

# MADISON CAPITOLS AAA WINTER SEASON, 2026-2027 TIER 1, AAA GIRL'S 14U (2012 & 2013 BIRTH YEARS)

**START DATE, FIRST PRACTICE:  
MONDAY, AUGUST 24<sup>TH</sup>, 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 7<sup>TH</sup>, 2026.**
- **ACCESS TO A VIDEO (HUDL OR SIMILAR) BREAKDOWN SYSTEM.**
- **TEAM WILL PLAY 50-55 GAMES, COMPETE IN SEVEN EVENTS (TOURNAMENTS AND/OR SHOWCASES, THIS NUMBER INCLUDES WAHA TIER 1 STATE PLAYOFFS).**
- **TEAM WILL HAVE 72 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](mailto:CAPITOLSGIRLS@GMAIL.COM)**

**PLAYER FEE COST:  
\$7,795.00**

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

- **July 1<sup>st</sup> - \$1,180.00**
- **August 1<sup>st</sup> - \$1,180.00**
- **September 1<sup>st</sup> - \$1,180.00**
- **October 1<sup>st</sup> - \$1,180.00**
- **November 1<sup>st</sup> - \$1,180.00**

**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.**

