



# A Special COMMEMORATIVE SECTION

*An inside look at how the American Development Model is helping every youth hockey player reach his or her full potential while having fun along the way.*



## Welcome To Cross-Ice Country

Move To Cross-ice Mites Puts Everyone On A Level Playing Surface | **BY HARRY THOMPSON**

**I**magine a Little Leaguer hurling a baseball off a mound that is 60 feet, 6 inches away from home plate. Or an 8-year-old Pop Warner player running 100 yards to paydirt. Or a pint-sized hoopster attempting to toss a regulation basketball through a 10-foot hoop.

It wouldn't make much sense to most parents. Yet, when it comes to ice hockey, some adults see nothing wrong with having a kid lugging a 6 ounce puck 200 feet down the ice and attempt to shoot it into the same net as an NHL player.

"For the longest time, the sport of ice hockey was the only team sport in the United States that does not downsize to the age and the size of the kids," said Mark Tabrum, director of USA Hockey's Coaching Education Program.

"When I played Little League baseball, I didn't pitch the distance they do in the major leagues. The ball and bat were also a different size and weight. However, we expect 5, 6, 7 and 8-year-old kids to play on the same size rink as a pro, use the same size and weight puck as a pro, defend the same size net as a pro. It doesn't make any sense."

That's about to change as starting in the 2013-14 season USA Hockey will put some muscle where its mouth is by requiring that all 8 & Under hockey will be played on a cross-ice playing surface, thus providing every association and Affiliate with a consistent and level playing field for the benefit of Mite players.



The program is designed to help the development among Mite-level players by reducing the ice surface, increasing opportunities to touch the puck and shifting emphasis from playing games to fun, skill-developing practices.

"This is just how hockey will be played in the United States in the future," said Ken Martel, technical director of the ADM, who views the move as the next logistical step in the program that is now entering its fifth full season.

"We want to provide the best experience and challenge our elite players to become even better. All we have done is change the size of the playing surface that our kids are playing on. It's about fitting the playing surface to match the size of our kids, fitting the game to them and giving them the opportunity to have success."

Affiliate presidents and many others around the country praised USA Hockey's board of directors for creating the new rule, which they say will help close the

loopholes that some have used to play by their own rules.

"I think it was a great move by the board of directors to pass it and it's something that a lot of the Affiliate presidents have been looking for for a couple of years," said Joe Baudo, president of New York State Amateur Hockey Association.

"With this rule or standard or mandate, however they want to phrase it, it's going to help us out along with other border Affiliates because people will not leave my Affiliate to go somewhere else in order to play at a different level because each Affiliate is a little different

with what they do. This puts everybody together on the same ice rink."

As part of the new rule, USA Hockey will create a special subcommittee consisting of Affiliate presidents and members of the Player Development Committee to consider requests to play a very limited number of full-ice games, particularly at the end of the season, to help this transition in the rare cases where an Affiliate thinks it's needed.

By cutting the ice into thirds using rink dividers, more young players will have an opportunity to play the game on a sheet of ice that is better suited to their size.

"Simple mathematics tells you that they're going to touch the puck more because you divide the amount of ice that they're on by eight players instead of 12," said Kevin McLaughlin, senior director of Hockey Development.

"You'll have success, which should provide them with an opportunity to have fun and enjoy the game more." ★

# More Than Just Mites

While Early Focus Has Been On 8 & Under Hockey, The ADM Is Really A Top-To-Bottom Approach To Development | BY HARRY THOMPSON

A journey of 1,000 miles begins with a single step. When USA Hockey looked to roll out its revolutionary American Development Model, the architects knew that changing the culture of youth hockey in the United States would take time. That's why they started small, like Mite-sized, and focused on the bottom rung of the development ladder to build the right foundation for players who were just coming into the game.

Over the course of the past four seasons, the ADM has become synonymous with Mite cross-ice hockey because that's where much of the focus has been. But in reality, the American Development Model is every bit as important for a Midget player who is looking to take his game to the next level.

A more accurate interpretation would be that the ADM is a "cradle to grave" program that is designed to instill the basic skills and a passion for the game in our youngest players. It then spends the ensuing seasons nurturing and improving those skills as players continue up the youth hockey ladder until they reach the adult ranks where, hopefully, they continue to play and enjoy the game as a means of recreation and physical fitness for the rest of their lives.

