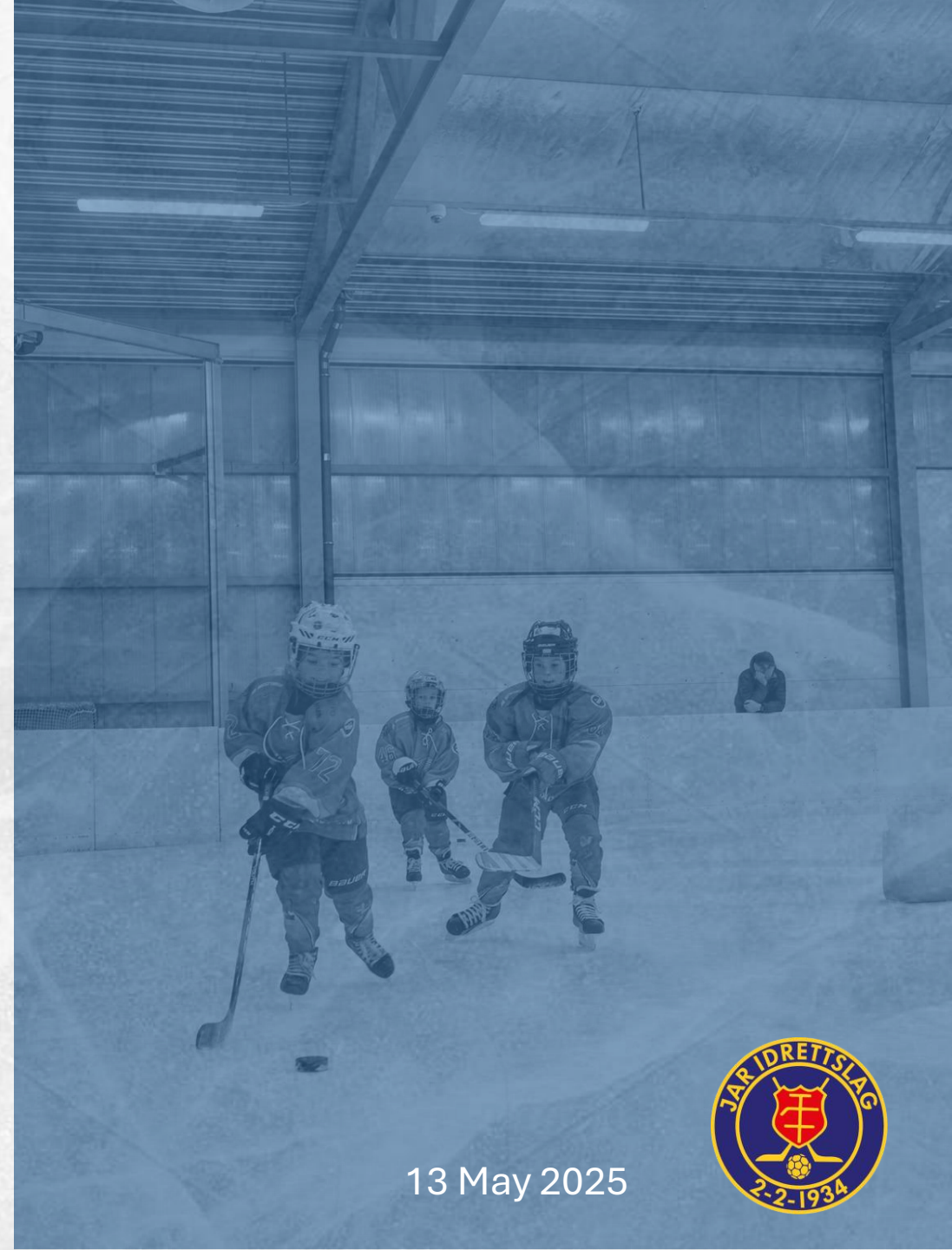
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# U11 – U12 – U13

- 3 sessions / week
- Club coach in charge
- Station-based activity
- 3v3 cross ice
- U13 plays 5v5



