



JAR IDRETTSLAG

IIHF SKILLS 4 ALL WEBINAR

13 May 2025



Agenda

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

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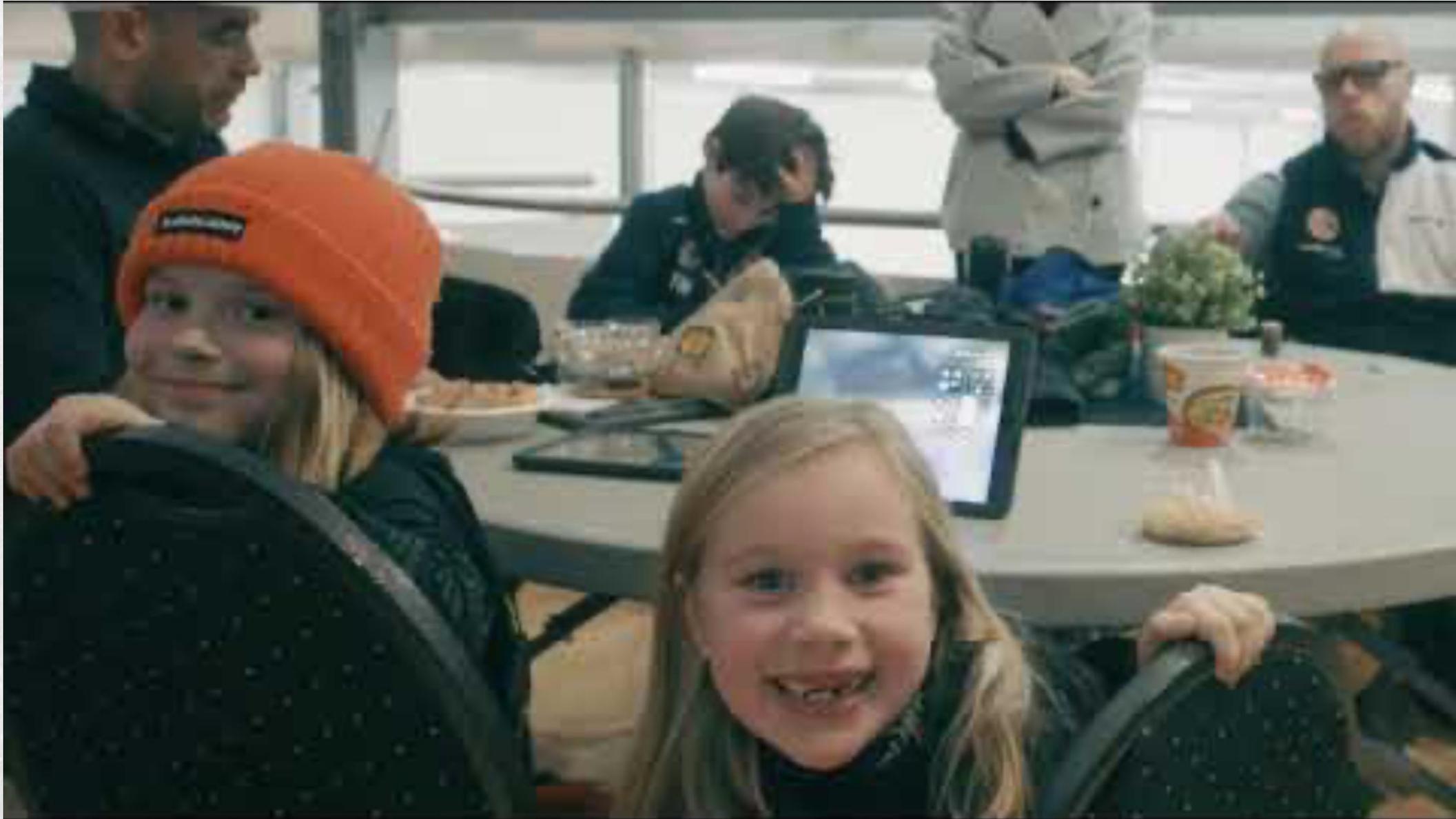


Introduction

Who are we?

