



HIGH PERFORMANCE YOUTH TRAINING PROGRAM

(REV. 1/22/24) DRAFT #2

A healthy successful culture requires an organization that has a clear vision. For nearly 2 decades The Jersey Hitmen have operated a player centric cradle to college development model by establishing standards of conduct and performance designed to guide players, parents, and coaches to their ideal performance state. Talent sets the floor, but character determines the ceiling.

The Hitmen take pride in developing hard, thick-skinned, highly skilled student-athletes with extraordinary hockey IQ's and compete levels.

True player development takes a decade or more of purposeful training for an athlete to reach their full physical, emotional & cognitive potential.

This program is not for everyone. Finding the right players and not simply the best players remain the cornerstone of our success.

Designed for highly motivated & passionate student-athletes who are driven by the transformational challenge of the process rather than those focused on the more transactional experience of chasing hollow victories, finding instant gratification in meaningless rankings only to win the race to the wrong finish line.

The Hitmen High Performance Youth Program employs the same principles and establishes the same culture that has guided our nationally renowned junior program to over 250 NCAA placements.

By utilizing long term athlete development principles and establishing a 10-month, age-appropriate training program, the Hitmen provide a unique development model designed to meet an athlete's specific needs on a year-to-year basis. Under supervised, on- and off-ice training conducted by dedicated and qualified coaches, players are encouraged and provided with the opportunity to become something more than ordinary.



2024- '25 FACT SHEET

(Revised 1/18/24) Draft #1

Midgets: 15 only ('09) - 16U ('08) - 18U ('06 & '07)

- 37 week on & off ice age-appropriate training program
- Approximately 100 on ice training hours
- Weekly full ice practice (spring & fall)
- Combination full ice tactical & shared ice skill development sessions
- Goaltending coach on staff
- Over 80 hours of supervised strength, speed, agility, quickness, and interval training
- Strength coach on staff F/T
- State of the art strength & conditioning training center on site
- Dedicated full time locker rooms (16/18)
- Summer & holiday breaks & active recovery periods
- 60 - 70 game schedule MHR over .90
- 15-20 home games
- 7 major showcase/tournament events providing unmatched NCAA exposure
- High school friendly
- Equipment package (included): Helmet, gloves, practice & game uniforms, sweat suit, workout clothes, polo shirt, gear bag, travel bag
- Certified athletic trainer on staff F/T
- Written mid-season player evaluations
- All Midget players are protected NCDC assets

Tryouts: April 9 & 10, 2024

Registration online only. No walk ins accepted. 2 tryout sessions guaranteed. \$175.00 prior to March 27, 2024- \$200.00 March 28 or later

Contracts offered via docu-sign any time during tryouts with 4 hour expiration.

Tuition: \$11,595.00



2024- '25 FACT SHEET

Junior Elite

- 40 week on & off ice age-appropriate training program
- Approximately 100 on ice training hours
- Weekly full ice practice
- Goaltending coach on staff
- Over 80 hours of supervised strength, speed, agility, quickness, and interval training
- Strength coach on staff F/T
- State of the art strength & conditioning training center on site
- Dedicated full time locker room
- Holiday breaks & active recovery periods
- 50-60 game schedule
- 4-6 major showcase/tournament events providing unmatched NCAA exposure
- High school friendly
- Equipment package (included): Helmet, gloves, practice & game uniforms, sweat suit, workout clothes, polo shirt, gear bag, travel bag
- Certified trainer on staff

Tryouts: April 9 & 10, 2024

Registration online only. No walk ins accepted. 2 tryout sessions guaranteed. \$175.00 prior to March 27, 2024- \$200.00 March 28 or later

Contracts offered via docu-sign any time during tryouts with 4 hour expiration.

