

AUSTIN METRO HOCKEY ASSOCIATION

2023-2024
PROGRAMS



Overview of Offerings

More details on each offering on following pages



Texas Jr. Stars (TJS)

Travel league within the Dallas Stars Travel Hockey League (DSTHL). Ages 10u-18u



Texas Rising Stars (TRS)

House/Rec league. Ages 6u-14u
Includes option to participate on Tournament Teams



Girls Hockey Club of Austin

Optional add-on for all female TRS and TJS players



Goalie Specific Training

Weekly Goalie specific training provided by professional Goalie coaches



Power Edge Pro

Advanced skills training for all TRS and TJS players



Hockey Leadership

- Angie Vaught, Hockey Director
- Adam Powell, TJS Hockey Director
- Kirk Golden, TRS Hockey Director
- Lenard Swain, President, Girls Hockey Club of Austin

Texas Rising Stars 2023-2024

How We Deliver Quality Programming



- In Person Coaching Clinics and Training Seminars- Growing our Leaders to Lead Effectively
- Expectations for our Players:
 - Willingness to learn, to be part of something bigger than yourself
 - Set goals, be responsible for them and your personal improvement
 - Respect your coaches, peers and self
 - Have Fun!
 - Give back to your community (Learn to Skate, Learn to Play, food drives, etc.)
- Leadership Course, Culture Club Sessions- Sportsmanship, Empathy 101, Safesport/Diversity training, Coach Training
- Program-wide Team Bonding, and team dryland training, team bonding.
- Conditioning sessions program-based.
- Monthly Hockey IQ training.
- Team Parity across the age groups.

Texas Rising Stars 2023-2024 Season Details



- Practices will be at Northcross, The Crossover, and HEB Center.
- Four franchises with two levels of play. Green and Grey. Includes jersey, socks.
- Team Bonding set by age group coordinators for all teams.
- All registered players will get a free season ticket to all Austin Ice Bats home games at The Crossover!
- Season starts Sept 11, 2023 and ends early March 2024..
- TRS Training Camp September 11-24. On ice and off ice sessions with dryland and conditioning.
- We are only as strong as those who support us! Volunteer opportunities available! Coaches, Team Manager, Locker Room Attendant, Scorekeeping, Videographer, Social activities, and other opportunities. TRS registration will have a volunteer section to check.
- Scholarship Application Registration will be on the website June 30th.
- Tournament team option for 8U and older.
- 3rd day training option for all all ages.

Texas Rising Stars 2023-2024 Registration Links



- Players: Register HERE:
<https://austinmetrohockey.sportngin.com/register/form/570540955>
- Coaches: apply here -
<https://austinmetrohockey.sportngin.com/register/form/599817231>

Texas Rising Stars 2023-2024 Tournament Team Option



- Players play in regular league play.
- September-February 2 x on-ice practice per month. 2 x off-ice practice per month (minimum).
- \$650 includes jersey and socks.
- Hockey IQ sessions x 1 per month.
- Tournaments:
- OKC Stars Tournament October 7-9th
- Capital City Tournament Nov 18-19th
- Dallas, President's Day Feb 17-19th (not included in the fees, additional cost voted on by parents)

Texas Rising Stars 2023-2024

Program Overview



Division	# of Practices and Skills Sessions/Week	3 rd day includes	Ice Days*	Cost
6u - 2 day option	2	n/a	Monday/Saturday	\$499
6u - 3 day option	3	Power-Edge Pro/Skills	Sunday mornings	\$499 + \$650 for 3 rd day
8u - 2 day option	2	n/a	Fri, Saturday	\$899
8u - 3 day option	3	Power-Edge Pro/Skills	Sunday mornings	\$899 + \$650 for 3 rd day
10u - 2 day option	2	n/a	Fri, Saturday	\$999
10u - 3 day option	3	Power-Edge Pro/Skills	Sunday mornings	\$999 + \$650 for 3 rd day
12u - 2 day option	2	n/a	Monday, Saturday	\$999
12u - 3 day option	3	Power-Edge Pro/Skills	Sunday mornings	\$999 + \$650 for 3 rd day
14u - 2 day option	2	n/a	Fri, Saturday	\$999
14u - 3 day option	3	Power-Edge Pro/Skills	Sunday mornings	\$999 + \$650 for 3 rd day

*Subject to change

Texas Rising Stars Registration



Registration is open for TRS

In the season registration you will have the opportunity to specify interest in volunteering.

We are always looking for Coaches, Assistant Coaches,
Team Managers, Locker Room Attendants, Scorekeeping, and other opportunities.