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Video by: Glen Olstad

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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

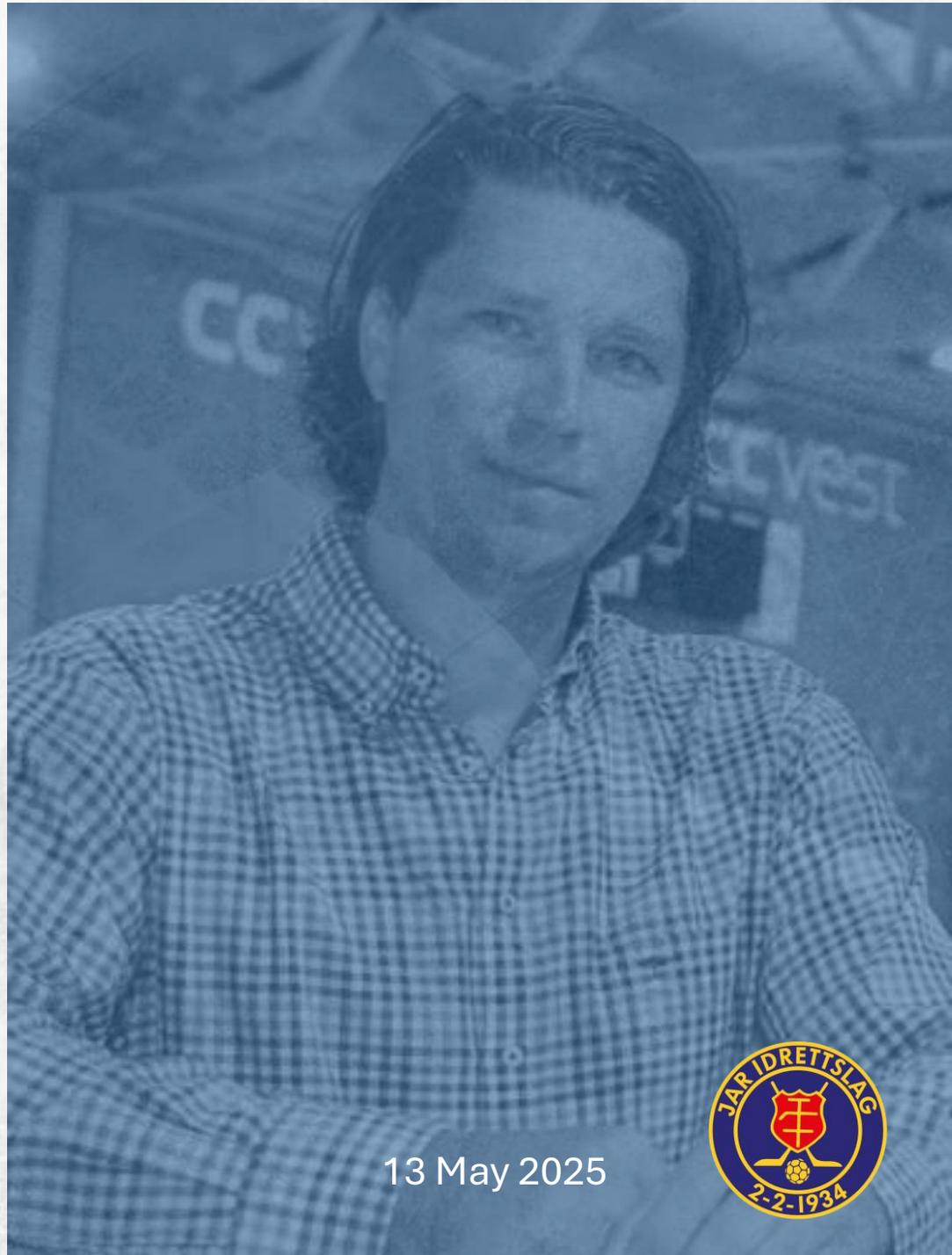
- Dir. of sports & player development ice hockey
- WU18 Norwegian NT coach
- IIHF LTP instructor
- NIHF regional coach supervisor

