

**AUSTIN METRO
HOCKEY
ASSOCIATION**

Presents

**Texas Junior Stars
2023-2024**



Texas Jr. Stars 2023-2024

Introspective- Why TJS?



- Parents please write on the sticky note that you were given, why your child wants to participate at a travel hockey level, put on the front wall
- Parents please write on the sticky note, why you want your child to participate in a travel hockey program, please put on the front wall

Texas Jr. Stars 2023-2024

How We Deliver the Why?



- Expectations:
 - All activities mandatory attendance (practices, dryland, tournaments, games, team activities)
 - Willingness to learn, to be part of something bigger than yourself
 - Set goals, be responsible for them and your personal improvement
 - Respect your coaches, peers and self
 - Give back to your community (Learn to Skate, Learn to Play, food drives, etc.)
- Leadership Course, Culture Club Sessions- Sportsmanship, Empathy 101, Safesport/Diversity training, Coach Training
- Program-wide Team Bonding
- Off-ice run by ROI @Crossover once a week. Conditioning sessions program initiated in addition to ROI.
- Weekly team video review and Hockey IQ with coaches.
- Three one-on-one player evaluations with Coach: early season, mid season, and end of season.



Who is Delivering the Why?

Hockey Leadership

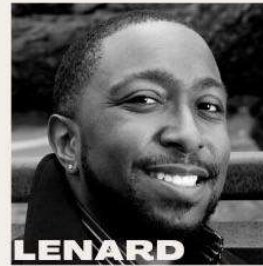
- Angie Vaught, Hockey Director
- Adam Powell, TJS Hockey Director
- Kirk Golden, TRS Hockey Director
- Lenard Swain, President, Girls Hockey Club of Austin

2023-2024 TEXAS JR STARS

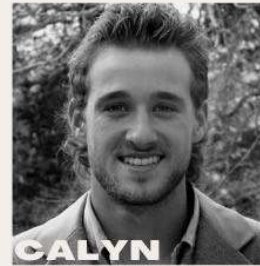
HEAD COACHES



**ANGIE
VAUGHT**
10U A Head Coach



**LENARD
SWAIN**
10U AA Head Coach



**CALYN
CLARDY**
12U A Head Coach



**EVAN
BELL**
12U AA Head Coach



**JOE
HOLWEGER**
14U A Head Coach



**PHIL
PLANTE**
14U AA Head Coach



**ADAM
POWELL**
16U AA Coach



**JEFF
HUSK**
16U AA Coach

How We Grow?



“The most dangerous phrase in the English language, “We’ve always done it that way”.”

- Takeaways from 2022-23 Season
 - TJS overall:
 - Adopting Association-wide playbook - improve player development and coach development
 - Emphasis on Club Culture, Team 1st, enhancing player experience for all levels
 - In person coaching seminars for coaches
 - TJS training camp and placement format
 - A and AA equal training and tournament offering for teams
 - Continued partnership with ROI for dryland both A and AA
 - Conditioning integrated into programming
 - Hockey IQ and Video Review
 - AMHA Cares – submit feedback or constructive concerns to AMHAcare@austinmetrohockey.org.

AMHA Overview of Offerings

More details on each offering on the website and future presentations



Texas Jr. Stars (TJS)

Travel league within the Dallas Stars Travel Hockey League (DSTHL). Ages 10u-18u



Texas Rising Stars (TRS)

House/Rec league. Ages 6u-14u
Includes option to participate on Tournament Teams



Girls Hockey Club of Austin

Optional add-on for all female TRS and TJS players



Goalie Specific Training

Weekly Goalie specific training provided by professional Goalie coaches



Power Edge Pro

Advanced skills training for all TRS and TJS players

Texas Jr. Stars Levels*



A

AA

*DSTHL determines each team's level based on the team's performance in the Labor Day Leveling tournament in Dallas, but the A or AA program offered by AMHA (skills sessions, ice time, cost, etc.) will not change based on DSTHL's placement.

Texas Jr. Stars 2023-2024 Details



- 10U A and 10U AA, will have 2 x 30-30-30 practices, 1 shared, 1 game per week (games based on schedule)
- 12U A and 12UAA, will have 2 x 30-30-30 practices, 1 shared, 1 game per week (games based on schedule)
- 14U A, AA, 16UAA will have 2 x 75 min full ice practices, 1 game per week (games based on schedule)
- All Teams, 1 ROI Session per week
- All Teams, 1 tracked conditioning session per week
- All Teams, 1 Hockey IQ or Video Review per week
- Leadership Course, Culture Club Sessions- Sportsmanship, Empathy 101, Safesport/Diversity training, Coach Training
- Program-wide Team Bonding August 11th