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# U14 – U15 – U16

- Umbrella cooperation with Jutul
- 4 sessions / week
- 2 teams in every age category
- Club coach

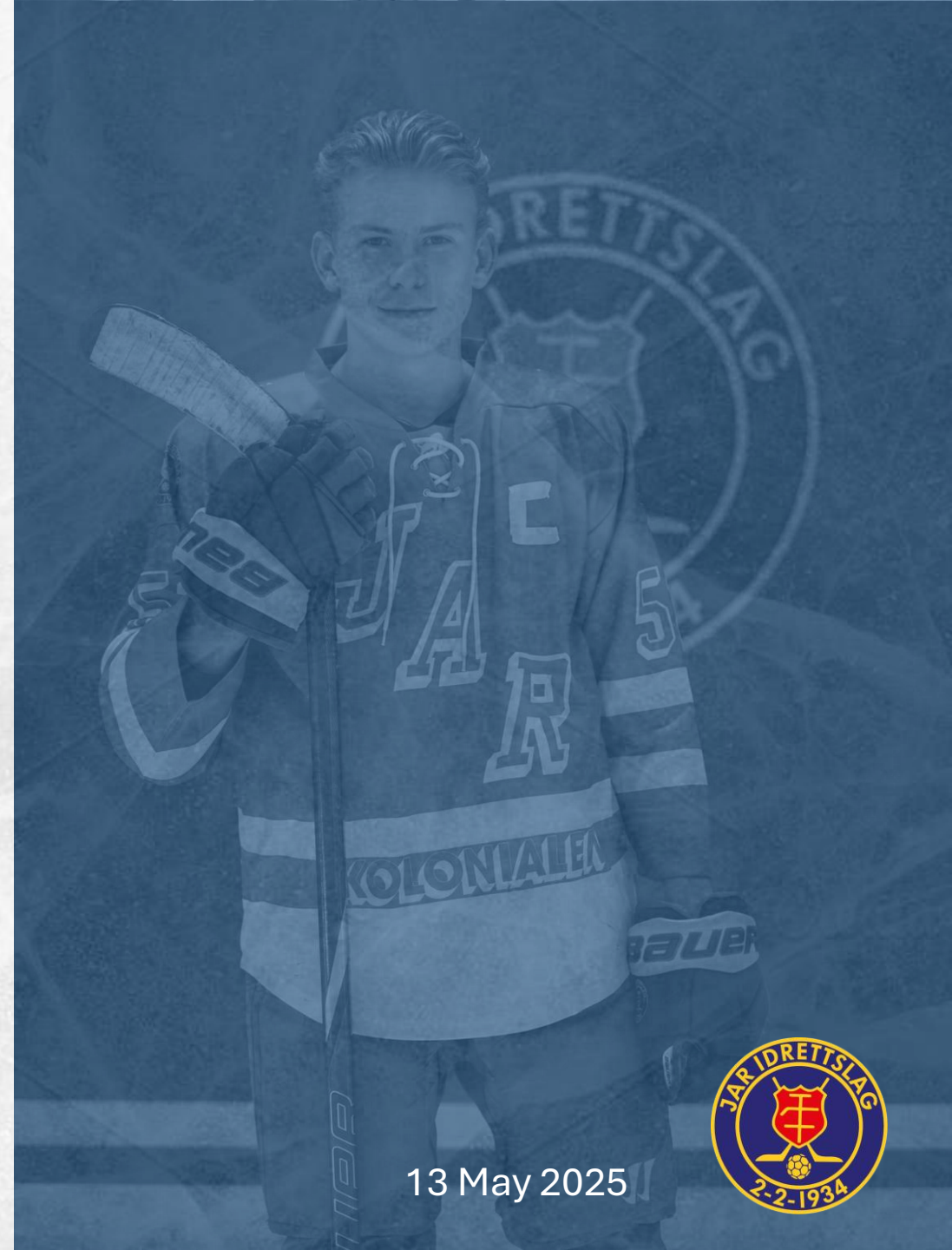
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# U18 and older

- Retention, retention, retention!
- Umbrella cooperation with neighbouring clubs
- 2-4 sessions / week
- Offer for everyone



