

# GIRLS HOCKEY DEVELOPMENT

AFTER PEE WEE OR 12U

MAVERICKS

MIDDLETON

PATRIOTS

POLAR CAPS

SUN PRAIRIE

VERONA

WAUNAKEE

**PLAYER DEVELOPMENT**

**LEADERSHIP DEVELOPMENT**

**Active for Life**  
Females 21+

**Training to Win**  
Females 21+  
Podium performances.

**Training to Compete**  
Females 19-21  
Individualized to meet player's needs in skill development, mental prep, fitness, & recovery.

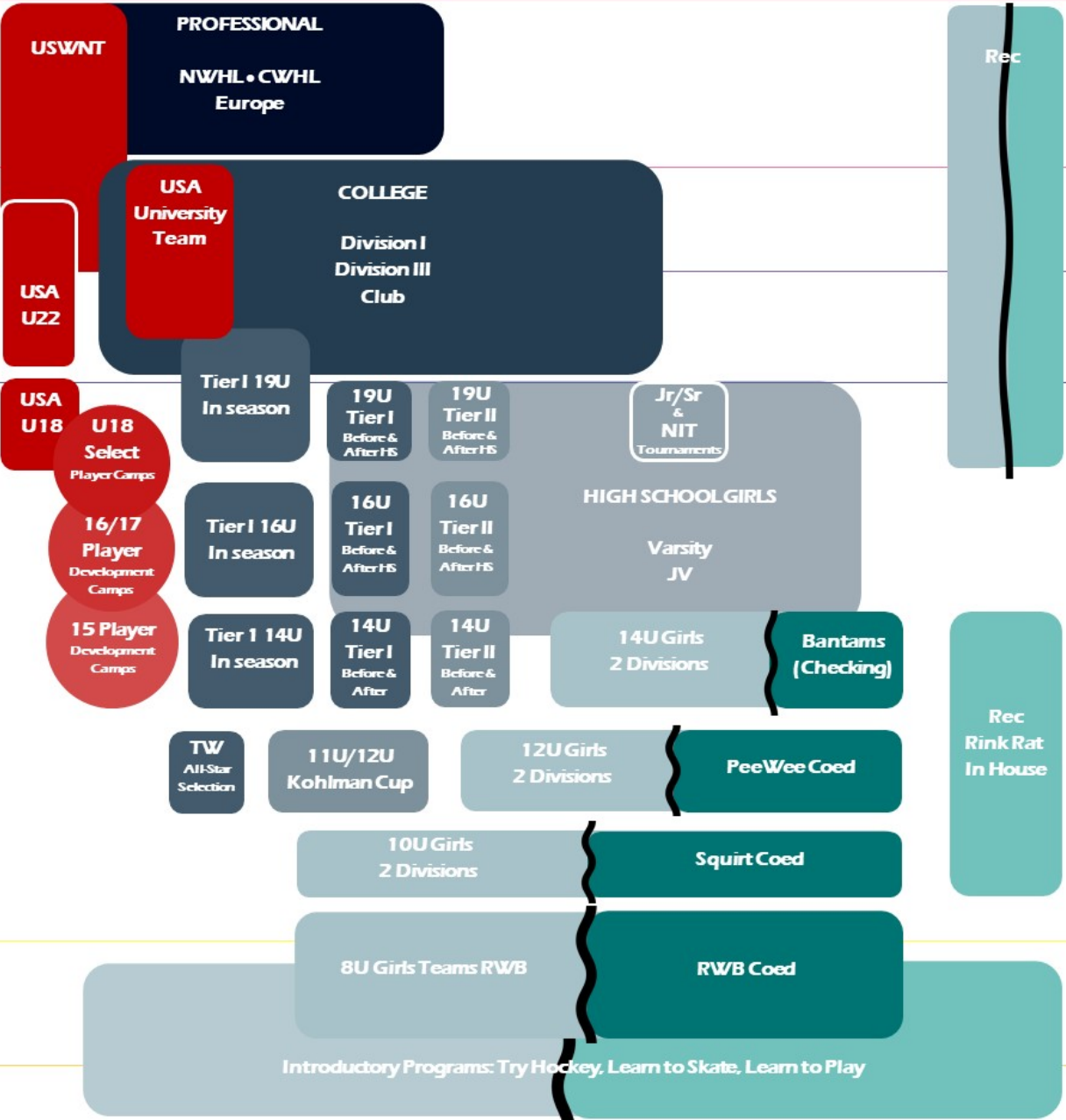
**Learning to Compete**  
Females 15-18  
Optimize fitness preparation and sport, individual, & position specific skills. The focus shifts to performance.

**Training to Train**  
Females 11-15  
Build an endurance base, develop speed & strength at the end of the stage, & further develop & consolidate sports specific skills. Select two favorite sports based on predisposition.

