

### **Tournament Team Important information:**

- Planned number of teams at each age classification:
  - We plan to have 2 teams at the 8U age classification (10 players + 1 goalie/team)
  - We plan to have 3 teams at the 10U age classification (up to 15 players + 2 goalies/team)
  - We plan to have 3 teams at the 12U age classification (up to 15 players + 2 goalies/team)
  - We plan to have 3 teams at the 14U age classification (up to 18 players + 2 goalies/team)
  - We plan to have 2 teams at the 16U age classification (up to 18 players + 2 goalies/team)
  - We plan to have 2 teams at the 18U age classification (up to 18 players + 2 goalies/team)
    - 18U-1 players also can go with 18U-2 team

Teams may or may not be filled with the maximum amount of players. Players need to be able to play at the collective level of the team.

- **Planned** practice schedule (5 practices guaranteed)\*:
  - No practices on 4/5**
  - **All 8U coed teams**  
March 14 - May 9  
Saturday mornings  
7:00-8:00am\*  
Some practices will move to 8:40am later.
  - **All 10U coed teams**  
March 15 - May 10  
Sunday mornings  
6:00-7:00am
  - **All 12U coed teams**  
March 29 - May 10  
Sunday mornings  
7:00-8:00am Or 7:10-8:10am
  - **14U coed teams**  
March 22 - May 10  
14U-1 Sunday mornings 8:10-9:10am  
March 15 - May 10  
14U-2, 14U-3 Sunday mornings 8:20-9:20am  
14U-4 Sunday mornings 7:10-8:10am

- **16U coed teams**  
 March 19-May 10  
 16U-1 Thursday evenings, start times vary between 6:40-7:50pm  
 16U-2 Sunday mornings, 8:10-9:10am
  
- **All 18U coed teams**  
 March 19-May 7  
 Practices vary between Sunday mornings and Thursday evenings
  
- Commitment Letter –
  - It is a binding agreement that you will pay the program fee in a timely manner.
    - Payment due by 3/11 @ 500pm
    - Must return, at the latest, prior to ice-time on final tryout day
  - Once you sign this and turn it in, you may be selected and there is no backing out of payment
    - One big reason that we have these contracts is that we don't want to send an email to a parent to say that their player didn't make the team, only to turn around and ask if they want to be on the team. That's not fair to that parent or player to have that experience
  - Please read it thoroughly as to make sure you understand everything and ask questions if you have any
    - Will be sent for e-signature closer to tryouts
  - You may have already put it down during registration, or you may mark down at check-in that if you only want to be considered for a #1 team (10U-18U) and we will honor this. Can change it at tryouts too (VIA EMAIL ONLY).
    - If you put a 'Top Team Only' designation, it means that if you are not selected for a #1 team, you will be sent an email to say you haven't been chosen for a team. You will NOT be selected for another team.
  
- Jerseys and Socks and apparel-
  - Jersey and sock size will be collected at registration if selected.
  - We will use the Capitals' current roster of numbers and issue those numbers to players randomly (nobody will receive 8)
    - Jerseys will NOT have last names on the back
  - Jerseys will be ordered immediately after tryouts so they are here in plenty of time before the tournament. If selected, REGISTER and PAY ASAP.
  - Your player will receive a pair of knit socks as a part of the uniform.
    - Plan is for Royal Blue
  - Hoodies may become available for order at a future date at an additional cost. Not required and they change every year.

- Tournaments\*:
  - Teams may enter additional tournaments if the players/parents want to, however, they will have to pay for this themselves as a group and take care of the logistics (registration, hotels, etc.) –
    - **14U/16U/18U DO NOT REGISTER FOR A TOURNAMENT 4/18-20 WEEKEND AS THIS IS PLANNED TRAVEL TEAM TRYOUTS**
  - Tournaments and locations are listed in image below.
  - These are ‘Stay to play’ tournament which means it will require at least a 2-night stay for the players/families at the team designated hotel
  - **Non-USAH sanctioned tournaments – meaning that if a player gets hurt, they are NOT covered under USAH insurance. Capitals Academy, MedStar Capitals Iceplex, or any other companies associated are not liable/responsible for any injuries, thefts, damages, etc. (Only tournament USAH approved is MidAtlantic Spring Showcase)**

