



**2024 GIRLS U18 NATIONAL  
PLAYER DEVELOPMENT GUIDE**

## USA Hockey Girls Player Development Program

The enclosed guide outlines USA Hockey’s Girls Player Development Program. USA Hockey continues to make modifications to enhance the effectiveness of its female player development programs and align with U.S. Women’s National Team programming. The Girls Player Development program aims to further develop and evaluate the top female players for the next level of play and create a competitive environment for the best female players across the country. The enclosed guide provides specific details about the objectives, eligibility, and dates of the 2024 Girls Player Development Program.

### USA Hockey Girls National Development Camp OBJECTIVES

The objectives at all three USA Hockey Girls National Development Camps are:

- ✓ Long-Term Athlete Development
- ✓ Off-Ice Development
- ✓ On-Ice Development
- ✓ National Competition
- ✓ Evaluation & Assessment
- ✓ Synergy with Women’s National Team



## Objectives & Development Process

USA Hockey's girls player development program aims to develop and evaluate the top female players for the next level of play and create a competitive environment for the best female players across the country. The overall objective is to provide all girls who participate in USA Hockey's National Player Development Camps with the resources for effective training to maximize their playing potential. The experience at national camps exposes participants to various 'best practices' and training strategies so players can return home with the tools to develop their skills over the course of that season (and seasons to come). The age-appropriate resources and developmental programming at Girls National Player Development Camps are aligned with the Women's National Team's training, expectations, and culture. This gives emerging U18 players the proper foundation necessary to progress and develop into players that have the hockey skills, off-ice training, and mental skills necessary to succeed at the highest level. Four-time Olympian, Julie Chu, notes the benefits of these camps:

**“National Player Development Camps are critical to the improvement of our players and the foundation for our future National Team members. Having gone to these development camps as a player, and more recently as a coach, I know the difference they can make. They allow our players to understand what it takes to train and compete against the best in our nation. Instead of waiting until players are older to understand the culture and the standards of our program, the development camps introduce these concepts early on so these players are better prepared to represent the United States at the collegiate and international levels.”**

*Players during off-ice training at 16/17 Camp*



USA Hockey plans to further enhance its scouting and evaluation process and will continue to track each individual player who advances to any of the Girls National Player Development Camps and particularly those who earn return invitations. While a District Tryout is the best way for USA Hockey to evaluate players and compare players' abilities among the best in each District, USA Hockey also works to evaluate players and scout games throughout the hockey season. USA Hockey values effort and improvement.

USA Hockey looks for players who leverage the information and resources shared with them and who demonstrate steady improvement in the various areas they were exposed to during previous camps (i.e. mental performance, physiological performance, strength & conditioning, and on-ice concepts). Every player at these ages who is applying the training strategies provided by USA Hockey will have the opportunity to maximize her development. Nicole Hensley, member of the gold-medal winning 2018 Olympic Women's Hockey Team, provides her take on the increase in talent at each age and continuous improvement:

**“As a Strength and Conditioning coach at camp, it was impressive to see the improvement in off-ice testing numbers and how the players value their off-ice training. The camps stress the importance of getting better every day, and each girl receives feedback they can take home with them and continue to work to improve their own game.”**

Being identified as a player who advances to the Girls U18 Select Player Development Camp indicates that she has advanced quickly in the 15-17 year old range, but USA Hockey cautions that being selected to this camp is not an effective long-term indicator of who will be an elite player at the collegiate and/or National Team level. Every girl who attends a USA Hockey National Player Development Camp has the potential to emerge as an elite player.

While playing for a competitive collegiate program is a goal for most players who attend National Player Development Camps, USA Hockey also understands the overarching goal and dream of each player is to play for Team USA on an international level. It is important to note the average age of a player on the 2022 U.S. Women's Olympic Team was 25.9 years of age (7 years of development beyond the oldest U18 birth year). Recognizing the importance of long-term athlete development is a critical component to players putting themselves in the best position to reach their goals.