Tuition: \$11,595.00



2024 - '25 FACT SHEET

14U major ('10)

- 37 week on & off ice age-appropriate training
- Approximately 100 hours on ice training
- Dedicated weekly skills & skating sessions
- Goaltending coach on staff
- Approximately 80 off ice training hours
 - Speed, agility & quickness (SAQ) Training
 - Circuit training
 - Agility, balance & coordination (ABC) training
 - Supervised strength coach on staff
- Holiday breaks
- High school friendly
- 50-60 Game schedule
- 5 Showcase/Tournaments
- Certified trainer on staff
- Written mid-season player evaluations
- Equipment package: Helmet, gloves, practice & game uniforms, sweat suits, shells, base layer, workout clothes, gear bag

Tryouts: April 9 & 10, 2024

Registration online only \$175.00 prior to March 27, 2024, \$200.00 March 28 & later.

No walk ins accepted. 2 tryout sessions guaranteed.

Contracts offered via docu-sign any time during tryouts with 4 hour expiration.

Tuition: \$10,595.00



2024 - '25 FACT SHEET

13 only ('11)

- 37 week on & off ice age-appropriate training
- Approximately 100 hours on ice training
- Dedicated weekly skills & skating sessions
- Goaltending coach on staff
- Approximately 80 off ice training hours
 - Speed, agility & quickness (SAQ) Training
 - Circuit training
 - Agility, balance & coordination (ABC) training
 - Supervised strength coach on staff
- Holiday breaks
- High school friendly
- 40-50 Game schedule
- 4 Showcase/Tournaments
- Certified trainer on staff
- Written mid-season player evaluations
- Equipment package: Helmet, gloves, practice & game uniforms, sweat suits, shells, base layer, workout clothes, gear bag

Tryouts: April 9 & 10, 2024

Registration online only \$175.00 prior to March 27, 2024, \$200.00 March 28 & later.

No walk ins accepted. 2 tryout sessions guaranteed.

Contracts offered via docu-sign any time during tryouts with 4 hour expiration.

Tuition: \$9,495.00



2024 - '25 FACT SHEET

12U major ('12) 12U minor ('13)

- 37 week on & off ice age-appropriate training
- Approximately 80 hours on ice training
- Approximately 60 off ice training hours
 - Speed, agility & quickness (SAQ) Training
 - Circuit training
 - Agility, balance & coordination (ABC) training
- Dedicated weekly skating & skills sessions
- Holiday breaks
- 40 - 50 Game schedule
- 4 Showcase/Tournaments
- Certified trainer on staff
- Written mid-season player evaluations
- Equipment package: Helmet, gloves, practice & game uniforms, sweat suits, shells, base layer, workout clothes, gear bag

Tryouts: March 18 & 19, 2024

Registration online only \$175.00 prior to March 6, 2024, \$200.00 March 7 & later.

No walk ins accepted. 2 tryout sessions guaranteed.

Contracts offered via docu-sign any time during tryouts with 4 hour expiration.

Tuition: \$8,995.00



2024 - '25 FACT SHEET

10U ('14 & '15)

- 37 week on & off ice age-appropriate training program
 - ✓ Focus on speed window #1
 - ✓ Skill enhancement
 - ✓ Forming strong habits
- Practice 2x/weekly (spring) 3x/weekly (fall)
- Off ice training includes:
 - ✓ Speed, agility & quickness (SAQ)
 - ✓ Circuit training
 - ✓ Agility, balance & coordination (ABC)
- Dedicated weekly power skating & goaltending instruction
- Goaltending coach on staff
- Holiday breaks
- 40-50 game schedule
- 4 Showcase/tournaments
- Certified trainer on staff
- Written mid-season evaluation
- Equipment package includes: Helmet, gloves, practice & game uniforms, shells, gear bag, sweat suit

Tryouts: March 18 & 19, 2024

Registration online only \$175.00 prior to March 6, 2024, \$200.00 March 7 & later.

No walk ins accepted. 2 tryout sessions guaranteed.

Contracts offered via docu-sign any time during tryouts with 4 hour expiration.

Tuition: \$7,495.00