"Any kid that comes through your programs, whether it's for one season or 10 seasons, should be able to look back on that experience and say two things, 'I learned a lot' and 'I had a great time,'" said Stephen Norris, a British sports and physiology scientist who helps train Canadian Olympic athletes.

"You do that, you'll find the superstars, but more importantly, you'll have kids who love the game."

By its very definition, long-term athlete development is not something that is achieved over the course of one practice, or even a single season. It's a consistent approach to proper physical activity and training that is achieved at specific ages.



Rushing kids through the system in hopes of giving them a leg up on the competition has not only proven to be counterproductive, it robs them of the fun of being a kid while impacting their development at crucial stages in their young lives.

As the American Development Model continues to take root in youth hockey associations across the country, parents and players will be looking to scale the next rung on the development ladder. As Kevin McLaughlin, senior director of Hockey Development, said, "there is no way we're

turning back."

"It's gaining momentum quicker than we ever thought it would, and the people who have been in Mite programs, people who have experienced well-run ADM programs, there's no way they'll accept anything less," McLaughlin said.

Players and parents in the past were used to things a certain way. They grew up playing full-ice games using regulation-sized nets and black pucks. But as future generations began to understand the logic behind the policies, they began to embrace them.

Now, as kids move up the ladder of development from Squirrels to Peewees, Peewees to Bantams, and Bantams to Midgets, they are looking for more of the same, and that's a continued emphasis on the same things that made their experiences at Mites so much fun.

"The ones who are now participating at Mites and Squirrels are wondering what's next at other levels," McLaughlin said.

"They return to an old type of practice and kids stand behind a cone and only one player goes at a time and they do the horse-shoe drill or the loop and shoot, and they're going to go 'no, this is unacceptable. This is not the ADM. I don't want my child to be left behind.'" ★

## LONG TERM ATHLETIC DEVELOPMENT

Sports science people have broken down the stages of long-term athletic development, which the ADM has adapted to the various age levels:

Early Childhood	Active Start	(Males & Females 0-6)
Late Childhood	FUNdamentals	(Males 6-9 & Females 6-8)
Adolescence (Early Puberty)	Learn to Train	(Males 9-12 & Females 8-11)
Adolescence (Late Puberty)	Train to Train	(Males 12-16 & Females 11-15)
Early Adulthood	Learn to Compete	(Males 16-18 & Females 15-18)
Early Adulthood	Train to Compete	(Males 19-23 & Females 18-21)
Adulthood	Train to Win	(Males 19+ & Females 18 +)



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BY KEVIN UNIVERSAL

# Myths & REALITIES

## Of The American Development Model



### Kids Won't Be In As Good A Shape Playing Cross-Ice

Have you battled for a puck in the corner and gone back and forth in a 10-foot space for 20 seconds? There are numerous ways kids can get conditioned in small areas or in small games, so don't worry about missing out on that aspect with the ADM. There are a lot more ways than skating lines on a full sheet to build up conditioning, especially with fun drills and small area games that keep kids smiling and wanting more, even though they are dead tired.

### The Kids Won't Have As Much Fun

Ask your kids if they like to play games or stand around. Ask them if they like to carry the puck and score goals. Ask them if they like whistles and stoppages in play. Kids invariably have more fun when they are actively engaged in practice or a game. High-energy drills and small games help develop kids while they are having loads of fun. Also cross-ice games support these same ideals with more puck touches, more scoring opportunities, less stoppages and make for a more enjoyable game for everyone involved. ★

*Kevin Universal is the president of Carolina Amateur Hockey Association and a hockey dad.*

**I** realize any change good, bad or indifferent is still a change and can be difficult for people to accept. That's why I started to collect a few of the negative comments that I have heard about the American Development Model with regards to cross-ice play in the hopes of dispelling these myths.

### It Isn't Real Hockey—Using Half The Surface And The Smaller Nets Won't Help Kids Learn The Real Game

Do other sports ask their youngest athletes to play on a full-size football field, use a 10-foot basketball net, run 90-foot bases or use a full-size soccer net? No. Smaller fields and equipment have been used everywhere except in hockey. Age-appropriate surfaces and equipment help put the game into perspective for younger kids, allow for better development of their skills, and most importantly, help make the game more fun for kids.

### It Will Be Too Crowded On The Ice

I have seen numerous practices with 60 or more Mites on the ice at the same time and have yet to see it look crowded. A well-planned-out practice with the right

number of coaches to help run stations is an effective way to use ice efficiently without crowding. All of the kids I witnessed at these practices and jamborees were engaged in fun drills or games with lots of puck touches and plenty of smiles.