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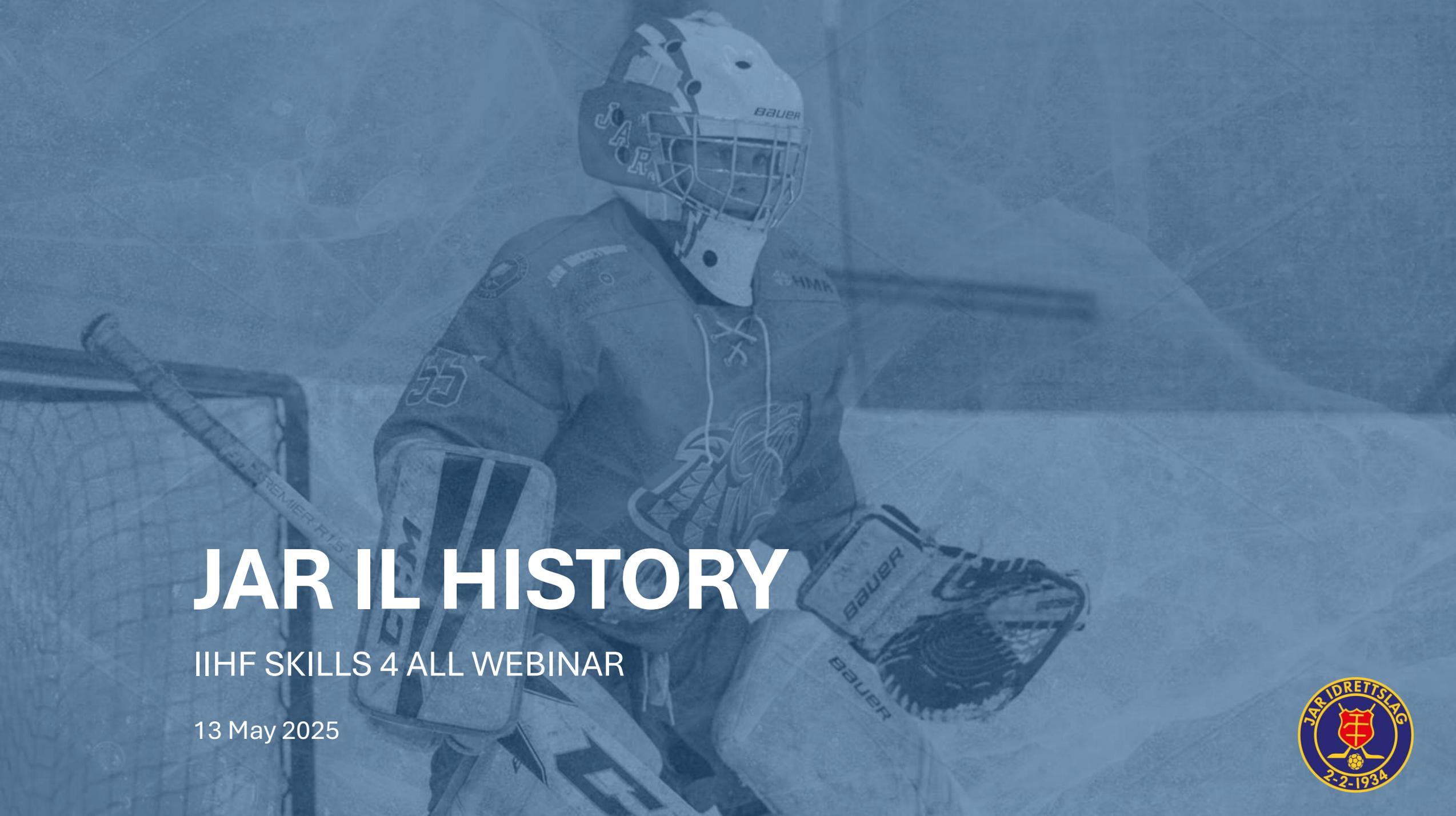
Knut Henrik Spets

- General manager Jar IL
- Former National team player
- Led the organization to become the 2nd 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 – 2nd largest club



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A blue-tinted photograph of ice hockey players in action on an ice rink. The players are wearing dark jerseys with white accents and helmets. In the background, a banner reads "JAR HOCKEY".