*Three-time Olympian, Kacey Bellamy*

Kacey Bellamy, three-time Olympian, shares her experience with the development program:

**“Working towards your goals, day in and day out, representing your country proudly, and doing it with your best friends is not only an honor but also a dream. USA Hockey has given me the opportunity to be a part of something bigger than myself. It has surrounded me with some of the most competitive, driven, and hardworking people, with whole-hearted, genuine personalities that have left lasting impressions on my heart.”**

## Eligibility Criteria for Girls National Development Camps

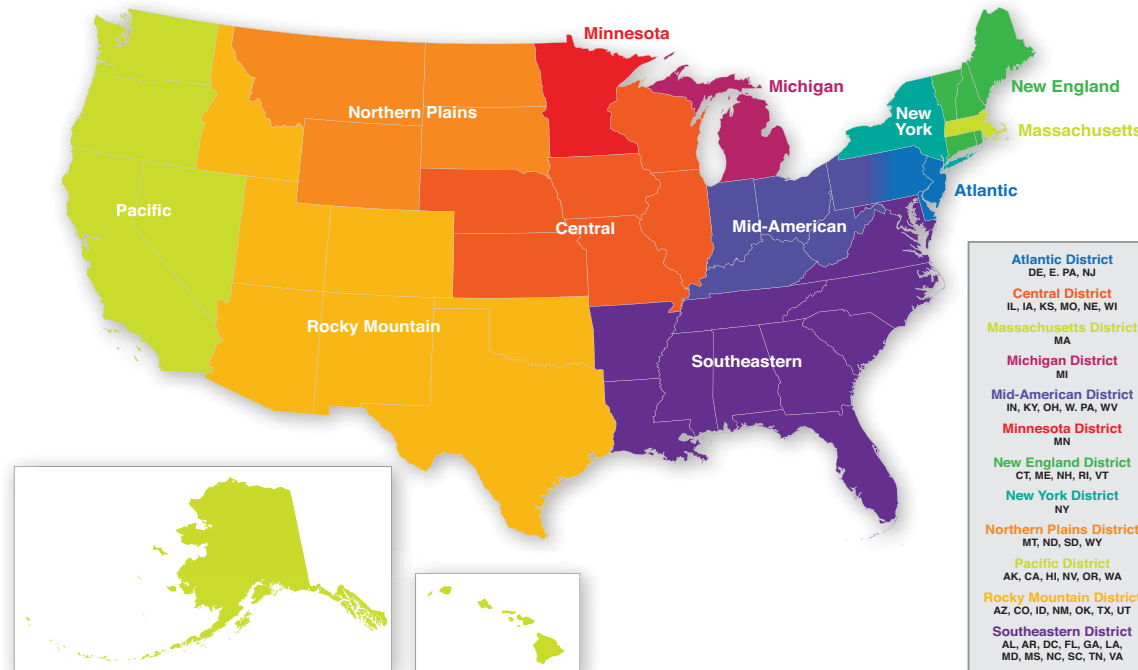
Each player must meet the criteria below to be eligible for potential advancement to the 2024 Girls National Development Camps:

1. Player must be in one of the three eligible birth years (2007, 2008, or 2009);
2. Player must hold U.S. citizenship; and
3. Player must participate in her district tryout process.

*\*To be eligible for the 2006 Training Camp you must be in the 2006 birth year and hold U.S. citizenship; however, no district tryout process will be held to select players for this camp*

Each District has a unique player development process in her “home district” that must be followed to be eligible for opportunities at the Affiliate, District, and/or National level. A player’s “home district” is the district where her family’s primary residence is and players must return to their “home district” to tryout. The typical player development process that a player must follow is:

**Affiliate/State or Open Tryout → District Tryout → District, Regional, and/or National Player Development Camps**



Note: Due to the number of players in a District, the geographical size of a District, and other factors affecting each unique District, an Affiliate or open tryout may not be required prior to a District Tryout, and in some Districts additional steps may be required in addition to those listed above. Please review the [District-Specific Girls Player Development Guide](#) or contact the Girls Council Representative in your District to learn more about your District's player development process.



2024 GIRLS 15 PLAYER DEVELOPMENT CAMP

Participants: 216 Players (12 Teams)
120 Forwards
72 Defense
24 Goalies
Birth Year: 2009
Camp Dates: July 25-30, 2024
July 23-25 (Goalies)
Location: Miami University (Oxford, Ohio)

At the Girls 15 Camp camp players experience a competitive, age-specific environment with on- & off-ice training.

Each District has forward & defense allocations based on the number of female players registered in each district in the 2009 birth year. Each district receives 1 goalie allocation (the remaining 12 goalie spots are 'at-large' allocations).