**Learning to Train**  
Females 8-11  
Acquire sports skills that will be the cornerstone of athletic development. Critical stage for the acquisition of hockey skills.

**FUNDamentals**  
Females 6-9  
Learn all FUNDamental movement skills & build over-all motor skills. Play many sports. Focus on the ABC's of athleticism: Ability, Balance, Coordination, & Speed.

**Active Start**  
Females 0-6  
Fitness and movement skills development as a FUN part of daily life.



**HIRE RECRUIT VOLUNTEER**

**ENGAGE in LEADERSHIP**

**RETAIN, LEAD, HONOR**

**Lead**  
Females 15-18  
Knowledge, skills & experiences should be recognized & valued. Encourage mentorship. Equity in offerings.

**Team**  
Females 11-15  
Social & emotional considerations, emphasis on team-building, group interaction & social activities. Opportunities for girls to play together & recognizing individual differences.

**Encourage**  
Females 8-11  
Few physiological differences between boys & girls between 0-12. Coach awareness of psychological, emotional & social differences.

**FUN for All**  
Females 6-9  
Perceptions, roles & biases are beginning to be recognized & reinforced.

**Free to Try**  
Females 0-6  
Open opportunities for any child to try the hockey.

**RAISE, ENCOURAGE, VALUE**

F.A.Q.... Should my daughter play coed or girls only hockey?

**PLAYER DEVELOPMENT**

**LEADERSHIP DEVELOPMENT**

# AGE GROUP TRAINING WINDOW

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## **Learning to Compete**

Females 15-18

Optimize fitness preparation and sport, individual, & position specific skills.  
The focus shifts to performance.