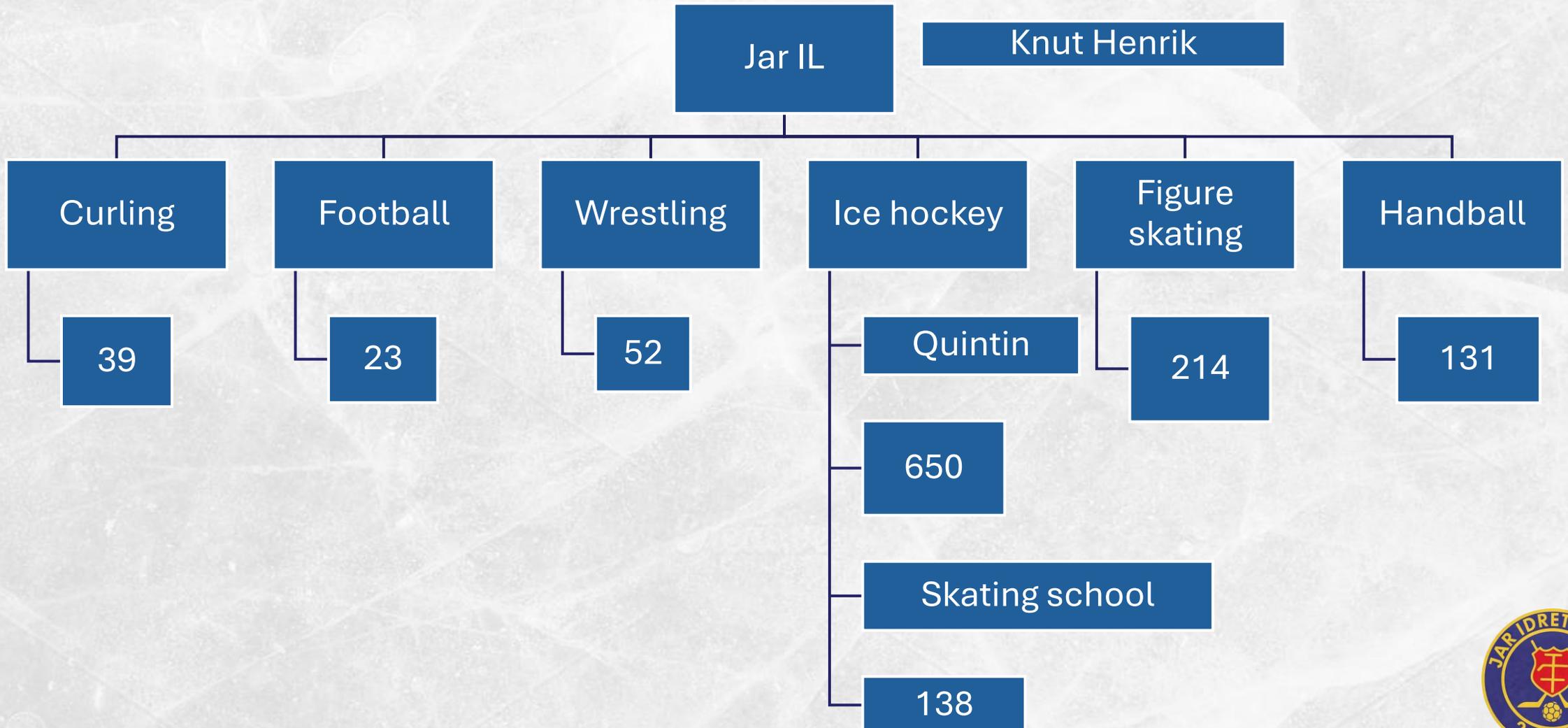
CLUB STRUCTURE

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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



Big rink

Small rink



Outdoor rink

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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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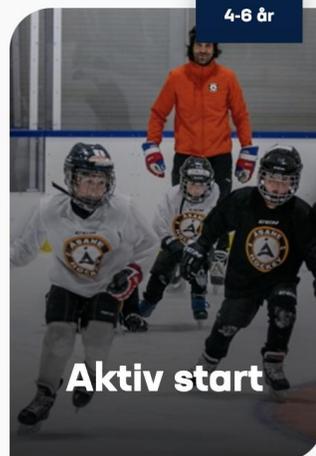
HOCKEY.NO