### The Kids Won't Learn Teamwork or Positioning

How much teamwork is involved with one player skating with the puck from one end of a full sheet of ice and shooting before most of the other players catch up to the play? Cross-ice forces kids to work together in smaller areas to develop scoring opportunities and be creative. Small area games also work on the basics of breakouts and forechecking but in a fun and competitive way.

### The Kids Won't Learn To Skate

The ADM emphasizes age-appropriate skating drills but also focuses on fun drills and activities that help players develop more over the long term. The smaller areas also help kids increase their quickness and explosive speed, which is best developed at the younger ages.



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# Living Proof

Associations Around The Country Are Finding Success With The ADM | **BY RYAN SATKOWIAK**

**S**uccess is often measured by matters of degree. What is viewed as a “success” can depend on who you ask, as people’s views are generally shaped by their experiences.

When talking to leaders of youth hockey associations about the American Development Model, success can be summed up in one word: fun.

And that is one of the main goals of the ADM. While its stated objectives are to maintain a high retention rate and improve the skills of the kids participating, the easiest and most effective way of doing that is to make practices and games fun.

The simplest answer to improving the “fun factor,” as Keith Barrett — former president of Vermont Youth Hockey and current New England District Director — calls it, is to make practices and games more engaging. No one has fun when they’re standing around on the ice, or sitting on the bench, or chasing a puck carrier around a large ice surface.

Barrett and Vermont were ahead of the curve when they started playing cross-ice games six years ago, and took a leading roll in promoting them around New England with what essentially was a large-scale game of show-and-tell.

“We would have teams come in when there would be a tournament and they were reluctant to play cross-ice,” Barrett recalled. “So we’d say to them that the first half of the game we’ll do full-ice and the second half we’ll do cross-ice. And the kids didn’t want to go back to full-ice.

“I really think that’s what helped sell it. We were here doing it, and they’d come over and play it, and they’d see that the kids got more touches, they were having more fun, they were on the ice more and they were more engaged in the game. So the fun factor kind of went up.”

While the idea of a downscaled playing surface for younger kids isn’t particu-



larly revolutionary — it had already been implemented in other sports, most notably being baseball — some hockey parents were turning their noses up at the idea.

“People don’t like change,” said Jon Gustafson, vice president of Sharks Ice in San Jose, Calif., one of 11 associations to gain ADM model club status.

If that’s the case, how do you get someone to accept a different way of thinking? Mike Bonelli of the Bedford (Mass.) Youth Hockey Association tried to get parents more involved by having them help out with on-ice practices.

“That’s helped us continue to sell the ADM model because they get to see it firsthand,” he said. “They get to see their own kid on the ice, happy and sweating and improving drastically as opposed to

the mom or dad sitting in the stands and drinking coffee.”

Parental pushback seems to be the greatest in areas of the country that are more widely considered to be hockey hotbeds, primarily in the Northeast and Midwest. There, you have parents who are more likely to have grown up playing hockey. When those parents were kids, cross-ice games wasn’t even an idea.

That resistance hasn’t been as heavy in more non-traditional markets, such as San Jose, where many of the kids are first generation players with parents who have little hockey knowledge outside of their local professional team.

As long as their kids are enjoying themselves, they are on board with whatever is being taught.

“I think the people here in Silicon Valley understand with small area games, the more times their kid touches the puck, the kid comes off with a smile. I think that’s something that’s a success,” Gustafson said.

And that’s what it’s all about. More kids enjoying the game, and sticking with it.

The proof is in the participation. In Chelsea, Mich., they are fielding five Squirt teams, the most they have ever fielded. In Bedford, they have increased enrollment in their 8 & Under program from 40 to 60, and have two Squirts and two Peewee teams. San Jose will have 60 mini-Mites on the ice at one time. In Vermont, the Peewee team won the District championship for the first time in quite some time.

How long will it take parents to adjust to this concept? Based on the experiences of other associations, not too long.

“In the last two years, we’ve had literally zero complaints. It’s really remarkable,” Bonelli said. “At 8 & Under, just let them play. If we get any complaints, it’s that there’s not enough water out there because these kids are exhausted.” ★

# Close To Home

USOC High Performance Director And Hockey Dad Scott Riewald Has Firsthand Experience With ADM Benefits

BY RYAN SATKOWIAK

Scott Riewald is a big believer in practicing what he preaches.

