



The Capitals Hockey Academy travel teams are for the players that are looking for a competitive travel experience for the 2020-2021 season.

We are pleased to announce the Capitals Hockey Academy travel team tryout dates for the upcoming 2020-2021 CBHL season. Capitals Hockey Academy travel teams will be heavily focused on skill development and raising the competition level of our youth players. Our primary goal is to build better hockey players in a positive environment that follows the guidelines of USA Hockey and the American Development Model.

Capitals Hockey Academy intends to field teams at the 10U, 12U, 14U, and 16U levels, however, this is subject to change based on enrollment numbers and competitiveness. These teams will provide an opportunity for players to have a travel experience that is based out of MedStar Capitals Iceplex. As a USA Hockey model association, we will be following the ADM guidelines for player development at each age classification.



MedStar Capitals Iceplex

Tryout Dates: Please plan to attend all tryout dates for your birthyear/division. We reserve the right to make roster reductions at any time. **Dates and times are subject to change**

10U - 2011

Tuesday, April 28th, 5:00p-6:00p
Thursday, April 30th, 5:00p-6:00p
Saturday, May 2nd, 9:40a-10:40a

12U - 2008

Sunday, April 26th, 12:00p-1:00p
Tuesday, April 28th, 8:30p-9:30p
Thursday, April 30th, 8:30p-9:30p

10U - 2010

Tuesday, April 28th, 6:10p-7:10p
Thursday, April 30th, 6:10p-7:10p
Saturday, May 2nd, 8:30a-9:30a

14U - 2007

Saturday, April 25th, 5:10p-6:10p
Sunday, April 26th, 5:10p-6:10p
Wednesday, April 29th, 6:40p-7:40p

12U - 2009

Sunday, April 26th, 10:50a-11:50a
Tuesday, April 28th, 7:20p-8:20p
Thursday, April 30th, 7:20p-8:20p

14U - 2006

Saturday, April 25th, 6:20p-7:20p
Sunday, April 26th, 6:20p-7:20p
Wednesday, April 29th, 7:50p-8:50p

16U - 2005 & 2004

Saturday, April 25th, 7:30p-8:30p
Sunday, April 26th, 1:10p-2:10p
Wednesday, April 29th, 9:00p-10:00p

For the 10U, 12U, 14U, and 16U levels, our full-season teams consist of two on-ice practices and one off-ice session per week. Our goal will be for the teams at 10U, 12U, 14U, and 16U to play about 25 games, 30 games, 40 games, and 40 games respectively.

No Refunds are given for any MedStar Capitals Iceplex Hockey programs.

**TRYOUT REGISTRATION IS NOW OPEN
TRYOUT FEE: \$110**

**Questions about eligibility or player readiness?
Contact BSurdam@MedStarCapitalsIceplex.com**