

 Hosted by Alaska Avalanche

14U Tier II Girls 2025-2026 Season Program



The word "ALASKA" is written in a bold, blue, blocky font with a white outline and a slight 3D effect.

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WELCOME TO THE VALLEY THUNDER HOCKEY ASSOCIATION

On behalf of the Valley Thunder Hockey Association, I would like to extend a warm welcome to you and your family as we begin our 2025-2026 season. As your Head Coach, I will work closely with you and your athlete(s) to keep you informed of our season expectations, schedules, goals, and all other pertinent information along our teams journey.

Our coaches strive towards the USA hockey mission to promote the growth of hockey, the development of our athletes, and to provide the best possible experience for all participants by encouraging, developing, advancing and administering the sport. We have the unique opportunity to impart a myriad of life skills on these athletes through the medium of competitive sports. In closing, we thank you for your bestowing on us the distinct honor and high privilege of mentoring your player.

Yours in Hockey,

Jason Beach

Head Coach

(907) 830-0170

Jason_beach@hotmail.com

COACHES CODE OF CONDUCT AND EXPECTATIONS

1. Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember players are involved in hockey for fun and enjoyment.
2. Organize practices with a practice plan that is fun and challenging for your players. We encourage you to use the USA Hockey Coaches Training Manual. Also, familiarize yourself with the rules, techniques and strategies of hockey, encourage all your players to be team players.
3. Maintain an open line of communication with your players, their parents and the association. Explain the goals and objectives of Valley.
4. Adjust to personal needs and problems of players. Be a good listener. Never verbally or physically abuse a player or official. Give all players the opportunity to improve their skills, gain confidence and develop self-esteem. Teach the basics.
5. Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
6. Be generous with your praise when it is deserved, be consistent, be honest, be fair and just and do not criticize players publicly. Learn to be a more effective communicator and don't yell at players.
7. Be concerned with the overall development of your players. Stress good health habits and clean living. To win the game is great; to play the game is greater; to love the game is the greatest of all.
8. Outline the responsibilities of your coaching staff, team manager, and team treasurer.
9. Bench Decorum is very important, make sure that you and your staff's presentation is professional and educationally friendly. Only certified coaches registered in our Association are permitted on or near bench area.
10. Remember you are the leader of your team, which means you are responsible for all the facets of that job which includes manager, treasurer, and paperwork issues involved. Make sure you delegate these duties, but also be aware that you are the person responsible at the end of the day.

"NO PAY, NO PLAY" POLICY

1. **Ice bills are due within 14 days of the invoice in Sports Engine.**
Coaches need to explain to parents at beginning of season the “no pay, no play” policy and that ice bills are due within the 14 day window.
Coaches are responsible for the "no pay, no play" enforcement.
2. The Avalanche Treasurer will report all delinquent accounts to both the Head Coaches and Managers and the Board Officers monthly.
3. Coaches are responsible AT THAT TIME to address the issue with parents and to bench the kids until payment is made, no exceptions*.
4. Player is eligible to play when ice bill is paid in full, or after a alternative payment plan has been arranged and approved by the Board.

***Financial Hardship**

If there is a financial hardship, the parents/guardians must write a formal letter (email is okay) to the Team Coach and the Board of their situation and their solution to paying in the future. Board can respond to the financial hardship by email as to whether the player should continue to play or not. Only the Board can make the exception that a player can continue to play beyond the 15th day of delinquency.

Player will be benched on the 15th of the month if Board exception has not been received. If a family is in hardship, they can possibly avoid the 15th of the month hard and fast "no play" rule IF they have submitted their formal financial hardship to the Board AND it has been approved.

EVALUATE--DEVELOP--ASSESS

The following is the skill progression that should be taught at the various levels.

1. Rules: Face-offs, off-sides, icing, checking from behind (STOP).
2. Common Infractions: falling on the puck, body checking, elbowing, etc.
3. Penalties: Minor, Major, Game Misconducts.
4. Develop Goals for your team and individual players for practice-games.
5. Develop Individual Skills, outlined in USA Hockey Coaches Handbook.
6. Develop a team system: Offensive and Defensive plan.
7. Players should understand the importance of hydration and nutrition.
8. Players should understand fitness and training warm-up, stretching etc.
9. Injury Prevention: Heads up hockey, proper equipment and fitting.
10. Sports Psychology: Mental preparation, mistakes are a part of the game.
11. Character Development: Sportsmanship, respect, be on time, representation of family and organization.

USA Hockey clearly defines the individual skill set that each level of player should attain before moving on to the next age classification. It is the coaching staff's responsibility to the best of their ability to introduce and master all the skills outlined by the USA Hockey Coaching Program and Curriculum.

ASSOCIATION PHILOSOPHY

The Valley Thunder Hockey Association has made a commitment with USA Hockey to adopt the American Developmental Model to the best of our ability with the resources that are available. The goal is to provide the opportunity for all players to reach their potential. The primary focus will be on skill development and puck time and as you know the setting will be more practices than games.

The ADM through utilization of the Long Term Athlete Development principles will allow us to integrate training, competition and recovery to reach a player's full potential. This will allow us to develop an athlete out of a kid, which in turn makes a hockey player out of an athlete.

There need to be reasons to love the game. And if all they're doing is playing hockey 365 days a year, there's a good chance the game they're supposed to love becomes more of a chore than a passion. That amount of exposure too early on can put undue stress and pressure on them and give the kids plenty of reasons not to love hockey.