Isbjørnmodellen

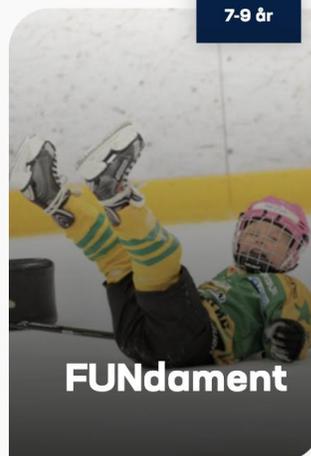


4-6 år



Aktiv start

7-9 år



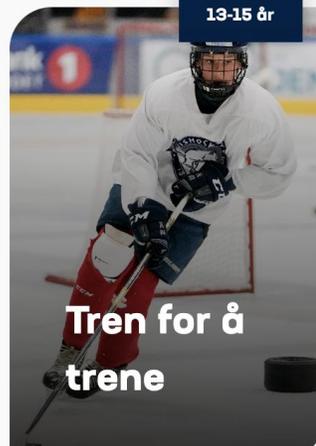
FUNdament

10-12 år



Lær å trene

13-15 år



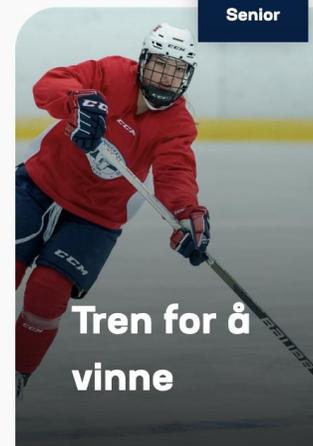
Tren for å trene

16-19 år



Tren for å konkurrere

Senior



