



Woodland Park Hockey Association
P.O.Box 5923
Woodland Park, CO 80866
www.woodlandparkhockey.com

2023-2024 Youth Hockey Program Details

WPHA Midgets - Fall High School League with CPHL

Program Overview:

Midgets is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop physical attributes. The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized. All of our coaches at this level are USA Hockey certified & trained. Midgets attend and host regular games as participants in the Colorado Prep Hockey League (CPHL) Hockey League, and have the chance to qualify for the CPHL playoff tournament.

Eligible Players:

High school eligible players (including incoming freshmen for the 2023-2024 school year) who fall within the Woodland Park districting rules for CHSAA (Colorado High School Athletic Association) as outlined in the CPHL rules.

Season Dates:

September 1 - November (approx. 10 weeks)

Ice Sessions:

2-3 touches per week with home ice held at rinks in Colorado Springs. Players must have their own transportation to practices and games.

Games:

Approx. 12+ full-ice games per season plus additional tournament and non-league play if the team qualifies. Games are 90-120 minutes, with 3-17 minute stop clock periods and 3-man official crews.

Practices:

1-2 practices per week (60 minutes each). Practices will consist of conditioning, skating fundamentals, situational awareness, and game scenario instruction.

Cost:

\$750 (Pay in full or opt for payments: \$150 due at the time of registration; balance is due by September 15th). Season fee includes all game ice and game officials fees. Should the team qualify for the end of season tournament, fees are split evenly between players and are the responsibility of each player.

Uniforms:

WPHA will provide jerseys for players. Jerseys must be returned at the end of the fall season. Players will need to purchase their own black socks to wear for games.