Working as the high performance director of winter sports at the U.S. Olympic Committee, Riewald is also a strong supporter of the American Development Model. That's because he has seen firsthand how the ADM has helped his 10-year-old son Maddox develop his skills and passion for the game.

This fall, his 8-year-old daughter Callie will follow suit by joining a Mite program within the Colorado Springs Amateur Hockey Association, one of 11 ADM Model Programs.

Among the core principles of the ADM is avoiding early specialization; that is, making sure kids play a variety of sports. Riewald makes sure Maddox gets that variety, and then some. Within the past 18 months, Riewald said his son has also participated in baseball, swimming, judo and soccer.

"We try to live by what we believe," said Riewald, who was a decorated swimmer at Boston University. "I think you see a lot of effort in youth sports for athletes and families to make a commitment earlier and earlier in their development. I think there's a lot of research, and you can look at ... a lot of the best athletes who had a multi-sport experience when they were younger."

It's something that Riewald sees at the USOC, where he collaborates with the governing bodies of winter sports to support the athletes who will potentially represent the USA at the 2014 Olympic Winter Games.

Even with his background, he's not

someone you would likely be able to pick out of a crowd. At the rink, he's just like any other hockey dad. He helps his son get dressed the same as any other parent. And he stands along the glass watching his son play, just like any other parent.

The only difference is in his head; his extensive background in sports science allows him to view the game from a different perspective.

"I think [the ADM] captures a lot of the principles that we hold to be cornerstones of what's important in an athlete's development," Riewald said.

"It's based around fun, and then using that fun to open the door for skills and play. We thought it was one of the best, if not the best, youth developmentally appropriate and organized programs that we've seen."

What makes the ADM so successful, Riewald said, is the way it keeps kids engaged. Instead of standing in line waiting for their turn in the next drill, the station-based practices keep kids moving.

"There's not a lot of standing around, and I think that's always a good thing to see as a parent," Riewald said. "They're engaged, they're active and they're getting feedback from the coaches. It's my overall feeling that it's a well-organized program."

Part of the criticism of the ADM at the younger levels has been that cross-ice hockey does not look like "real hockey" from the stands. From his perspective, Riewald points to other sports where the playing dimensions have been scaled to age-appropriate proportions.

"You see similar things across other sports, like a lower rim in basketball," he said. "I worked for the U.S. Tennis Association, and during the time I was there, they were introducing their 8- and 10-and-under tennis players to modified court sizes and balls that bounce to different heights.

"You have to make some adjustments and adaptations to younger kids to allow them to get the most out of the opportunity and to get the most out of the sport. They're not mini adults. The equipment and playing surface modifications are spot-on for what I think you're trying to accomplish with young athletes." ★

Scott Riewald and his children, Maddox, 10, and Callie, 8, have added hockey to their busy lifestyles.



**"IT'S BASED AROUND FUN, AND THEN USING THAT FUN TO OPEN THE DOOR FOR SKILLS AND PLAY."**

# Small Games, Big Results

Coaches At The Highest Levels Sing The Praises Of Shrinking The Rink | **BY HARRY THOMPSON**

**D**on Granato can still remember the first time he was exposed to small area games. It was in the basement of the family's Downers Grove, Ill., home, where he and brothers Tony and Rob, along with baby sister Cammi, would wage heated hockey battles in confined spaces.

"Sometimes it would get too rough and Cammi would start to cry," he recalled. "We had to act quick to get her to quit crying or Mom would stop the game."

Years later, Granato can still appreciate the value of small area games in his role of U.S. National Development Coach at the National Team Development Program. And while the ice surface may be slightly larger than the family basement, it is still a fraction of the vast expanse of a full sheet of ice.

"We work with high-end athletes, and we dedicate half to three-quarters of our practices to small area games," Granato said.

"You kill yourself with systems. Systems

don't win games. Skills win games."

What makes small games both fun and beneficial is that every player is never far from the action. They replicate "game-like" conditions, where players are under constant pressure to make a play with the puck in an environment that limits time and space.

Sometimes the action can get heated, even among teammates, when players are constantly battling for the puck while having a lot of fun.

"Players and teams tend to get tired of doing drills and the repetitiveness of it. You



need to create something in a game setting, especially something where there's competition. Players like that," said Mark Johnson, who incorporated small area games into the 2010 U.S. Women's Olympic Team practices leading up to Vancouver.

