

Capitals Hockey Academy

2024-25 Travel Team Tryout information

Program Overview

- Mission:
 - To develop the best PEOPLE that happen to be the best ATHLETES that just so happen to be competitive hockey players that developed through the USA Hockey ADM Model, in which, they develop a passion and life-long love of hockey
- What we stand for:
 - RESPECT
 - On-Ice, in the locker room, rinks (home and away), parents, players, coaches, officials, rink staff, hotel staff, etc.
 - Value player skill development over wins (ADM Model Association)
 - Does not mean we do not strive to win
 - But, we aren't going to be a 'Win at all costs!'... we are going to develop the players the right way which creates a path to higher organizations later in the hockey career (AAA, Prep School, etc.)
 - Over the last 6 years, we've put numerous players into AAA, Prep school, and College programs
 - WLC, Team Maryland, Univ. of Virginia, Univ. of Tennessee, Univ. of Wisconsin etc.
 - Goal is to have the best VA teams at 14U National, 16U National, and 18U National
 - Family
 - Everyone willing to assist in any way possible
 - Culture of pulling on one rope together in one direction

Program Overview

- Players will be selected onto teams based on their overall skill/ability level
 - Highest skill level (#1), Second highest skill level (#2)*, Third highest skill level (#3)*, Fourth highest skill level (#4)*
 - Players that made Spring Tournament teams will move up, down, or may not be selected
 - Players that were on a travel team last year will move up, down, or may not be selected
 - Admittedly, I'm not always right on player placement
 - Best players make the Best teams; our definition
 - Top Team ONLY players are for the highest team in their age group (ie. 2009's are for 16U #1, 2011's are for 14U #1, 2013's are for 12U #1, 2015's are for 10U #1)
 - If you didn't mean this/want to change it, the parent must communicate this with Meghan via email
 - Playing time is and is NOT equal -> not listening, not working hard, missing practices/games
 - Game to Game

*If we field a team at this level

Program Overview

- All of our 10U-18U teams plan to play in the CBHL
 - Team Placement within the CBHL (i.e. AA, Upper A, etc.) is dependent upon the cumulative talent level of those teams AND those in the divisions
- 10U #1, 12U #1, and 14U #1 teams plan to also play in the EJEPL
 - Teams that are not in the EJEPL as a regular season team can become a 'guest team' at a showcase if they choose to add a tournament
- Our goal will always be to place our teams at the level that will allow for the best development of the players and provide a competitive environment
 - 70/30 Rule
 - attempt to not have a team above .700 winning pct. and not below .300 winning pct.
 - Not always going to hit this...
 - 2023-24 season:
 - We 'pushed ourselves' and a few teams fell below .300

Tournaments/Showcases/Holidays

- Columbia Regional SilverSticks during Thanksgiving Day weekend
 - Plan for 12U-2, 12U-3, 12U-4, 14U-2, 14U-3, 14U-4,
 - Teams not listed above may enter the SilverSticks tournament. Team entry fee for those teams are not included in the program fee.
 - Option to move off of SS and play in a separate Thanksgiving tournament
 - MUST play Thanksgiving or Dec. Holiday timeframe
- All teams should plan to play in an away President's Day tournament
- 10U #2 & #3 – plan for Labor Day Weekend tournament
- 12U - #2, #3, #4 – plan for Labor Day Weekend tournament
- 14U - #2, #3, #4 – plan for Labor Day Weekend tournament
- 16U - #1, #2, #3 – plan for Labor Day Weekend tournament
- 18U - #1, #2 – plan for Labor Day Weekend tournament

Tournaments/Showcases/Holidays

- Remaining locations/dates are TBD and are selected by the Hockey Director with Head Coach input
- Our intent is to have maximum of 1 tournament that may require a flight and any other tournaments/showcases to be within driving distance
- All tournaments/showcases may require players/families to miss a day or two of school/work

Tournaments/Showcases/Holidays

- EJEPL has 'showcases' which is a fancy word for a tournament without playoffs
 - 10U #1, 12U #1, and 14U #1 should plan on playing as early as August 23rd in an EJEPL showcase
- EJEPL showcase weekends do not necessarily coincide with holiday weekends but similar game schedule to tournaments
 - I.e. 1 Friday, 2 Saturday, 1 Sunday
- EJEPL showcases typically in the Philadelphia, Hershey, or New Jersey area

