

# MADISON CAPITOLS AAA

## WINTER SEASON, 2026-2027

### TIER 1, AAA GIRL'S 19U

(2007, 2008 & 2009 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 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](mailto:CAPITOLSGIRLS@GMAIL.COM)

**PLAYER FEE COST:**  
**\$8,095.00**

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

- July 1<sup>st</sup> - \$1,240.00
- August 1<sup>st</sup> - \$1,240.00
- September 1<sup>st</sup> - \$1,240.00
- October 1<sup>st</sup> - \$1,240.00
- November 1<sup>st</sup> - \$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.