\*\*Goalies selected to the Girls 15 Camp are also required to attend the Girls 15 Goalie Camp (July 23-25) \*\*

Players selected to attend Girls 15 Camp are not eligible for advancement to U18 Select Camp. Only 2009s named to the initial roster on the National Notification Dates will attend U18 Select Camp.

2024 GIRLS 16/17 PLAYER DEVELOPMENT CAMP

Participants: 152 players (8 teams)
80 Forwards
56 Defense
16 Goalies
Birth Years: 2007-2008
Camp Dates: July 19-24, 2024
Location: Miami University (Oxford, Ohio)

The 16/17 Camp provides a competitive and challenging learning environment for participating players. In addition to USA Hockey's priority of focusing on player development, this camp is an evaluation-based camp to determine which players will advance in the remaining available spots for the Girls U18 Select Camp.

Each District receives allocations (i.e. a specific number of spots at the forward and defense positions) for the 2007 & 2008 birth years generated by the number of registered girls in the District coupled with the performance of that District's specific birth year in prior years. All goalie positions are considered 'at-large' allocations. USA Hockey appointed scouts will work with each District's evaluation team to identify goalies who will advance to the 16/17 Camp.

2024 GIRLS U18 SELECT PLAYER DEVELOPMENT CAMP

Participants: 76 players (4 teams)
40 Forwards
28 Defense
8 Goalies
Birth Years: Primary focus is 2007-2008 birth years (though 2009s are eligible)
Camp Dates: August 4-9, 2024
Location: Northwood School & Olympic Center (Lake Placid, New York)

There are no set allocations for this camp. USA Hockey's national scouting/evaluation staff leverages in-season competitions, district tryouts, the Girls 16/17 Camp, along with prior regional, district, and National Player Development Camp experience to collectively evaluate and select players for the U18 Select Development Camp.

At the U18 Select Development Camp, USA Hockey progresses its curriculum to provide developmentally-appropriate programming on- and off-ice. This camp is also an evaluation-based camp to determine which players will advance to the U18 Select Series Team and stay to compete against Canada the following week (August 10-18, 2024).

2024 GIRLS NATIONAL 2006 TRAINING CAMP

Participants: 38 Players (2 teams)
20 Forwards
14 Defense
4 Goalies
Birth Year: 2006
Camp Dates: July 19-22, 2024
Location: Miami University (Oxford, Ohio)

The 2006 Training Camp is an evaluation and development camp for players in the 2006 birth year. USA Hockey will select players based on national scouting of in-season competition. No tryouts will be held at the affiliate or district level for this camp. Players will receive an invitation on the National Notification Date.

FALL U18 WNT SELECTION CAMP

Camp Dates: Fall 2024
Location: TBD (TBD)

USA Hockey will host a final evaluation camp to help evaluate and select the players for the U.S. 2025 U18 Women's World Championship roster.

Note: Players attending any of the National Development Camps may be tracked for future National Team opportunities and are also eligible to advance to the U18 Select Series Team that plays a three-game series against Canada (August 10-18, 2024). Approximately 23 players will be chosen to the U18 Select Series roster.



DISTRICT TRYOUT AND PERSONNEL INFORMATION - PLEASE REFER TO DISTRICT-SPECIFIC GUIDE FOR ADDITIONAL INFORMATION

**Atlantic District**

**Tryout:** March 22-24, 2024  
Ice Works Skating Complex (*Aston, P.A.*)

**Girls Council Representative:**  
Pete Rothman - pete@rothmancpa.com

**Central District**

**Tryout:** April 12-14, 2024  
Arctic Ice (*Orland Park, I.L.*)

**Girls Council Representative:**  
Andy Bradford – abradford@deper.k12.wi.us

**Massachusetts District\***

**Open Tryout:** March 24; **Festival:** April 19-21 (*Marlborough, MA*)  
**Final 40:** April 26-28, 2024 (*Marlborough, MA*)

