



New for the 2017-2018 Season!

GIRLS High School Development And Intro to Hockey Program

Open to 6th through 11th grade aged girls. The program's intent focus' on preparing these players for their future high school hockey seasons, without intrusion on the typical athlete's extracurricular activities. This program allows a player to participate in other after-school sports, clubs, and/or the usual pre-teen and teenaged interests or commitments.

Program Details:

- Two weekly practice sessions on set days and times.
- All at the Everett Arena, Concord.
- **Female athletes new to the sport are welcome!**
- **Session One** - starts in September and ends the week prior to High School Hockey Tryouts.
- **Session Two** - Starts In December and ends in February.
- Skill-Rated Divisional separation of players. **Beginners welcomed!**
- Interdivisional training during a portion of all practices.
- Practice ice is split into stations to work on individual skill sets.
- Practice skill sets include - Stride development, honing, and improvement; over-speed training; battle drills; puck handling and protection; read and react small games; edgework; stretch and station passing; game transitional changes, and shooting.
- **We "teach" the sport rather than focus on game results!**

Roster space will be limited.

The Concord Capitals have opted to use this season to develop our area female athletes in a more focused manner. Therefore, we will limit our program in the number of skaters so that individual attention can be given to the varying skills of each player.

Program Tuition:

Program tuition is by session. Tuition for each session is \$395. Session One practice days are Wednesdays and Fridays. 8:20 to 9:20 pm - Everett Arena, Concord NH

**For more info or to register,
Contact Wes Riley at: uraa@aol.com
603-496-0146**