Team	2026 spring
8U #1	Defender hockey New Jersey spring thaw may 15-17
8U #2	Defender hockey New Jersey spring thaw may 15-17
10U #1	Mid Atlantic may 29-31; OPEN division
10U #2	Iron City Cup, May 15-17
10U #3	Cherry Blossom
12U #1	Mid Atlantic may 29-31; OPEN division
12U #2	Iron City Cup, May 15-17
12U #3	Iron City Cup, May 15-17
14U #1	Mid Atlantic may 29-31; OPEN division
14U #2	Iron City Cup, May 15-17
14U #3	Iron City Cup, May 15-17
14U #4	Cherry Blossom
16U #1	Mid Atlantic may 29-31; OPEN division
16U #2	Iron City Cup, May 15-17
18U #1	Mid Atlantic may 29-31; ELITE division
18U #2	Iron City Cup, May 15-17

- Hotels –
  - Players and their families are responsible for their own actions at the hotels.
    - If there is any damage done to the hotel property by one of our players/parents/persons, they/their families will be financially responsible to correct the issue

## Additional information -

- Player Selection:
  - Spots are not guaranteed. Players develop at different rates in terms of skills, physical maturation, mental maturation, etc. First one out of the gate isn't necessarily first at the finish line.
  - Players that make a certain team in Spring does not lock you into a team for CHA tryouts.
    - There will be players that played Fall/Winter that don't make a Spring team.
    - There will be players whose teammates move up to the next level and they do not.
    - There will be players who drop down a level or two from where they were even if they stay in the same age classification (ie 10U #2 now on 10U #3).
    - There will be players that move up age classifications and move up a level (were on 10U 3<sup>rd</sup> team and now on 12U 2<sup>nd</sup> team).
    - There will be players that move up an age classification and move down levels (were on 10U 1<sup>st</sup> team and are now on 12U 3<sup>rd</sup> team).
    - There will be players that stay at the same level (were on 12U #3 and are on 12U #3 again).
    - There will be players that are disappointed in their spring selection but happy about fall/winter selection. Conversely, there will be players that are happy about spring selection but disappointed in their fall/winter selection.
      - Parents – please talk to your players, tell them the above and set the expectation.
    - Best players make the best teams.
      - Our definition of 'best player' includes the skills, attitude, effort level, desire to get better, good person, discipline, etc. of players both on and off the ice.
  - We will send an email to everyone as to what their status is in being selected or not being selected for a team within 48 hours of the last tryout of the age group
  - If you are not selected, you MUST register for RHL by 3/11 @ 500p if you want to play RHL. Otherwise, we cannot guarantee a spot.
    - If there is a Waitlist, please join the WL and we will add you from that list
  - Selection emails will be sent to those who are the primary account holder of the player (who signed the player up for tryouts)
  - Right to reduce the amount of tryout participants at any time
  - Coaches –
    - 8U #1 – Michael Leichtman
    - 8U #2 – TBD
    - 10U #1 – Ben Kwon

- 10U #2 – TBD
- 10U #3 – TBD
- 12U #1 – Joseph Molinaro
- 12U #2 – TBD
- 12U #3 – TBD
- 14U #1 – TBD
- 14U #2 – TBD
- 14U #3 – TBD
- 16U #1 – Bill Wiggins
- 16U #2 – Rob Stewart
- 18U #1 – Henry White
- 18U #2 – Henry White
  - If a coach is not named, we have identified potential coaches for those teams, but final decisions and announcements on those coaches will be made during or immediately after the tryouts.
- No refunds will be given for this program
- 18U (2008, 2009 & 2007) players will be required to complete the safesport course/safesport refresher course
- <https://www.usahockey.com/safesporttraining>
- No tryout feedback sessions will be offered.
- Coach reimbursement (for non-parent coaches) – NOT included in the program fee and reimbursed after the tournament:
  - Per diem –
    - \$35 for half-day
    - \$60 for full-day
  - Travel – reimbursable items:
    - Flights/rental cars
    - Tolls
    - IRS mileage
    - Hotel room – if not comp'd by the hotel, OR, it is a parent coach



**PHILLY EXPRESS CUSTOM ATHLETICS**

**CUSTOMER: MEDSTAR CAPITALS**

**2026 TOURNAMENT TEAM - USA THEME 9**



- Royal Blue
- Red
- White
- Navy



60 \* 26 \* 80

98 \* 26 \* 18

PLAYER NAMES  
NFL Patriots Font  
3" White Letters

PLAYER NUMBERS  
Custom Vector Font #170  
White on Royal on Red  
12" Back • 4" Sleeve

JERSEY EMBLEM  
"TT" Letters Emblem  
CHEST PATCH  
USA Shield