



The Colorado Thunderbirds Girls 16AAA Program

Mission

The mission of the 16AAA program at the Colorado Thunderbirds is to provide an opportunity for the top 16U players in Colorado and other parts of the United States to train and develop their talents together in a full season program with the intention of preparing them for 19AAA hockey and eventually the NCAA.

Competition Schedule*

The 16AAA team will compete in eight (8) AAA events throughout the 2017-2018 season. Each of the following events has been selected because of their exposure to high caliber competition and NCAA college coaches.

Exeter Showcase (September 29th – October 1st, 2017 Exeter, NH)
Girls CCM NIT Tournament (October 20th – 22nd, 2017 Minneapolis, MN)
Two Nations College Prep Series (October 27th – 29th, 2017 Detroit, MI)
CCM World Invite (November 10th – 12th, 2017 Detroit, MI)
Two Nations College Prep Series (December 1st – 3rd, 2017 Toronto, ON**)
January – Home Series vs. Western US teams
Detroit Elite Girls Invite – (February 2nd – 4th, 2018 Detroit, MI)
DC Challenge Cup (February 16th – 19th, 2018 Washington, DC)

**A complete competition schedule will be distributed to families prior to the season, but families should anticipate a 55-60 game schedule.*

***Tentative pending OWSA sanctioning and approval*

Pre Season Training Camp

The Thunderbirds preseason training camp is designed to bring each Thunderbirds team together for strength and conditioning testing, on ice skills sessions with New York Rangers skills coach Mark Ciaccio, nutritional seminars, team building and the annual “SMOKER” workout with Landow Performance. It is mandatory for all teams, coaches, and players, but is worth its weight in gold and sets the tone for the Thunderbirds season. Exact times for each event will be distributed to each team as the summer progresses.

16U Season Training Schedule

Players making a commitment to hockey at this level are making hockey a top priority in their life and will be treated as such by players, families, coaches, and the association alike.

The following weekday schedule is designed to provide 16U players with the opportunity to train in an elite athlete setting while still allowing these young ladies to succeed academically.

MON – Off Day

TUE – Bike Workout to complete on own

WED* – 8:45PM practice @ Old Foothills

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THU – Rest Day

FRI* – 8:45PM practice @ Old Foothills

SAT, SUN - Local Game or additional practice

**Strength, Conditioning, and Agility Sessions overseen by Landow Performance prior to practice*

<http://lorenlandowperformance.com>

Selection Process

The 16AAA team will be comprised of a minimum of fifteen (15) skaters and two (2) goaltenders. We are looking for 17-20 student-athletes who have a commitment to train and compete at the AAA level with the desire to advance their game to the 19AAA level and eventually the NCAA. Players must also be committed to excelling in academics and also hold themselves to a higher standard of good character and integrity.

Tryouts

Tryouts will be held April 28th – 29th at Old Foothills Arena in Lakewood, CO. There will be a \$60 non-refundable registration fee. Details are below.

Friday, April 28th 7:30pm – 8:30pm

Saturday, April 29th 12:45pm – 1:45pm

Registration is online at www.tbirdhockey.org

\$60 non-refundable tryout fee

Player Age Eligibility

Players must be a 2001 or 2002 birth year to be eligible for the 16AAA program. “Play Ups” will be kept to a minimum and will only be granted on a case-by-case basis.

Head Coach

The Head Coach for the 16AAA team will be Karen Rickard. Rickard was most recently the Head Coach of the 19U Tier I team and Director of Hockey at The Colorado Select. She has been integral in reshaping the competitive girls hockey landscape in Colorado as well as building healthy working relationships with other programs in the state that support girls hockey at both the competitive and recreational level.

Prior to joining The Colorado Select, Rickard lived in Dallas, TX where she coached girls Tier I and Tier II hockey with The Dallas Stars Elite and worked full time with the Dallas Mavericks NBA team.

Rickard played competitive youth hockey with the Toronto Aeros before accepting a full scholarship to the University of Wisconsin where she received recognition as a stand out student-athlete with awards such as the Jeff Sauer Award, WCHA Player of the Week (twice), WCHA All-Second Team, Big Ten scholar-athlete, and WCHA All Academic team.

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Residence Policy

Making a commitment to a high performance 16AAA program often means players must move away from home to take advantage of the training opportunities that enable them to reach the NCAA and earn a roster spot on a DI or DIII program.

If a player lives outside the Denver Metro area, it may be asked of them to move to Colorado and take advantage of the billet/housing program available through The Colorado Thunderbirds. For more information on the billet program, please contact Coach Karen Rickard.

College Advising

Players making a commitment to train in a 16AAA environment are likely pursuing a pathway to the NCAA or ACHA as a student-athlete. Figuring out which NCAA or ACHA program is right for you can be daunting and at times confusing. Players who make a commitment to play in The Thunderbirds 16AAA girls program will receive college advising at no additional cost.

16U Season Fees (\$4795 per player)

Includes all practice ice, practice jerseys, strength and conditioning at Landow Performance, tournament fees, preseason training camp, coach stipends, and association overhead costs.

Team/Travel Fees (\$800 - \$1000 per player per trip)

Includes flights, hotel rooms and meals for coaches, team hotel rooms, team meals/snacks, and team rental vehicles. After trip expenses are determined, families will be invoiced after each trip for the cost of their player and are expected to pay within two weeks of invoice receipt.

Each team will travel as a team and will be the responsibility of team officials. Players will be asked to travel on team flights and stay in team hotel rooms. Parents are invited and encouraged to travel to weekends, but will be asked to stay in their own hotel room at the team hotel or a hotel of their own choosing.

Flights

Players will travel on designated team flights as chosen by the Head Coach and are paid for by each family separate from season fees and team fees.

Equipment Package (~\$755)

All players in the Thunderbirds program purchase an equipment package. The package includes game jerseys (home and away), game socks (home and away), equipment bag, player travel bag, warm ups, helmet, gloves, pant shells, t-shirt, and shorts.

Karen Rickard

Colorado Thunderbirds AAA Hockey

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