Tournaments/Showcases/Holidays

- Halloween
 - Held on a Monday this year; Practice ice WILL be available
 - If teams don't practice due to their choice, it will not be rescheduled
- Thanksgiving
 - Some teams will play in SilverSticks, those that aren't can still play if the families would like to
- Christmas/New Years/Holiday
 - No Practices from 12/23-1/3
 - Games/Practices WILL HAPPEN 12/21-22 and likely 1/4-1/5 weekends
 - Your attendance will be expected
- Super Bowl
 - Games will be played on Super Bowl Sunday as late as 500p

Intended league and amount of tournaments by team

Capitals Academy intends to have our teams participate in the following league(s) and the amount of tournaments/showcases listed is included in the program fee

- 8U teams – Non-league/Exhibition games only**
- 10U #1 – CBHL, EJEPL home/away games, 2 EJEPL showcases
- 10U #2/#3 – CBHL, 3 tournaments
- 12U #1 – CBHL, EJEPL home/away games, 2 EJEPL showcases, 1 tournament (plan for CCM Chicago World)
- 12U #2/12U #3/12U #4 – CBHL, 4 tournaments

** Additional information provided on the 8U slide

Coaching Staff

- **8U #1 – Michal Polidor; 8U #2 – Rich DiZinno**
- **10U #1 – Brett Waibel**
- **10U #2 – TBD**
- **10U #3 – TBD**
- **12U #1 – Ben Kwon**
- **12U #2– TBD**
- **12U #3 – Joey Milici**
- **12U #4 – TBD**

8U – Capitals Academy Program

- Intend to have 2 teams at the 8U level.
 - ~20 players and 2 goalies MAXIMUM (could be less)
- Program fee includes:
 - Home game slots v. opponents; scheduling of away games at other clubs (20+ games in total) – expect early AM game ice slots
 - 1 On-Ice practice/week
 - Parents/Coaches may enter team(s) into tournaments at an **additional cost** to be paid by the parents/team. Logistics handled by Team Manager(s)
- Team practices: 8U Teams will follow the guidelines of the USA Hockey ADM
 - Teams will combine together for practice
 - Players will be split up into Team #1 and Team #2
 - Some movement between teams possible based on availability of players
 - Plan is to start the 2024-25 travel team season on the week of August 19th and end week of March 1st
 - NO MARCH TOURNAMENTS ARE ALLOWED

8U – Capitals Academy Program

- ALL players who make a travel team MUST also play 8U RHL
 - Monday practices (RHL), Wednesday practices (CHA), Sunday (RHL Home games)
 - Home CHA games are Saturday AM early, Saturday about 1200p, or Sunday AM early
 - Away CHA games are TBD and can be Saturday OR Sunday
 - Try to deconflict CHA and RHL as much as possible
 - RHL starts typically the last week of Sept. or first week of Oct.
 - 20 weeks of practices + games
 - ~20 practices (RHL) + ~25 practices (CHA) + ~20 Games (RHL) + ~20 Games (CHA)
 - 85+ ice sessions in total

10U – Capitals Academy Program

- Intend to have 3 teams at the 10U level. Players may be selected for any of the teams, regardless of birthyear.
 - Teams in order of competitiveness level are: 10U #1, 10U #2, 10U #3
 - Teams projected levels of play: 10U AA, 10U Upper A, 10U B
 - ~35-40 games/year
 - Leveling tournament – 6/4-6/6
 - ~1/2 the overall players selected will be Major birthyear players and the other 1/2 will be Minor birthyear players
- Program fee includes:
 - CBHL league fees, EJEPL League fees (if applicable), and tournaments/showcases fees that are outlined on the tournaments/showcases/holidays slide
 - On-Ice practices, league games, and 1 Off-Ice, coach-led, workout per week

10U – Capitals Academy Program

- Team practices: 10U Teams will follow the guidelines of the USA Hockey ADM
 - We plan to have 2 on-ice practices each week
 - We plan to have one practice every other week to be a power skating/skill-based practice
- Plan is to start the 2024-25 travel team season on the week of August 19th (week of Aug 12th for #1 teams) and end the week of February 24th
 - NO MARCH TOURNAMENTS ARE ALLOWED
 - If a team advances to CBHL playoffs then we will add additional practices to the schedule

12U – Capitals Academy Program

- Intend to have 4 teams at the 12U level. Players may be selected for any of the teams, regardless of birthyear.
 - Teams in order of competitiveness level: 12U #1, 12U #2, 12U #3, 12U #4
 - 12U #2 will likely be mostly 2013 birthyear players but will also have 2012 birthyear players on the roster
 - Teams Projected levels of play: AA, Upper A, Lower A, B - final decision won't be made until June/July
 - ~35-40 games/year
 - ~1/2 the overall players selected will be Major birthyear players and the other 1/2 will be Minor birthyear players
- Program fee includes:
 - CBHL league fees, EJEPL League fees (if applicable), and tournaments/showcases fees that are outlined on the tournaments/showcases/holidays slide
 - On-Ice practices, league games, and 1 Off-Ice, coach-led, workout per week