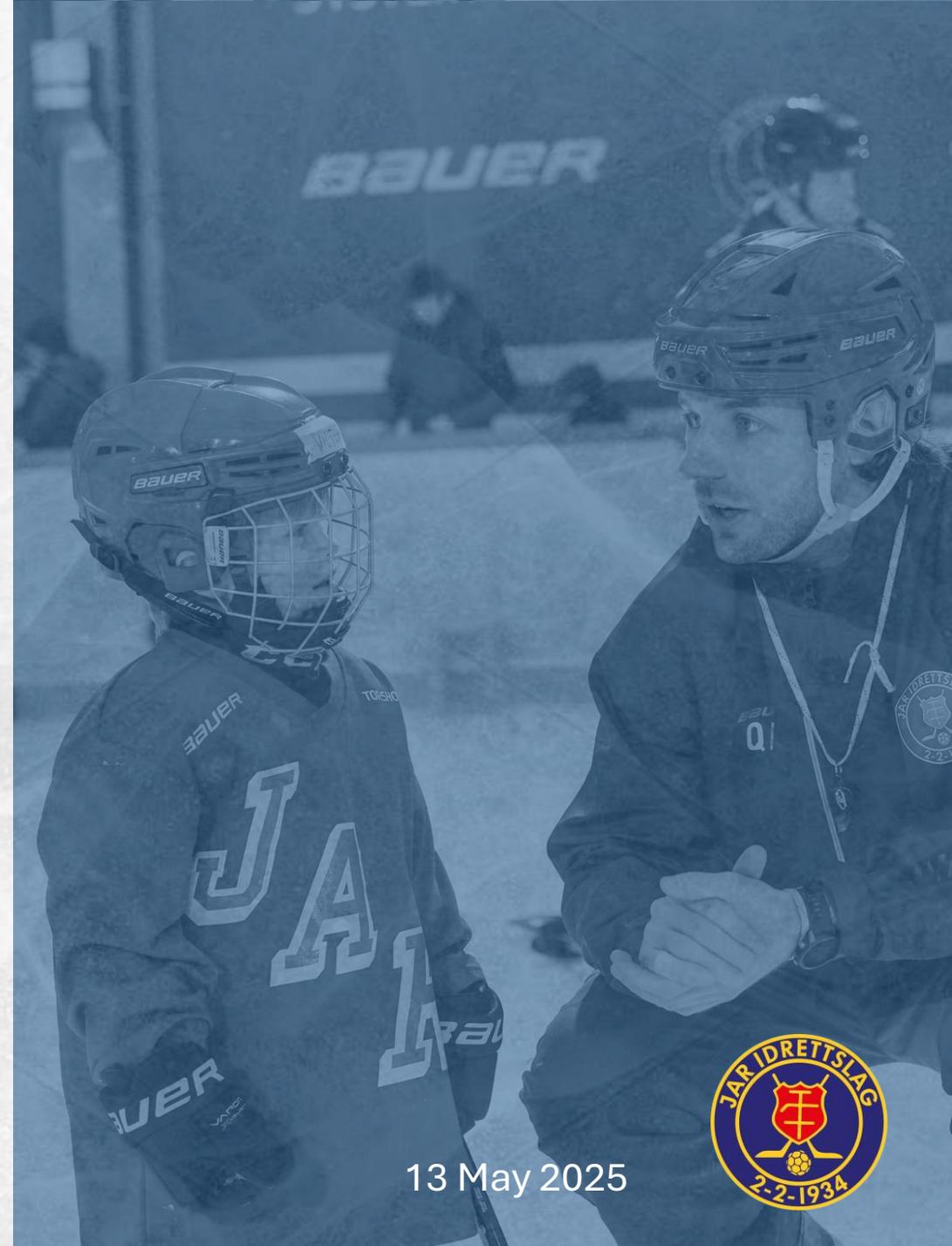
Tren for å vinne

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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

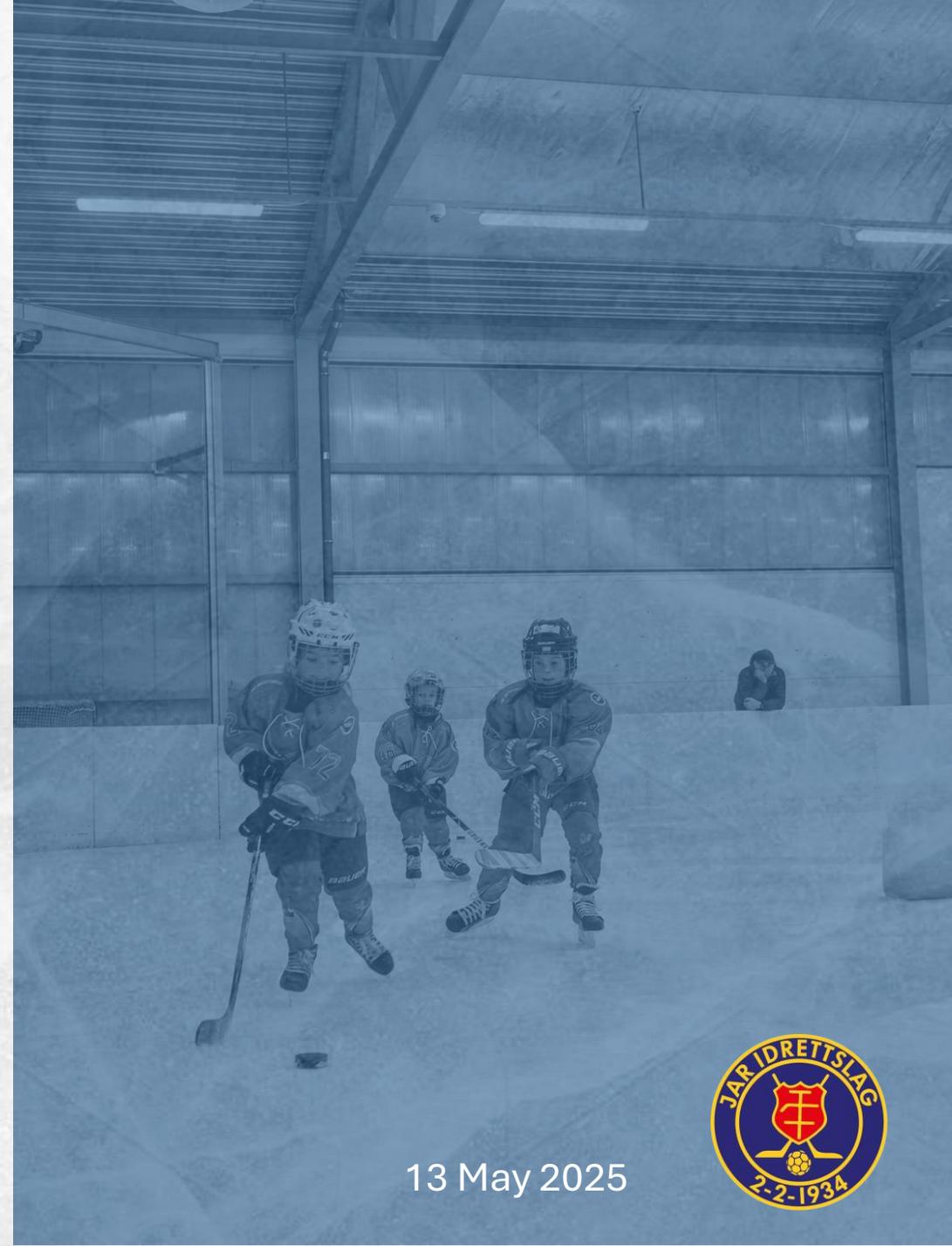
- 3 sessions / week
- Parent coaches
- Station-based activity
- 3v3 cross ice