## **Training to Train**

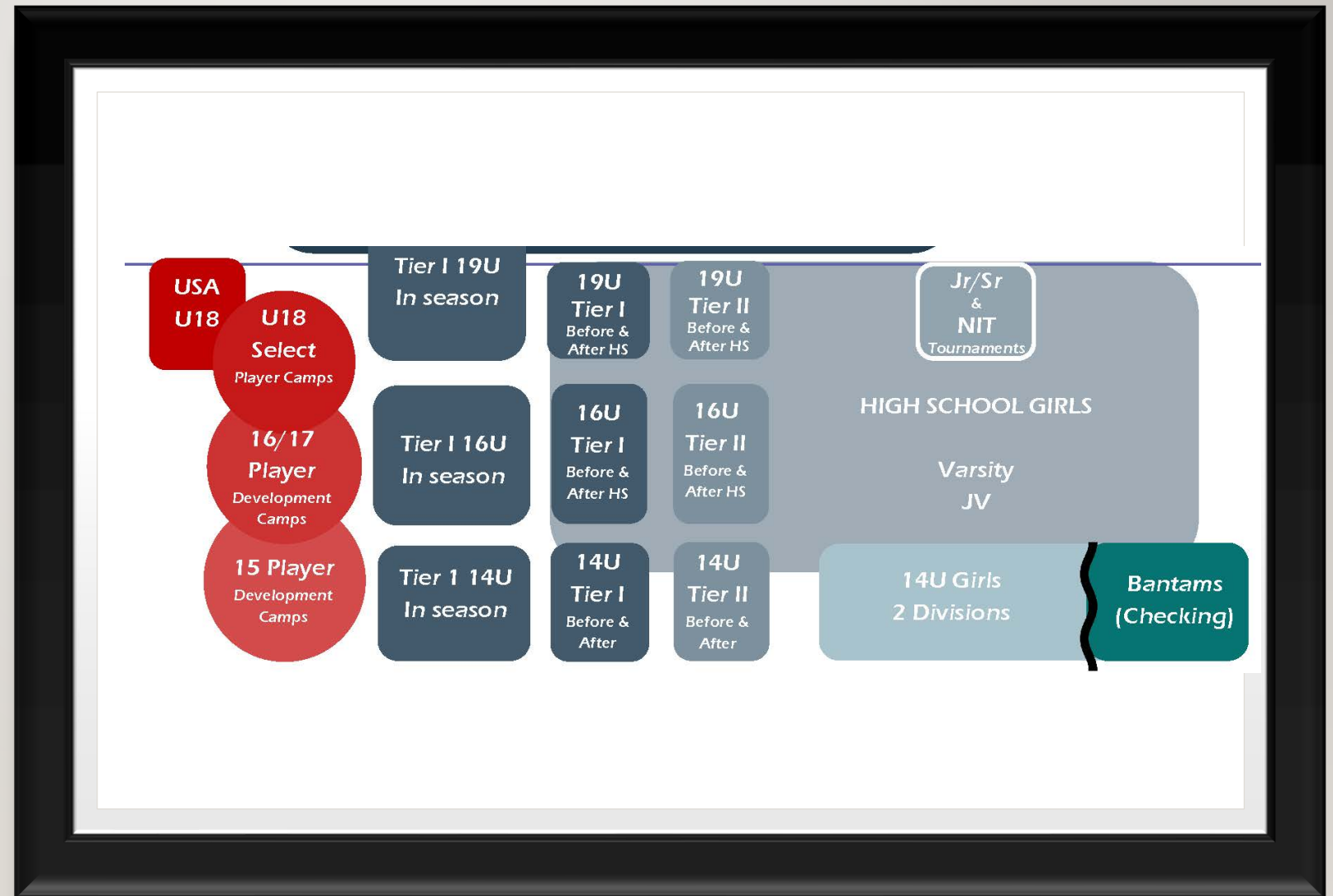
Females 11-15

Build an endurance base, develop speed & strength at the end of the stage, & further develop & consolidate sports specific skills. Select two favorite sports based on predisposition.



# ALL PLAYING OPTIONS

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# TIER I & TIER II

- TIER I
  - CANNOT PLAY HIGH SCHOOL HOCKEY
    - Except TW
  - SEPTEMBER - MARCH
  - MADISON CAPITOLS, MILWAUKEE JR ADMIRALS, GREEN BAY GAMBLERS (boys only) AND TEAM WISCONSIN
- TIER II
  - ALL LOCAL CLUBS
  - NOVEMBER – MARCH (“IN-SEASON”)
  - EXISTS TO SUPPORT DEVELOPMENT PATH TO PLAY HIGH SCHOOL HOCKEY

## PATH FOR TIER II CLUB PLAYERS

- CALLED “PRE-POST SEASON”. ‘Before’ High School/I4U Season & ‘After’ High School/I4U Season
- TIER I - TEAM WISCONSIN
- TIER II - WEHL
- ADDITIONAL DEVELOPMENT FOR KIDS THAT WANT TO DEVELOP AT HIGHER LEVEL AND ALSO PLAY HIGH SCHOOL HOCKEY
- SEPT – NOV. & MARCH/APRIL
- TIER I – TOURNAMENT - STATE, CENTRAL DISTRICTS AND NATIONALS

# TEAM WISCONSIN (PRE-POST TIER I)

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- Plays Tier I schedule from 9/1-11/1.
- At conclusion of HS State Tourney, TW reconvenes to play in Tier I State Tourney v Admirals and Capitols
- If Winning, chance to play in Central Districts and Nationals
- Regional practices with other TW Girls and Boys teams
- Two tryouts – both in May. First tryout May 17-19. Final Camp 5/30-6/1.
- Sign up for tryouts to open first week of April.
- [www.teamwisconsingirls.net](http://www.teamwisconsingirls.net)



