

MADISON CAPITOLS AAA WINTER SEASON, 2026-2027 TIER 1, AAA GIRL'S 16U (2010 & 2011 BIRTH YEARS)

**START DATE, FIRST PRACTICE:
MONDAY, AUGUST 24TH, 2026.**

**END DATE, LAST PRACTICE:
FOLLOWING THE CONCLUSION OF 2026-2027 WAHA
TIER 1 STATE PLAYOFFS, USAH CENTRAL DISTRICT
REGIONAL CHAMPIONSHIPS OR USAH NATIONAL
CHAMPIONSHIPS.**

DETAILS OF 2026-2027 AAA WINTER SEASON –

- TEAM WILL HAVE 48 OFF-ICE TRAINING SESSIONS WITH OUR CLUB'S STRENGTH COACH, AT LEGACY20 ARENA @ DEFOREST YARDS. WORKOUTS WILL START THE WEEK OF MONDAY, SEPTEMBER 7TH, 2026.
- ACCESS TO A VIDEO (HUDL OR SIMILAR) BREAKDOWN SYSTEM.
- TEAM WILL PLAY 55-60 GAMES, COMPETE IN EIGHT EVENTS (TOURNAMENTS AND/OR SHOWCASES, THIS NUMBER INCLUDES WAHA TIER 1 STATE PLAYOFFS).
- TEAM WILL HAVE 75 HOURS OF ON-ICE PRACTICE TIME (TOTAL INCLUDES POWER SKATING SESSIONS & SKILLS SESSIONS).
- TEAM WILL HAVE AT LEAST SIX POWER SKATING FOCUSED ON-ICE SESSIONS WITH OUR CLUB POWER SKATING INSTRUCTOR, AMY CLAGGETT.
- TEAM WILL HAVE AT LEAST SIX ON-ICE SKILL SESSIONS WITH OUR CLUB SKILLS COACH &/OR OTHER COACHES ON OUR USHL STAFF.
- GOALIES WILL HAVE TEN, GOALIE SPECIFIC TRAINING SESSIONS THROUGHOUT THE COURSE OF THE SEASON, TWO EACH MONTH, IN ADDITION TO THEIR NORMAL PRACTICES.

IMPORTANT NOTE: This price **DOES NOT** include a mandatory team slush fund payment that **ALL FAMILIES WILL BE REQUIRED TO PAY**. Payments go towards your team's: head coach's travel (flights, gas, hotels, etc.), team activities, additional ice, or additional events (tournaments / showcases). This amount is based mostly on each team's schedule and amount of travel. Those payments are made directly your team's manager or coach; the club will not collect any payments for team slush funds, and any leftover money will be refunded to parents.

HEAD COACH:
DAN RUOHO
CAPITOLSGIRLS@GMAIL.COM

PLAYER FEE COST:
\$8,095.00

PAYMENT SCHEDULE:
Required Deposit - \$1,895.00.

- July 1st - \$1,240.00
- August 1st - \$1,240.00
- September 1st - \$1,240.00
- October 1st - \$1,240.00
- November 1st - \$1,240.00

APPAREL INCLUDED:

- MCAAA, SHORTS.
- MCAAA, T-SHIRT.
- MCAAA, JOGGERS.
- MCAAA, SWEATSHIRT.
- MCAAA, PULLOVER.
- MCAAA WINTER HAT.
- MCAAA, BASEBALL CAP.
- MCAAA, HEAVY WINTER JACKET.

EQUIPMENT INCLUDED:

- (1) HOME GAME JERSEY.
- (1) PAIR OF HOME GAME SOCKS.
- (1) PAIR OF AWAY GAME SOCKS.
- (1) PRACTICE JERSEY.
- (1) PAIR OF CUSTOM HOCKEY GLOVES.