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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

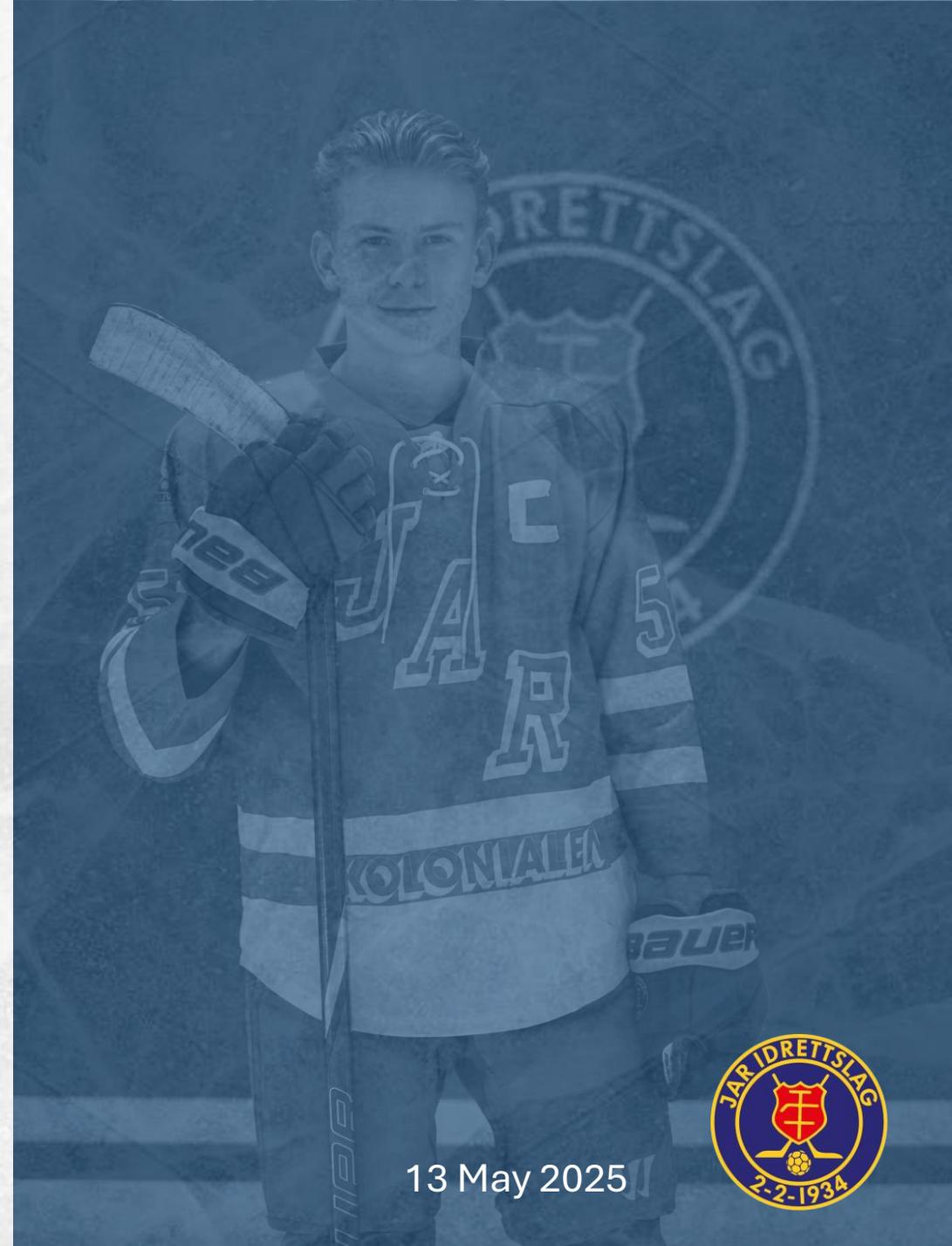
- Umbrella cooperation with Jutul
- 4 sessions / week
- 2 teams in every age category
- Club coach