**Girls Council Representative:**  
Mark Lissner – mlissner@mahockey.org

**Michigan District**

**Tryout:** April 26-28, 2024  
Arctic Coliseum (*Chelsea, M.I.*)

**Girls Council Representative:**  
Jean Laxton – VPGirls@maha.org

**Mid-American District**

**Tryout:** April 19-21, 2024  
Slater Family Ice Arena (*Bowling Green, O.H.*)

**Girls Council Representative:**  
Ladd Wagner– lwagner@midamhockey.com

**Minnesota District\***

**Tryout (16/17 Spring Festival):**  
April 19-21, 2024 Plymouth Arena (*Plymouth, M.N.*)

**Tryout (16/17 Final 54s; 15s Spring Festival):**  
April 26-28, 2024 Doug Woog Arena (*S. St. Paul, M.N.*)

**Tryout (15 Development Camp):**  
June 8-13, 2024  
St. Olaf College (*Northfield, M.N.*)

**Girls Council Representative:**  
Doug Foster – dougfoster@mwpsales.com

**New England District**

**Tryout:** May 10-12, 2024  
Northford Ice Pavillion (*Northford, C.T.*)

**Girls Council Representative:**  
Cheri Bonawitz – cbona288@gmail.com

**New York District\***

**Tryout:** May 3-5, 2024  
YMCA & Community Center (*Skaneateles, N.Y.*)

**Girls Council Representative:**  
Joe Eppolito – joe.eppolito@nysaha.com

**Northern Plains District\***

**Tryout:** May 16-19, 2024  
ICON Sports Health & REA Rinks (*Grand Forks, N.D.*)

**Girls Council Representative:**  
Bob Gillen – bgillen33@gmail.com

**Pacific District\***

**Tryout:** May 2-5, 2024  
City National Arena (*Las Vegas, N.V.*)

**Pacific District Girls Camp Director:**  
Alex Morrison - pacificgirlscamp@gmail.com

**Rocky Mountain District\***

**Tryout:** May 17-19, 2024  
Children’s Health Star Center/Valley Ranch  
(*Irving, TX*)

**Girls Council Representative:**  
Ted Skinner – teskinner4@gmail.com

**Southeastern District**

**Tryout:** May 10-12, 2024  
MedStar Capitals Iceplex (*Arlington, VA*)

**Girls Council Representative:**  
Jane Solverson – jane.solverson@gmail.com

**USA Hockey National Office**

**Manager, Player Development**  
Kristen Sagaert – kristen.sagaert@usahockey.org

A player must tryout through her home district process (i.e. where her family’s primary residence is). All participants must adhere to the specific registration deadlines provided by the Affiliate/District. The person assigned to run Player Development Camps may be different than the Girls Council Representative in some Districts. The above contact should ALWAYS be your first contact with questions pertaining to your District.

\*Please note that some Districts have multi-step player development processes, and the dates provided above are ONLY representative of the District Tryouts and may not represent the first or only stage of the tryout process within that District (For a more detailed schedule: [District-Specific Girls Player Development Guide](#)).



USA Hockey values the role District Tryouts play in determining which players advance to USA Hockey National Player Development Camps as well as other District and Regional opportunities. To streamline the communication surrounding selections, USA Hockey and its twelve districts follow a National Notification Timeline to notify players of Girls National Camp Selections on targeted dates built into the annual District Tryout calendar. A player will be notified by her home district of her selection to National Camp and will be sent an invitation via email from the National office. The National Player Development Camp fee is \$325 and each player is responsible for booking and paying for her own travel.

**Girls 16/17 and Girls 15 Camp Process:** USA Hockey allocates forward and defensive spots for the 2007 and 2008 birth years based on the prior performance of that districts' specific birth year. All goaltender spots for the 2007 and 2008 birth years and 12 of the 24 spots at the 2009 birth year are considered "at-larges." USA Hockey allocates forward, defense, and the remaining goaltender spots for the 2009 birth year based on number of female players registered in this birth year in each district. Players will be evaluated at their 2024 District Tryout to be selected for the Girls 16/17 or the Girls 15 Camps and will be notified in accordance with the 2024 National Notification Timeline below.

**Girls U18 Select Camp Selection Process:** USA Hockey's national scouting/evaluation staff leverages in-season competitions, district tryouts, district camps, along with prior regional, district, and National Player Development Camp experience to evaluate and select the 76 age-eligible players who will be invited to the 2024 Girls U18 Select Player Development Camp. A partial roster for the U18 Select Camp will be named on May 23, 2024. Additional players from the Minnesota 15s may be added on June 17, 2024 once their district tryout process is complete. Players attending the Girls 16/17 Camp will be competing for the remaining roster spots for the U18 Select Camp and the final U18 Select roster will be named on July 24, 2024 after the completion of the Girls 16/17 Camp.