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# After school hockey

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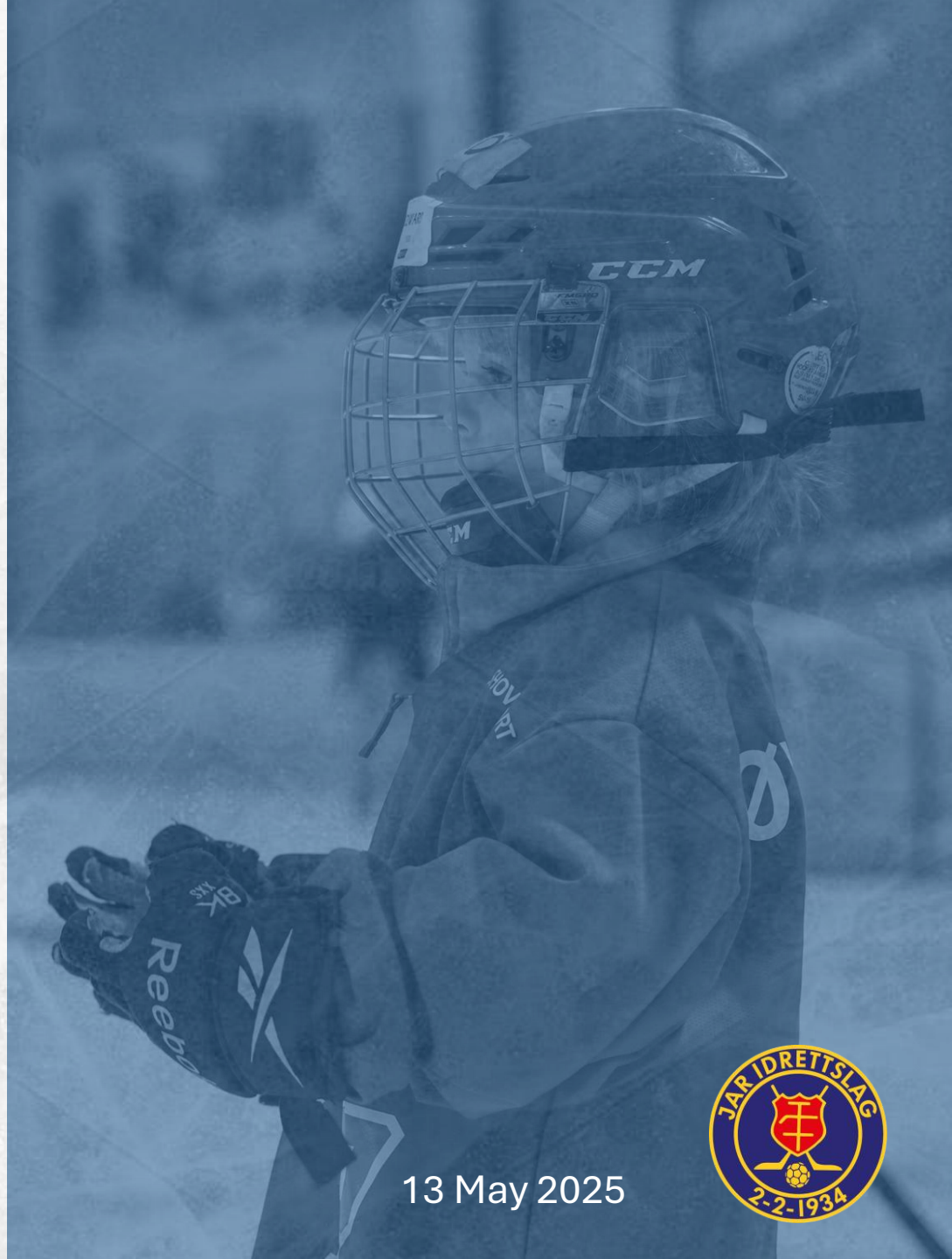
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# AFTER SCHOOL

- Tuesday – Thursday
- U8 to U13
- Picked up from school
- Eat lunch at the rink
- 14:30 to 15:30



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# THANK YOU

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