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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

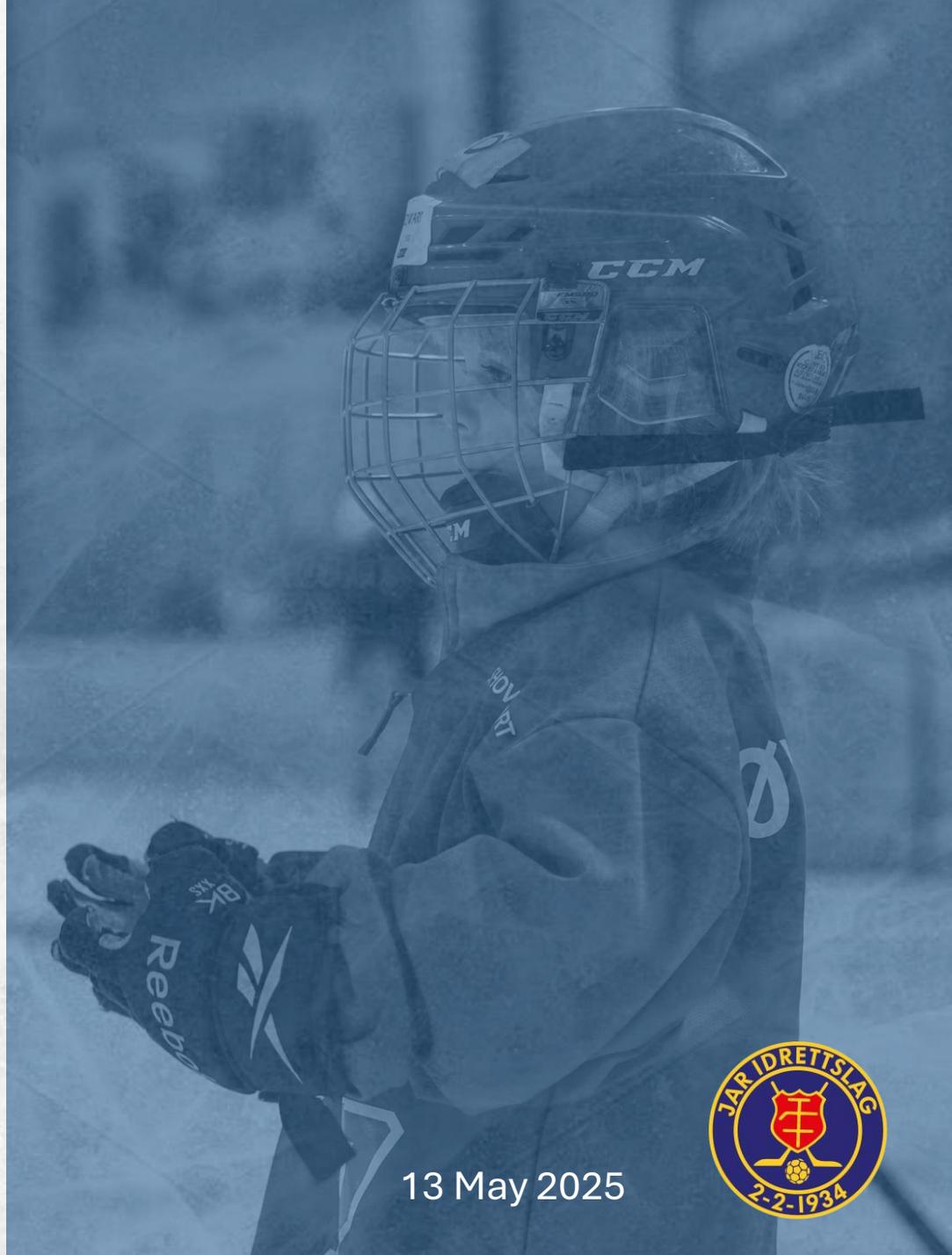
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AFTER SCHOOL

- 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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