**Alternates:** *If a selected player has an extenuating circumstance (emergency, injury, sickness, etc.) that prevents her from participating in a camp, it is possible that a player named as an "Alternate" may be invited by the National Office to attend camp after the final National Notification Timeline date, and this invitation to attend the camp may happen as late as the start (or even a few days into) any camp.*

## NATIONAL NOTIFICATION TIMELINE

1

MAY 23, 2024

- All player selections for Girls 16/17 Camp from all districts, including naming alternates
- Partial roster named for the Girls U18 Select Camp (except MN 2009s and players advancing out of Girls 16/17 Camp)
- Player selections for the Girls 15 Camp (except MN 2009s)

2

JUNE 17, 2024

- Minnesota 2009s named to Girls 15 Camp and Girls U18 Select Camp
- Final "Alternate" selections named for the Girls 15 Camp

3

JULY 24, 2024

- Final player selections and "alternate" selections named for the Girls U18 Select Camp from players at the Girls 16/17 Camp

## Frequently Asked Questions

### Why attend USA Hockey Girls Player Development Camps?

USA Hockey hosts a series of annual National Player Development Camps for girls ages 15, 16 and 17. Participants are chosen through an annual evaluation process conducted at the local and District levels. Participants receive on and off-ice training under the direction of leading USA Hockey coaches, current and former Women's National Team players, and collegiate coaches. At its camps, USA Hockey reinforces the integral role that continuous improvement and on-going training have on players' development.

### Is the curriculum the same at all Girls National Player Development Camps?

The Girls National Player Development Camps provide players with age-appropriate resources and developmental programming directly aligned with the U.S. Women's National Team's training, expectations, and culture. The curriculum provided at all girls player development camps incorporates four key areas: on-ice training, off-ice strength/conditioning, nutrition, and mental skills/team building. The curriculum is built as a progression from the Girls 15 Camp to the Girls 16/17 Camp to the Girls U18 Select Camp, providing players with additional layers of information, resources, and training to help advance each player to the next level.

### Who is eligible?

To be eligible for advancement to a Girls National Player Development Camp, a female player must:

1. Be born in 2007, 2008, or 2009 birth years;
2. Hold U.S. Citizenship; and,
3. Participate in her "home district" tryout.

### Are players allowed to attend more than one District Tryout in a given year?

No, a player may only participate in the District Tryout process in one District in a given year.

### Are dual-citizens eligible for Girls National Player Development Camps?

Yes. An age-eligible, female player is eligible for Girls National Player Development Camps as long as she has proof of U.S. Citizenship. However, for a dual-citizen to be eligible for international or IIHF-sanctioned events (i.e. U18 World Championships), additional requirements must be met.

### I'm in the process of obtaining my U.S. citizenship. Am I eligible for Girls National Player Development Camps?

No. A player must have proof of her U.S. Citizenship in order to be eligible for Girls National Player Development Camps. However, some Districts may allow a non-U.S. citizen in this scenario to attend a District opportunity (tryout or camp) under the condition that she is ineligible for potential advancement to any of USA Hockey's Girls National Player Development Camps.



*Three-time Olympian, Meghan Duggan on the ice with U18 Select Players*

### If I am a U.S. citizen but live in another country, am I eligible to attend a District Tryout?

Yes. If this situation applies, the player should contact USA Hockey's National Office immediately to determine which District she should register in for player development opportunities.

### If my family owns more than one home, can I choose which District I register in for player development opportunities?

No. A player must register for player development opportunities in the District where her family's primary residence is. If you have questions about what constitutes "primary residence," please contact USA Hockey's National Office.

### If I billet, live at school or attend school in another District, can I choose which District I register in for player development opportunities?

No. A player must register for player development opportunities in her "Home District" (ie. where her family's primary residence is). If you have questions about what constitutes "primary residence," please contact USA Hockey's National Office.