Skaters: don't forget to select the 3rd day add-on if you want the PEP/Skills training.

10u and up Goalies: don't forget to select the 3rd day add-on if you want the Goalie training.

Girls Hockey Club of Austin

Exciting time to be a
female hockey player in Austin!



GHCA 2023-2024 Season

Focus: Continue to grow the girls' hockey community by providing guidance, support, development, and competitive play in the Greater Austin area.

2023-2024 Events (6u-14u)

- Dryland Challenges (Weekly) via GHCA Facebook Group
- Monthly GHCA gatherings
 - SnP Sessions (2-3 during the season)
 - Scrimmages (3-4 during the season)
 - Night @ Texas Stars
 - Escape Room
 - Bowling - Top Golf
 - Pool Party
 - Try Hockey For Free for Girls (October)

12u and 14u Tournament Teams

- Weekly Team Practices (30 minutes dryland and 60 minutes on-ice)
- TCS Tournament Austin (Date TBD)
- CAN/AM Tournament Austin December 2023

Goalie Training TRS & TJS



Texas Rising Stars:

- In addition to regular team practices, 10u and up Goalies who REGISTER for the 3-day option will receive weekly goalie specific training from The HockeyCo and are welcome to also attend the Sunday Power Edge Pro session as a Goalie. So TRS 10u and up Goalies can essentially get 4 days of training.
- To receive this goalie training you must select the 3-day option in your TRS season registration.

Power Edge Pro (PEP)



AMHA is excited to continue to partner with Power Edge Pro as a piece of the skills development portion of our TRS 3-day program and TJS program!

- No other development system in the world has graduated more players to the NHL
- PEP sessions will still be our primary training tool, along with skating sessions and other skills training
- TRS players must select 3-day option in registration to receive the PEP training

More details on Power Edge Pro:

- www.poweredgepro.com
- YouTube video on PEP: <https://www.youtube.com/watch?v=UCTBpVnKbIE>

How We Grow?



“The most dangerous phrase in the English language,
“We’ve always done it that way”.”

- Many successes from 2022-23 Season
- Takeaways - AMHA overall:
 - Emphasis on Club Culture, Team 1st, enhancing player experience for all levels
 - AMHA Cares – submit feedback or constructive concerns to AMHAcared@austinmetrohockey.org.
 - In person coaching seminars
 - training camps and placement
- TJS:
 - TJS training camp and placement format
 - A and AA equal offering for teams
 - Continued partnership with ROI for dryland both A and AA
 - Conditioning integrated into programming
- TRS:
 - Continued green and grey where #'s allow for franchises
 - More Robust Tournament Team option- better framework for team building
 - Age group leaders identified earlier, coaches identified earlier
 - Yearly plan of development – a pathway for all players
 - Hockey IQ and off-ice education

AMHA Sgro Memorial Scholarship Program



History of Junella Sgro's impact to AMHA, details on the scholarship program, and how to apply:

<https://www.austinmetrohockey.org/scholarships>

Scholarship deadlines for 2022-2023 season:

Those who are planning to tryout for TJS: May 30, 2022

TRS players: July 30, 2022

Summary



- Next steps:
 - TRS:
 - Players: Register HERE: <https://austinmetrohockey.sportngin.com/register/form/570540955>
 - Coaches: apply here - <https://austinmetrohockey.sportngin.com/register/form/599817231>
 - Follow us on social so you won't miss out on important announcements!
 - Instagram: <https://www.instagram.com/austinmetrohockey/>
 - Facebook: <https://www.facebook.com/austinmetrohockey/>
 - Sign up for our monthly newsletter [here](#)
 - Get ready to have another fun season of hockey!
- Scholarships:
 - Deadline is May 30, 2023 for TJS, and July 30, 2023 for TRS. Apply here: <https://www.austinmetrohockey.org/scholarships>
- This presentation, and the recorded zoom meeting are available on our Education/Resources page: <https://www.austinmetrohockey.org/education-resources>

Best Sport Ever!



What other sport do you have to learn a foreign fundamental skill before you even get to start?

- What benefits are there to playing Ice Hockey?

- **Physical Benefits**

- Cardiovascular Health
- Strength Building
- Coordination
- Balance
- Agility
- Cognitive reasoning
- Spatial awareness

Best Sport Ever!



- What benefits are there to playing Ice Hockey?
- Mental Health Benefits
 - Confidence building
 - Self esteem building
 - Serotonin boosting
 - Community, sense of belonging
 - Mentors, coaches, role models
 - Learn to Work as a team/collaboration for common goal