Texas Jr. Stars 2023-2024

Additional Details



- Practices will predominantly be at The Crossover, with some ice at Northcross and HEB Center.
- AMHA will provide 2 jerseys (Home and Away), 2 pairs socks (Home and Away), 2 pant shells (Home and Away), 1 practice jersey, 1 practice sock, 1 tryout jersey.
- All registered players will get a free season ticket to all Austin Ice Bats home games at The Crossover!
- More details on tryouts:
<https://www.austinmetrohockey.org/page/show/6424368-texas-jr-stars-tryouts>
- Tryout registration opens May 1st and closes May 29th. \$100 additional late fee starting May 30. No exceptions, except players moving from out of state.
- \$500 tryout fee is deposit for TJS or TRS 2023-24 Season. Will be applied to registration following placement.
- Volunteer opportunities available! Team Manager, Locker Room Attendant, Scorekeeping, Videographer, Social activities, and other opportunities. In the tryout registration you'll have a spot to indicate your interest.

Texas Jr. Stars 2023-2024

Important Dates



May 1st Registration for Tryouts/Placement for TJS Opens.

May 1st Scholarship Application Registration will be on the website May 1st.

May 15th Registration for TRS programs open. Space is limited.

June 10-11 Tryouts/Placement weekend. Coaches will narrow down field to 30-33 players depending on age group and invite to TJS training camp.

July 31st through August 11th TJS training camp for team placement. Sessions take place in the evenings and on the weekend.

Season starts July 31st, 2023 and ends last weekend of Feb or 1st weekend of March depending on playoff dates.

August 12th, Saturday TJS Team Bonding Event once teams are determined.

Tournament Dates- Pre-Registered

- Dallas Stars Levelling- Dallas (Sept 2-4) All Teams
- CCM- Dallas (Oct 7-9) All Teams
- CCM- Florida (Tampa) (Dec 15-17) 10UAA, 12UAA, 14UAA
- Can Am Challenge Cup - Austin (Dec 8-10) 10UA, 12UA, 14UA
- CCM - Rhode Island, MA (Jan13-15) 16UAA* (subject to change)

Goalie Training TJS & TRS



Texas Jr. Stars:

- In addition to regular team practices, TJS Goalies will receive weekly goalie specific training from The HockeyCo. We will do our best to ensure this does not conflict with any team practice days, so TJS goalies get a total of 4 days of training.

Texas Jr. Stars Placement/Tryout Weekend



May 1st Registration for TJS Placement/Tryout will be released

You will need your 2023-2024 USAH membership number to register.

Placement/Tryout Format:

June 10-11 Weekend Players will attend Placement weekend.

Players will participate in on-ice, off-ice and classroom sessions over the weekend.

Schedules will be released May 30th based on registration #'s.

Sunday, June 11th families will receive an invitation to attend the TJS Training camp

(July 31-August 11) or the TRS training camp (September 11-24).

AA and A teams will be selected at this time. TRS training camp will determine upper or lower seeding in leagues. All TRS players will attend TRS training camp.

Instagram: <https://www.instagram.com/austinmetrohockey/>

Facebook: <https://www.facebook.com/austinmetrohockey/>

Texas Jr. Stars 2023-2024

Program Overview



Team	# of Practices and Skills Sessions/Week (excluding games)	Practice Days*	Cost	Tournaments Included**	Paid Professional Head Coach, non-parent
10uA	3	TBD	\$5,099	3	✓
10uAA	3	TBD	\$5,099	3	✓
12uA	3	TBD	\$5,099	3	✓
12uAA	3	TBD	\$5,099	3	✓
14uA	2 (Full Ice)	TBD	\$5, 499	3	✓
14uAA	2 (Full Ice)	TBD	\$5, 499	3	✓
16u	2 (Full Ice)	TBD	\$5, 499	3	✓

**DSTHL leveling tournament in Dallas Labor Day weekend counts as one of the tournaments.

AMHA Sgro Memorial Scholarship Program



History of Junella Sgro's impact to AMHA, details on the scholarship program, and how to apply:

<https://www.austinmetrohockey.org/scholarships>

Scholarship deadlines for 2023-2024 season:

Those who are planning to tryout for TJS: May 30, 2023

Summary



TJS:

- Be on the lookout for tryout registration links
- Follow us on social so you won't miss out on important announcements!
 - Instagram: <https://www.instagram.com/austinmetrohockey/>
 - Facebook: <https://www.facebook.com/austinmetrohockey/>
 - Sign up for our monthly newsletter [here](#)
- Get ready to have another fun season of hockey!
- Scholarships:
 - Deadline is May 30, 2023 for TJS. Apply here:
<https://www.austinmetrohockey.org/scholarships>
- This presentation, and the recorded meeting are available on our Education/Resources page:
<https://www.austinmetrohockey.org/education-resources>