12U – Capitals Academy Program

- Team practices: 12U Teams will follow the guidelines of the USA Hockey ADM
 - We plan to have 2 on-ice practices each week
 - We plan to have one practice every other week to be a power skating/skill-based practice
- Plan is to start the 2024-25 travel team season on the week of August 19th (week of Aug 12th for #1 teams) and end the week of February 24th
 - NO MARCH TOURNAMENTS ARE ALLOWED
 - If a team advances to CBHL playoffs then we will add additional practices to the schedule

Intended practice schedule

- 8U:
 - Wednesdays 510p-620p
- 10U #1:
 - Wed. 510p-620p & Thurs. 510p-610p
- 10U #2:
 - Tues. 510p-620p & Thurs. 510p-610p
- 10U #3:
 - Tues. 510p-620p & Thurs. 500p-600p

*Practice schedule subject to change

Intended practice schedule

- 12U #1 & 12U #2:
 - Tues. 630p-740p & Thurs. 620p-720p
- 12U #3:
 - Tues. 740p-850p & Thurs. 610p-710p
- 12U #4:
 - Thurs. 500p-600p
 - Tues. 740p-850p, OR, Wed. 630p-740p
 - Alternates based on week due to Goalie training

*Practice schedule subject to change

Additional Training/Value

- Skills Coaches we plan to have periodically join team practices and/or Goalie training sessions:
 - Goalie Coach – Brent Johnson and/or additional certified non-parent Goalie coach
 - Skills and Skating Coaches – Ben Kwon, Ben Adams, Sergei Nikolaev, Brad Surdam
- Goalie-Only Training Sessions
 - Planning to continue to have a bi-weekly goalie only training session on Wednesday's on half-ice

Season Fees

- 8U - \$1,955 for travel + RHL cost (required)
- 10U #1 – \$3,800
- 10U #2 / #3 - \$3,720
- 12U #1 – \$3,900
- 12U #2 / #3 / #4 – \$3,800

Season Fees

- Capitals Hockey Academy DOES include League fees and tournament fees
- Other programs fees DO NOT include the league fees + tournament fees:
 - ~\$600-\$1,000 in addition to program fees
- Comparison to other programs:
 - St. James - \$3,750 + fees = \$4,350-4,750
 - Reston - \$3,000-\$3,600 + fees = \$3,600-\$4,600

Season Fees

- Season Fee **DOES NOT** include additional expenses, such as:
 - Club required apparel (game jerseys, warm-ups, bags, etc.)
 - Reimbursing non-parent coach travel (hotel, flights, per diem, etc.)
 - Own personal travel expenses
 - Any additional tournament costs that the team incurs
 - Any additional expenses that may be incurred by the team
 - Any other potential additional fees
 - Teams and team managers will be required to divide any additional costs amongst the parents and collect as necessary

Season Fees

- Season Fee includes:
 - League Fees (CBHL and EJEPL if applicable)
 - Game ice
 - Practice ice
 - Tournament entry fees for stated amount of tournaments
 - Practice Jerseys (two in total)
 - 1 pair of Navy Socks
 - Head coach stipend
 - Skills coach costs
 - Any necessary coaching equipment (pucks, board, etc.)
 - Any additional club equipment needed (workout equipment)

10U-12U Season Fees

- Deposit of \$750 is due by: 4/5
- Two equal payments of remaining balance is due on (must be paid by these dates, no exceptions)*:
 - 1st installment: 7/12
 - 2nd installment: 8/12

*Installments will be charged to card on file – please check expiration dates

8U Season Fees

- Deposit of \$750 is due by: 4/5
- RHL registration: 7/12 (last year was about \$1,540)**
- CHA Remaining installment: 8/12

*Installments will be charged to card on file

**using last year's RHL cost as an estimate 2023-24 F/W RHL cost

Commitment Letter

- Financial Agreement between player and club; **it is a binding agreement/contract**
 - Need to pay the program fee if desiring a release
- PVAHA enforces that you cannot play for another club until program fee is paid and a release is given
 - Female players may play for two teams
- All players are required to sign and return the contract **BEFORE** the last ice session of their tryout
- Players who have not returned a signed Financial Agreement by the last ice session will not be allowed to skate nor be selected for any team
- Players cannot be rostered for another Tier 2 or Tier 1 organization and also play Capitals Hockey Academy
- Players who have already signed a contract with another organization for the 2024-2025 season cannot skate the 3rd ice session