# WI ELITE HOCKEY LEAGUE (PRE-POST TIER II)

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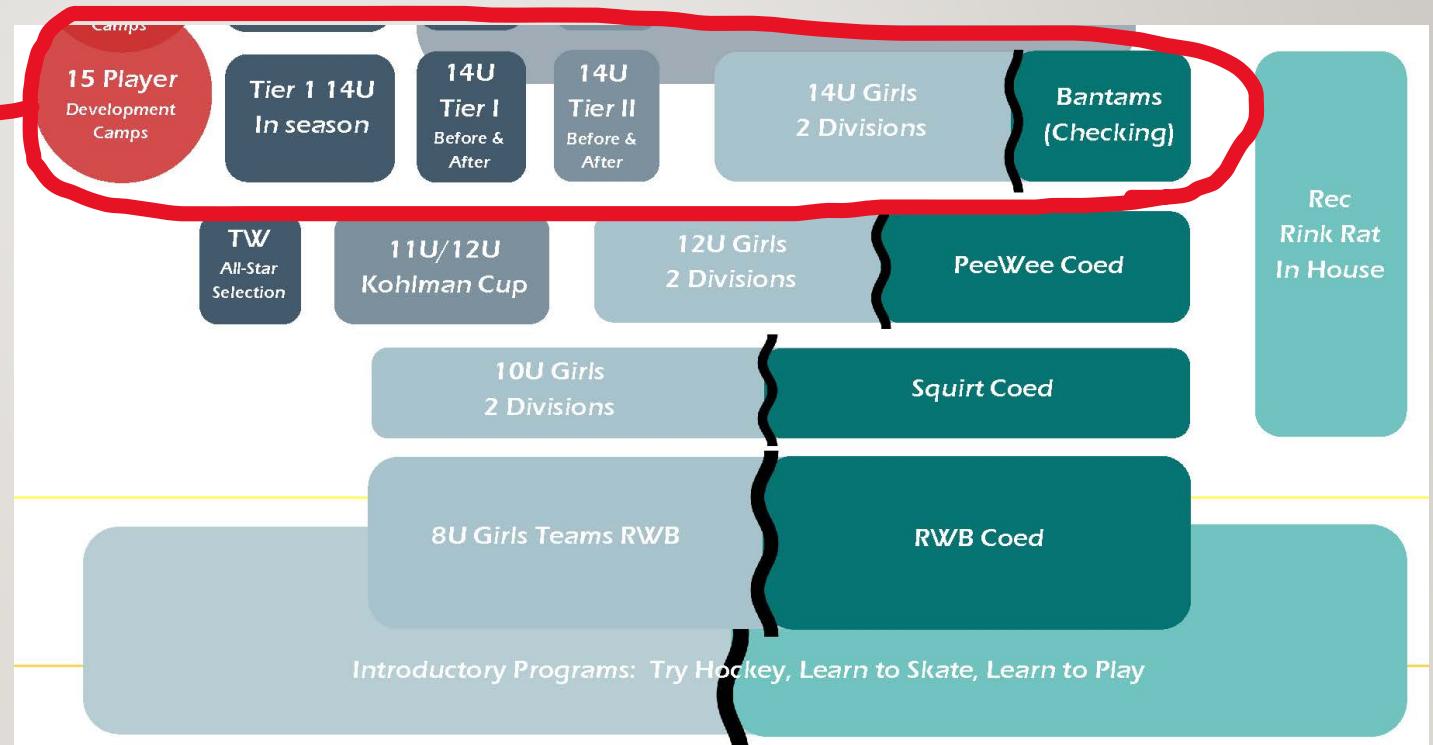
- Called “WEHL”
- Plays Tier II schedule from 9/1-11/1
- Regional teams from across Wisconsin
- 1-2 practices per week and 3 game weekends
- One tryout middle of August
- Sign up for tryouts to open early summer
- [www.wi-ehl.net](http://www.wi-ehl.net)





# WHY FOCUS OF EFFORT ON 14U

- SAFETY – CONCUSSION ISSUE @ BANTAM
- LIKE-SKILL OPTIONS AVAILABLE AT YOUNGER LEVELS
- NEED TO EXPAND BOUNDARIES TO GET 2-4 LIKE-SKILL TEAMS (same as MN teams)
- SAME OPPORTUNITY EVERY BANTAM BOY HAS TO PLAY LIKE-SKILL HOCKEY



# MADISON MAVERICKS (14U IN-SEASON)

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- For 2005 and 2006 birth year players
- Districts represented - DC Diamonds, Middleton, Patriots, Polar Caps, Sun Prairie, Verona, & Waunakee— hosted by Verona.
- Result of 2 years of input/combined effort from all area constituents
- Girls Committee on Verona Board with diverse representation from other associations
- Registration to open summer. Tryouts held during combined practices in Sept and Oct.
- Teams formed end of Oct.
- First games after November 1<sup>st</sup>.



# MADISON MAVERICKS (14U IN-SEASON)

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- Practices and games held equally on East and West sides of town
- 2-3 practices per week. Off ice strength training incorporated
- Games scheduled to match skill level of each team.
- Strong preference to travel less if like-skill competition allows
- 1<sup>st</sup> year feedback overwhelmingly positive





# HIGH SCHOOL GIRLS TEAMS

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- Metro Lynx (Madison Ice Arena)
  - Middleton, West, Memorial, Verona, Edgewood
- Cap City Cougars (Waunakee and Sun Prairie)
  - Sun Prairie, Waunakee, DeForest, La Follette, East
- Icebergs (Stoughton)
  - Stoughton, Edgerton, McFarland, Monona Grove, Oregon, Evansville, Deerfield





# AFTER SEASON – KOHLMAN CUP

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- Current year Pee Wee aged players
- Tryout by Region in State.
- 6 Regions play in tournament showcase in March
- Tryouts week after I4U State Tourney
- Tournament rotates around State.
- March 23 weekend this year.
- Team selected from all Kohlman Cup Teams to represent WI in summer tourney.

# AFTER SEASON – CENTRAL DISTRICTS

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- Path to USA Hockey National Camps and teams
- First year to tryout is 14U first year. 2005's for 2019.
- Tryouts are three days in March. Same weekend as Kohlman Cup this year (March 23)
- If selected from tryouts:
  - 2005's only eligible for Regional Camp (week long in Green Bay in June)
  - 2004's and older eligible for Regional Camp AND National Camp (same week in Green Bay for Regional. National Camp another week)
- Sign up for tryout occurs first two weeks of Feb.
- <http://www.centraldistricthockey.org/>
- <https://teamusa.usahockey.com/page/show/2429266-girls-player-development-program>