AMERICAN DEVELOPMENT MODEL

8 & Under (Mites):

50–60 ice sessions per season
2–3 ice sessions per week, 1 off-ice session per week
60-minute ice sessions
20 weeks per season, 5 to 6 months
9–13 skaters per team; no full-time goalies
3 teams per ice session
30–40 practices and 20 games
Players grouped: Top 1/3, Middle 1/3, Bottom 1/3
2 tournaments per season

12 & Under (Peewees):

105–120 ice sessions per season
3–4 ice sessions per week, 2 off-ice sessions per week
60-minute ice sessions (minimum)
7-month training and competition calendar
15 skaters and 2 goalies per team
2 teams per practice twice a week
1 single team practice
60–70 practices and 40–50 games
Players grouped: 2 teams at highest level
4 tournaments per season

15–16 & Under (Midgets):

100 ice sessions per season
3–4 ice sessions per week
60–80 minutes per session
7–8-month training and competition calendar
40–50 practices and 30–40 games
18 skaters and 2 goalies per team
3–4 tournaments per season

10 & Under (Squirts):

75–100 ice sessions per season
3–4 ice sessions per week, 1 off-ice session per week
60-minute ice sessions
6-month training and competition
13–15 skaters and 1 goalie
3 teams per practice session
50–60 practices and 30–40 games
Players grouped: Top 1/2, Bottom 1/2
3 tournaments per season

13–14 & Under (Bantams):

120 ice sessions per season
4 ice sessions per week, 2 off-ice sessions per week
60–80 minutes per session
7–8-month training and competition calendar
16 skaters and 2 goalies per team
2 teams per practice twice a week
65–75 practices and 45–55 games
Players grouped: 2 teams at highest level
1 single team practice
4 tournaments per season

18 & Under (Midgets):

100 total ice sessions per season
3–4 ice sessions per week
60–80 minutes per session
7–8-month training and competition calendar
40–50 practices and 30–40 games
18 skaters and 2 goalies per team
3–4 tournaments per season

TEAM TIMELINE (tournaments still TBD based on availability and Qualifiers) Either Turkey Shoot in Anchorage and Florida Rush, or AZ Rush and Presidents Day in Anchorage

August 1st	Practices begin	CMSC,Brett Rinks
August 12th	Coed Comp Tryouts	Valley
August 17	AVS BBQ	CMSC Pavilion
September	Official Start of Season	
October Dates	907 Tourney	Anchorage
November 8-10	AZ Rush Tournament	Gilbert AZ
January 17-20	FL Rush Tournament	West Palm Beach FL
February 20-23	Pacific Districts	Anchorage AK
March 25-29	14U Tier II Nationals	Rochester Michigan

Monthly ice bills sent by 1st of every month, need to be paid by the 15th

2025-2026 Avalanche Board Members

President: Jason Beach 907-830-0170

Alaskaavalanchehockey@gmail.com

Vice President: Andilea Weaver 907-227-9203

jralanchevp@gmail.com

Program Director: Heather Hull 907-354-1064

thehulls@mtaonline.net

Secretary: Sadie Barr 757-968-0712

jralanchesecretary@gmail.com

Treasurer: Melony Buckmeier 907-301-0627

jralanchetreasurer@gmail.com

Registrar: Ginny Altenberger 907-315-5205

jralancheprogramdirector@gmail.com

Coaching Director: Jason Beach 907-830-0170

Jason_beach@hotmail.com

PRE-SEASON PARENT MEETING AGENDA

1. Introduction: Team approach-Develop a good working relationship
2. Philosophy: Development of kids
 - a. Skill Fundamentals
 - b. Teamwork: System implementation
 - c. Develop and Prepare for the next step
 - d. Responsibility
 - e. Have fun
3. Equipment:
 - a. Periodically checking equipment for safety-sizing
 - b. Proper stick length
4. Player Responsibility:
 - a. Cooperating with teammates and coaches
 - b. Developing their own skills—Effort
 - c. Sportsmanship-Win like a winner and lose like a winner (Reinforce)
5. Parents Responsibilities:
 - a. Get your player to events on time: 15-30 minutes minimum before practice/ 60 minutes before games.
 - b. Proper conduct at games
 - c. Use the proper communication tree:
Manager/Fundraising Coordinator /Head Coach
6. Schedule// Available Invitational Tournaments (known tournaments)
 - a. 907 showcase (AA) Anchorage \$1750
 - b. AZ Rush \$2100
 - c. FL Rush \$2100
 - b. Hard Ice Classic (Big Lake) (\$TBD)
 - e. Turkey Shootout \$1750
 - f. Presidents Day \$1750
7. Financial responsibilities:
 - a. Proper procedure as far as payment, billing and monthly breakdown
 - b. Team attire if any track suits, warm-up jersey's etc.
 - c. Fundraising: Association requirements and team fundraising
 - d. Sponsorship procedures

Budget for Ice Bills

Divided by X amount of players (current estimate is 14) subject to change.

Registration for the season is \$180

Jersies costs ~\$250 for full set

Mandatory Black Helmet and Gloves

Practice Ice

Crossfit/Dryland costs

Cost of Officials for home games

Invitational Tournament Fees

Estimated monthly ice bill over 7 month billing cycle for 14 player roster estimated at \$380 before sponsorships/fundraising. Standard average fundraising of 10-12K will lower the ice bills to ~\$275 monthly.

If we make Districts and Nationals, we will adjust our estimates for the final bills of the year.

**** Ice Bills do not include District entry fee, Nationals entry fee, or the travel costs for out of state tournaments for each player, estimate 600-800 per player worst case for airfare and lodging for out of state travel per trip ****