Commitment Letter

- Sent via email for digital signatures
 - We reserve the right to reduce roster sizes for tryouts at any time
 - If there's a large amount of players trying out, we may reduce via
 - Selecting a player for a team OR
 - Releasing a player if we feel that they are not ready for this level, in this case we would ask the player to not attend the 3rd tryout
 - We reserve the right to ask that your player tryout with another age group (older or younger) – to give the best opportunity to make a team
 - Recommendation is to read this in its entirety, ask questions via email (hockey@medstarcapitalsiceplex.com), and turn ASAP (at least by start of last day)
 - We will send an email to communicate if your player has been selected for a team and which team.
 - Please ensure the email tied to the Player is the preferred email for tryout communication (contact: hockey@medstarcapitalsiceplex.com)
 - We plan to make selections and communicate <48 hours after the last session of the age group

Commitment Letter

- You are making a commitment yourself, your teammates, the coaches, the team, and the parents.
 - If you cannot make the practices 90% of the time and be here ready to go, on time. Then don't commit to playing travel hockey. You're taking away from someone else who would like to commit.
 - If the above is not possible, it plays into 'best players make the best team' and future selections
 - Players late getting on the ice when they're here 10+ minutes ahead of time may be sent off by coaches to go home
- Injuries, illness, family emergencies are excusable/understandable –
 - Needing to stay home to finish homework is not.

Commitment Letter

- No game jerseys on practice ice
- No game socks on practice ice
- Club issued jerseys/socks on practices only (blue tighter socks is okay)
- Coaches will be instructed to send off players that are wearing game uniforms for practices

Code of Conduct

- Player Code of Conduct & Parent Code of Conduct
 - Sent after selections
- If a player or team has vandalized any property, then that player will be held responsible for the incurred costs.
 - If the team is identified but cannot be determined which player it was, the whole team will be responsible for incurred costs.
- Capitals Academy will not tolerate bullying, hazing, harassment, racial slurs/remarks, or anything of the like
 - Punishment for any of the above may include suspension/dismissal from the team and organization with no refund

Fitting Dates

- Player must be accompanied by Parent
 - Tentative dates:
 - 8U-12U – 4/16-4/18
 - 14U-18U – 5/7-5/9
- Please be respectful of the Team Store staff during fitting and handling Team orders

Club required items

- Navy Blue helmet (for players only, goalies are excluded)
- Capitals Academy Helmet stickers and number sheet
- Navy Blue hockey pants, OR, Navy hockey pant shell
- Red CHA team Warm-ups
- **NECK GUARDS!!**
- Home and Away game jersey
- Home and Away game socks
- Dry-Fit club branded t-shirt
- Dry-Fit club branded shorts
- Hockey Bag
- **Navy, club branded collared shirt (14U-18U players only)**

Jersey Numbers

- Jersey Numbers are a big deal for both players and parents
- We try to plan for a player to never have to switch by making sure there are no overlaps within 1 year
 - If a 2010 player has 19, no 2009 and 2011 players don't have 19
 - Any overlaps are usually separated by 2+ skill levels
 - Age groups are usually 50% minor b/y players and 50% major b/y players
- Some rules we try and follow:
 - A Major birthyear player on the #1 team has seniority
 - A Minor birthyear player on the #2 team has seniority
 - Players in the club for previous seasons have seniority
 - Long term outlook (if it's a forced change, we try to make it happen the least amount of times possible)
 - If you are forced to change your number, you will have to order new jerseys

Player Feedback

- If you'd like player feedback from tryouts, please email Brad between Apr 2nd – 4th to set up a time (will be held between 4/9-4/11)
 - bsurdam@medstarcapitalsiceplex.com
- Coaches plan provide in-season evaluations/feedback with players

Inclement Weather Policy

- Unless the league (CBHL or EJEPL) cancels the games, then the teams will plan to travel and play as scheduled
 - If you feel that it is in your best interest and safety to not travel, then the player/parent needs to make that decision, and won't be held against them

The Years Ahead

- We are going to strive to build a program that is recognized as the top Tier 2 program in the area
- Our desire is to have teams at every level and at every age group recognized as the best in that age/level
- Our desire it to be regionally recognized and nationally recognized as one of the best programs
 - 6 years ago, we had 7 travel teams and no regional playoff appearances
 - Last year, we had 16 travel teams and 2 VA State playoff appearances (out of 3 possible)
 - Only 1 club had 3 of 3

Thank you very much!

- Questions?