"These kids are competitive and they want to win, so if you set something up like that you're going to get a pretty good intensity."

All facets of the game can be taught and emphasized through small area games. A young player can learn offensive or defensive concepts, technical or tactical skills. It is left to the coach to emphasize and implement various conditions to achieve the desired results.

Like Granato, Danton Cole brought a wealth of playing and coaching experience to the Ann Arbor (Mich.) Ice Cube. After a long and distinguished playing career, Cole went on to coach at the college ranks before taking the position of U.S. National Development Coach.

"Even though we're working with a high talent level at the NTDP, what we see are real deficiencies in our players' hockey sense," Cole said. "We spend a lot of time trying to teach that, and the best way we've found is through small area games."

"For teaching hockey sense and skill development there's nothing better."

Whether it's Johnson's pre-Olympic practices or Rand Pecknold's Quinnipiac Bobcats playing small area games the day before the NCAA title game, coaches at all levels use small area games throughout the season to work on individual skills and team tactics in a fun and competitive environment.

"Almost everything we do we try to shrink the area to put our guys in tight, confined spaces and take away time and space," Pecknold said. "Because that's what really happens in games." ★



# Multi-Sport Kid Hits The Big Time

Jake Gardiner On The NHL Fast Track  
12 Years After Gracing The Cover Of *USA Hockey Magazine* | BY HARRY THOMPSON

The cover of the September 2001 issue of *American Hockey Magazine*, the predecessor to *USA Hockey Magazine*, featured a smiling 11-year-old boy decked out in half hockey gear, half swim wear, complete with mask, snorkel and swim fins.

He became the poster child for the benefits of taking the summer off to play other sports and enjoy the warm weather before the long hockey season and school year cranked up again.

Who could have known at the time that handsome pre-teen would go on to play on the 2010 gold-medal winning U.S. National Junior Team, and eventually with one of the NHL's most storied franchises.

Fast forward 12 years and Jake Gardiner still enjoys taking time off in the summer months to spend time on Lake Minnetonka and hit the links at some of Minnesota's finest golf courses. It's a break from hockey that still keeps Gardiner physically and mentally sharp as he prepares for his fourth season in pro hockey.

"Like most guys, I took three weeks off this summer and then started training hard. As training camp gets closer I'll get after it even harder," said Gardiner, one of the cornerstones of the Toronto Maple Leafs youth movement.

Golf is one of the many sports that Gardiner played growing up, along with soccer, baseball and even football. Each of those sports contributed to the athleticism he now displays on the ice.

"Playing different sports helps with different things, like hand-eye coordination with golf and soccer helped with conditioning," he said. "You always try to stay active when you're younger. Who knows what sport is going to work out for you, so you should try them all."

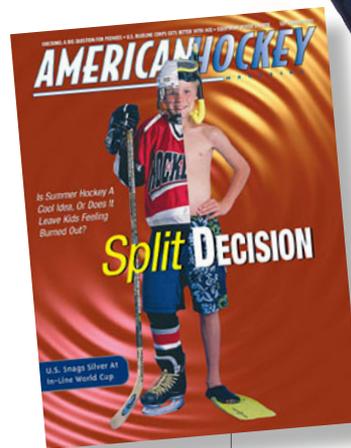
Growing up on the banks of idyllic Lake Minnetonka, Gardiner was encouraged by his parents, John and Jill, to be active and play multiple sports. Dad would spend winters carving out a swath of ice to create a small rink where Gardiner and his brother Max, a junior at Penn State University, would spend hours in the winter waging heated battles with neighborhood friends.

Those pick up games helped him develop the poise with the puck that is paramount when opposing forecheckers come bearing down on you.

"We were out there almost every day playing 3-on-3 or 4-on-4," he said. "That's what makes hockey fun. You get really competitive, but at the same time you're working on your skills."

Gardiner attributes that upbringing for his dynamic skating skills, which have led to comparisons to Hall of Fame defenseman Scott Niedermayer and has Maple Leafs fans excited for the future.

Even though he's made it to the pinnacle of his sport, Gardiner remembers what it was like to be that wide-eyed



Jake Gardiner is an up-and-coming defenseman with the Toronto Maple Leafs, and is looking to gain a spot on the 2014 U.S. Olympic Team.

youngster who looked up to older players. That's why he tries to give back to the community by talking to kids who want to know how to get to that next level.

"It's nice to tell them your story, whether it's school or hockey or a different sport, a lot of it correlates with each other," he said.

