

New NYH “Ladder of Development” for 2019-2020 Hockey Season

Navy Youth Hockey’s Ladder of Development will focus on long term player development with weekly skills clinics designed and taught by professional coaches. Every player enrolled at Navy Youth Hockey, irrespective of experience or skill level, will be afforded greater access to opportunities for skill development and training. This program is borne of our renewed commitment to the long-term player development model and our recent acquisition of additional ice time at the newly constructed second sheet at Piney Orchard Ice Arena. We will retain our ice at the Brigade Sports Complex but the new ice at nearby Piney Orchard will significantly increase our available ice slots.

Navy Youth Hockey Development Ladder: The Navy Youth Hockey Program is a proud member of USA Hockey and our skill development and training curriculum substantially incorporates the American Development Model (ADM) and Long-Term Athletic Development (LTAD). Our programs are designed to enable players to commit to the next step of their development by honing individual skills in a fun and rewarding environment while growing their abilities to the next level of competition and opportunity. The new ladder of training will grow players from the youngest and least skilled rung to the highest level of skill and elite competition – all while filling the player development requirements and ensuring a well-rounded student athlete is borne during their ascent.

NAVY YOUTH HOCKEY: “HOCKEY ACADEMY”

Step One

NYH Hockey LTP (Learn to Play) (4-8 years old): This group is divided into three levels based on experience and skill and is designed for players to develop the basics of skating and prepare them to move to the next phase of their hockey development -- and ultimately for travel or the Elite program. We will have rental gear available for players new to hockey and will encourage ‘newbies’ to simply give hockey a try. Players will skate in a minimum of one session on Saturday or Sunday at the Brigade Sports Complex.

NYH In-House & “Mini-Travel” Teams (5-8 years old): Teams are composed of athletes training and competing and are divided into 6U and 8U groups based on their skill level. All 6U players have completed LTP Hockey. Players will participate in practices or skill sessions at least twice per week. 8U players are generally 7-8 years old. These athletes are prepared to participate in a team environment and execute the next step of the curriculum. In-House teams participate in a combination of practices and 1/3 or 1/2-ice games. “Mini-travel” teams will participate in a short travel hockey schedule with neighboring clubs. These games are required by USAH to be 1/2 or 1/3 ice.

NYH Hockey Academy Teams (9-18 years old): Teams will play in the Capitol Corridor Hockey League and will have one skills session per week and one team practice each week. Their weekend schedule will include 20-25 games with an end-of-year tournament. Home games will be played at either the Brigade Sports Complex or Piney Orchard Ice Arena with travel games throughout the Delaware, Maryland, DC and Virginia region.

Team Practices: Teams practice 1x per week. Practices are used to reinforce the basic skill sessions and to coordinate the systems used for team play. These practices are conducted by the coaching staff.

Skills Session: Throughout the season, each player's skating and skill development continues through a weekly series of Power Skating and skills sessions. These sessions are conducted by skills coaches.

Goaltending Training: Dedicated goalie training that develops youth net minders in an environment where they are challenged.

Outstanding Competition: The NYH Hockey Academy teams will play in the Capital Corridor Hockey League

NAVY YOUTH HOCKEY: TRAVEL PROGRAM

Step 2

Navy Youth Hockey Travel Teams are the next step after the Hockey Academy. They are competitive travel ice hockey teams who will participate in a competitive atmosphere at all age, skill, and dedication levels. Travel Teams will practice and play home games at the Brigade Sports Complex or Piney Orchard Ice Arena. The teams compete in the Chesapeake Bay Hockey League (CBHL) and field teams at the 6U/8U (Mite Travel) 10U (Squirt), 12U (Peewee), 14U (Bantam), 16U & 18U (Midget) levels. Players are selected and placed on teams via a tryout process. The Mite Travel program hosts and participates in Mite Jamborees. Players selected for these teams will train on and off ice 4 times per week with their team (including games). Teams will have one on or off-ice skills session led by skills coaches and/or two team practices each week with a minimum of 25 games each season. Our Travel Hockey teams offer a balance of skill development and competition with an added expectation of commitment. The practice curriculum is accelerated with the opportunity to participate in highly competitive hockey throughout the DMV area. Hockey coaches, selected for their teaching and coaching abilities, leadership qualities, and dedication to youth hockey, lead these teams.

Team Practices: Teams practice 2x per week. Practices are used to reinforce the basic skill sessions and to coordinate the systems used for team play. These practices are conducted by the coaching staff and supported by our skills team and Hockey Directorate.

Skills Session: Throughout the season, each player's skating, skill and fitness development continues through a series of skating, skills or fitness sessions. These sessions are conducted by skills coaches or other personnel.

Goaltending Training: Dedicated goalie training that develops youth net minders in an environment where they are challenged.

Outstanding Competition: The NYH Travel Programs will play in the highest levels offered by the Chesapeake Bay Hockey League or Eastern Junior Elite Prospects League depending on skill level of the team.

NAVY YOUTH HOCKEY: THE ELITE PROGRAM

Step 3

Players from across the region are welcome to tryout for the new NYH Elite teams. Players from NYH and other clubs will be invited to tryout for one of the highly competitive Elite teams. This program will provide players the opportunity to play on teams with professional coaching and exposure to competitive teams across the region and elevate their game to the next level. If selected, a Navy Youth Hockey Elite player is expected to elevate their commitment to the team and their training. This commitment of time and attitude is critical to the growth of the athlete and success of the team. Each Elite player can plan on skating and/or working out 4-5 times per week with his or her team. This will include a minimum of 2x team practices per week and 1x skills practice as well as film and off-ice sessions. In addition, each team will compete in 2- 4 tournaments per season. Team practices and home games will take place at Piney Orchard Ice Arena or the Brigade Sports Complex. Weekly skills sessions will take place at the Brigade Sports Complex or Piney Orchard Ice Arena.

All Elite teams will be led by paid qualified hockey professionals and afforded the opportunity to attend on and off-ice skills session and invited to participate in a week-long summer conditioning camp. Goaltenders will also be offered in-season net-minder training. Teams will play in the CBHL, EJEPL or a combination of both.