### What if I am unable to tryout in the District where my family holds primary residence?

The best opportunity for a player to be evaluated for potential advancement to one of USA Hockey's Girls National Player Development Camps is by attending the tryout in the District where her family holds primary residence. However, USA Hockey acknowledges that certain circumstances may preclude a player from trying out in her "Home District." When that scenario arises, players are required to complete the 2024 Girls District Tryout Waiver Request Form as soon as possible but no later than the conclusion of the player's home affiliate or district tryout. The 2024 Girls District Tryout Waiver Request Form is available at:

<https://teamusa.usahockey.com/page/show/2429266-girls-player-development-program>



**If I have an extenuating circumstance (emergency, injury, sickness, etc.) that prohibits me from attending my District tryout, can I still be considered for District, Regional and National opportunities?**

Yes. If this situation arises, the player should immediately contact her District Girls Council Representative to relay the circumstances.

**I am currently 14-years-old, but turn 15 this calendar year. Am I eligible for the Girls 15 National Player Development Camp?**

Eligibility for opportunities at the District, Regional, and National levels are based on a player's birth year, not her current age. For National opportunities during 2024, the 2009 birth year is eligible for the Girls 15 National Player Development Camp, and the 2007 and 2008 birth years are eligible for the Girls 16/17 National Player Development Camp. All three birth years (2007, 2008, and 2009) are eligible for the Girls U18 National Select Player Development Camp. 2006s are eligible for the 2006 National Training Camp. At the District and Regional level, the above birth years and additional birth years (2010, 2011, etc.) may be eligible for District and Regional opportunities.

**After I attend my District Tryout, how will I know if I am selected to attend one of USA Hockey's Girls National Player Development Camps?** USA Hockey will post selected players on the <https://teamusa.usahockey.com/playerdevelopment> website on the notification dates listed in the National Notification Timeline in this Guide. The District will also notify selected players and may do so by phone call, email, or by posting the list of the selected players on their District website. USA Hockey's National Office Staff will send your official camp invitation via email. That invitation will contain details about the camp the player has been selected to attend, will outline all information USA Hockey will need from the player and parent/guardian prior to camp, including registration information.

**If selected for the Girls 16/17 Camp, would I also be eligible to attend the U18 Select Camp?** Yes. A partial roster will be announced for the Girls U18 Select Camp; however, all players participating at the Girls 16/17 Camp will be competing for the remaining spots at the Girls U18 Select Camp. A final roster for the Girls U18 Select Camp will be named on the final day of Girls 16/17 Camp and select players will be invited back for the Girls U18 Select Camp. Players selected to attend the Girls 15 Camp are not eligible for advancement to the Girls U18 Select Camp. The only 2009s eligible for U18 Select Camp are those named to the initial roster on May 23, 2024 (and June 17, 2024 for Minnesota 2009s).

**If I have been selected or named as an alternate for one of the Girls National Player Development Camps, but I have an extenuating circumstance (emergency, injury, sickness, etc.) that prohibits or may prohibit me from attending the camp, who should I contact?** A player who has been selected or named as an alternate, but has an extenuating circumstance that prohibits or may prohibit (i.e. unsure if player will be cleared from an injury), the player should notify USA Hockey's National Office and her District Girls Council Representative of the circumstances immediately.



*Girls at U18 Select Player Development Camp participate in team building competition*

**How are the player status terms defined?**

- A player who is **"invited"** has been selected to attend one of the Girls National Player Development Camps as indicated by the National Office and District Representatives.
- **"At-larges"** are extra spots at the Girls 16/17 Camp and Girls 15 Camp which can be awarded to any player in any district outside of each District's set allocations.
- A player who is named as an **"Alternate"** for one of the Girls National Player Development Camps may be invited to camp by the National Office if a selected player in the same position and same birth year is unable to attend the camp for any reason, an alternate may be invited to camp as late as the start (or even a few days into) the camp. Players named as "Alternates" will not be listed on the website and will receive a detailed email from USA Hockey within 3 days of the notification dates in the National Notification Timeline

**If I am not selected to attend one of the National Player Development Camps, should I attend my District Tryouts next year?** Yes. USA Hockey encourages players to continue to attend District Tryouts and Player Development Camps to obtain valuable resources that she can apply to her future development and improvement as a hockey player. Recognizing the importance of long-term athlete development is a critical component to players putting themselves in the best position to reach their goals.

*Players face off during game at Girls Player Development Camp*

