VISION

To cultivate young hockey players who excel not only in skill and game play but also in integrity, leadership, and a deep appreciation for the sport, inspiring them to pursue excellence both on and off the ice.

MISSION

To provide a dynamic and supportive environment where players are empowered to reach their full potential. Through coaching, a balance of competition and fun, and an emphasis on personal growth, we aim to develop well-rounded athletes who value teamwork, hard work,perseverance, and respect. We are committed to creating an unforgettable experience that nurtures a lifelong love for hockey and builds strong, confident individuals.

	August	September	October	November	December	January	February	March
Phases	Intoduction	Team Development 1	Team Development 2	Skill Development 1	Skill Development 2	Peak 1	Peak 2	End of Season
Team Goals	Build unity & Establish team culture	Establish our style of play & habits	Develop our tactics	Individual skills	Compete	Fine tuning	Playoff prep	Tryout/next season prep
Schedule	Training camp & practices	Exhibition & Regular Season	Regular season + 1st Tournament	Regular Season	Regular Season + 2nd Tournament	Regular Season + 3rd Tournament	Playoffs + 4th Tournament	Hockey For Heroes
Games	None	~4-8	~8-12	~6	~8-12	~8-12	~8-12	~1-2
Practices	~8	~8	~8 + Halloween 3v3 Intrasquad	~8	~6 + Christmas skills	~8	~8 + checking clinic	~4 + checking clinic
Technical Skills	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix
Goalie Skills	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix
Offensive Concepts	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix
Defensive Concepts	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix
Team Concepts	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix	See Matrix
Physical Training	ABC (agility, balance, coordination)	sprint/upper body strength	core/lower body strength	ABC (agility, balance, coordination)	sprint/upper body strength	core/lower body strength	body checking	body checking
Meetings	Player/Parent Intro, Individual Player Goal Meetings, Team Identity,	Core Principles, Breakouts, Forecheck	Resilience, Regroups	Leadership, Pass and Move, Individual Player Feedback	Communicatio n, Backcheck	Player-led Topic	Body Contact/Check ing	Player Exit Meetings
Coach Developme nt	Coaches Intro and expectations,	Coaches sync	Coaches sync	Identify player skill gaps for meetings and	Coaches sync	Coaches sync	Coaches sync	Prep for Exit Meetings
Notes								