And part of that talk deals with playing multiple sports and having fun in the summer. Hockey has always been and will always be a big part of Gardiner's life. But there is always more to life than just hockey.

"It's important to do more than one thing," he said. "You might get sick of it or it might not work out, so it's good to keep your options open and stay open minded." ★



★  
THREE-TIME U.S. OLYMPIAN JULIE CHU TALKS ABOUT PLAYING MULTIPLE SPORTS AT [ADMKIDS.COM](http://ADMKIDS.COM)



# Those Who Know, Really Know

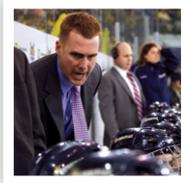
Players And Coaches At The Highest Levels Of The Game Voice Their Support For The ADM

**S**ince its inception in 2009, the American Development Model has gained a legion of loyal supporters. From moms and dads who have seen firsthand the improvement in their own children, to grassroots coaches who incorporated small area games and station-based practices into their practice plans, to college coaches and former NHL players who have discovered a better way to train the next generation of American players, the ADM is changing the culture of the game.

Here's some of what they have to say:

**"If you bring 100 elite hockey people in the United States into a room and say, 'Do you like the ADM?' 98 of them are going to say it's great. Anyone who really knows what's going on with the game of hockey right now wants the ADM."**

—Rand Pecknold, head coach at Quinnipiac University and hockey dad



"We support the ADM, we want to be involved in the ADM. We feel like it's becoming a great new world for youth and parents in American hockey, and we can only see this kind of player and coach development as a benefit for everyone."

—Shannon Basler, hockey mom

**"Without question, in 10 years time you're going to see a whole different USA Hockey system right from the ground up. The work that the ADM guys have done up to this point is really unbelievable, the people that they've reached, the organizations that have bought into the system and we're already seeing the benefits of it. You go watch any Squirt or Pee wee or Bantam practice going on and you can see the development taking place right before your eyes. I think it's definitely a sign of things to come for USA Hockey."**

—Bob Corkum, former NHL player, college coach and hockey dad



"The more research I do into long-term athletic development, which could just as appropriately be thought of as 'the road map to developing world-class athletes/hockey players,' the more I continue to find other sources with no allegiance to USA Hockey providing information that validates their ADM."

—Kevin Neeld, director of Athletic Development for Endeavor Sports Performance

**"It is great to see that USA Hockey and MAHA have the best interests of developing young players in mind. I grew up in a system where playing games in limited spaces defined how we were taught the game. There is no doubt that it played a big role in developing my skills and abilities as a player."**

—Henrik Zetterberg, Detroit Red Wings



**"I'd like to see a program that provides an environment for kids to reach their potential as a hockey player. You realize that they're not all going to the NHL, they're not all going to play in college, but every kid that comes to a program has the right to reach his or her potential, whether that's Pee wee hockey, high school hockey, college hockey or pro hockey. If they're willing to put the time in, we should provide them with the environment to help them get where they want to go. If they have good experiences and enjoy coming to the rink every day then I feel that we've done our jobs."**

—Scott Fusco, Hobey Baker winner, U.S. Olympian and hockey dad



"Having coached now for two years in two different states, New York and Connecticut, I think it's an absolutely perfect model for Mites. And the cross-ice hockey is fantastic for every single Mite, whether it's a mature big Mite who can skate and shoot, almost like a Squirt, or a beginner Mite who might be smaller and has trouble getting up and down the ice."

—Chris Drury, former NHL player, three-time U.S. Olympian and hockey dad and coach

**"I think some parents don't understand that [the ADM] is the best thing for their kids because they're on the ice more, they actually get to play with the puck a little bit more. You know that if there's a really good player on one team, he or she generally dominates and no one else really gets to get involved. So I think some of the changes that USA Hockey has been doing with the ADM and some of these other things are a great improvement to the learning and teaching of hockey."**

—Cam Neely, president of the Boston Bruins, former NHL player, Hockey Hall of Fame inductee and hockey dad



**"Most kids take time to develop, and you have to give them that time to develop, which is what Connecticut Hockey and [USA] Hockey have done phenomenally well. That pyramid will always be there; the cream will always rise to the top. But make the base bigger. And how do you do that? You have fun. If this game is not fun, why would any kid in his right mind play?"**

—Mike Richter, former NHL star, two-time U.S. Olympian, member of the U.S. Hockey Hall of Fame and hockey dad

