

WHAT IS 1616?

1616 is a premier, virtually delivered program designed to inspire and support positive youth development both on and off the ice. With real stories from pro players, 1616 is all about building Connection, Confidence, and Character. Backed by research and real-world results, 1616 gives kids, Hockey Parents, and Coaches the tools they need to grow, face challenges head-on, and come out stronger together.

PROGRAM DETAILS

WHEN: October - March 2026

DURATION: Self-paced

DESIGNED FOR: U13 Players (ages 10-12), along with their Hockey Parents and Coaches.

CONTENT: Delivered virtually, 1616 requires just 20 minutes per week.

COST: Free

1616 is delivered weekly through a blend of:

1

Quality video content featuring “lived experience” stories from the best hockey players in the world that illustrate the 1616 principle of the week.

2

Guided in-person discussion prompts for Coaches and Hockey Parents.

3

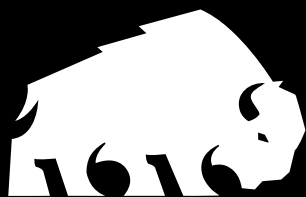
On-ice drills created specifically to enhance the skills and physical performance of athletes while reinforcing the 1616 principle of the week.

4

Team and individual challenges to help participants ‘Live It Out’ each week.

5

Rewards and incentives to keep participants motivated and committed.



BUILDING A BUFFALO MINDSET

Through this program, kids will learn how to take on the attitude and mindset of the buffalo, to face life's inevitable storms, with courage and resilience.

JOIN OUR HERD!

Learn more & sign up at
1616.ORG

