

AUSTIN METRO
HOCKEY
ASSOCIATION
Presents
Texas Junior Stars
2025-26



★ AUSTIN METRO ★

AMHA

HOCKEY ASSOCIATION

Adam and Angie Introduction



Hockey is a Team Sport.
If you want an individual sport, try snow
skiing or snowboarding as your winter sport.-
John Shorey

When your child signs up for hockey you are signing
up to join a community, create a culture and the
chance to be a part of something very special.



Austin Ice Bat NA3 Team

Looking for Billets and Host Families

Eric Swanson- Billet Coordinator

512-297-1828

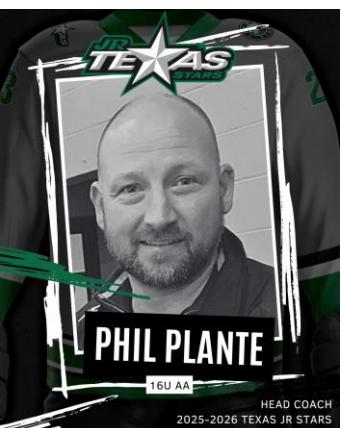
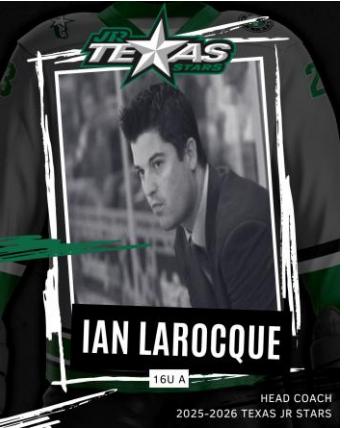
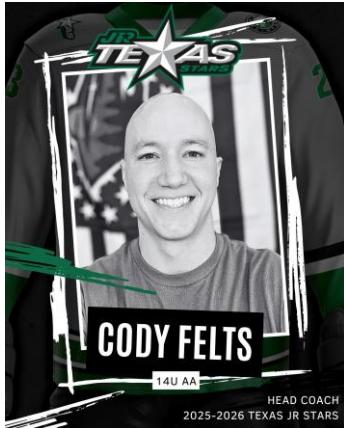
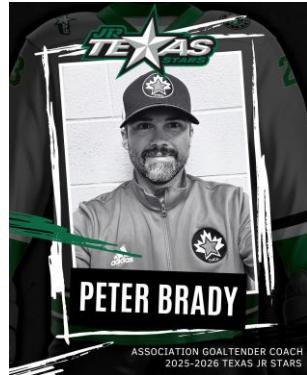
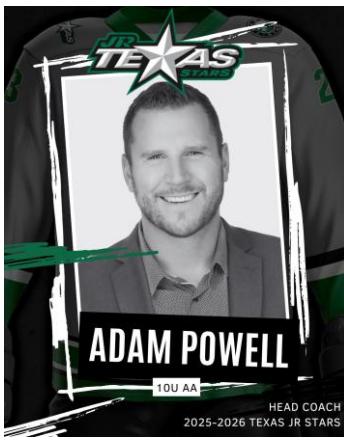
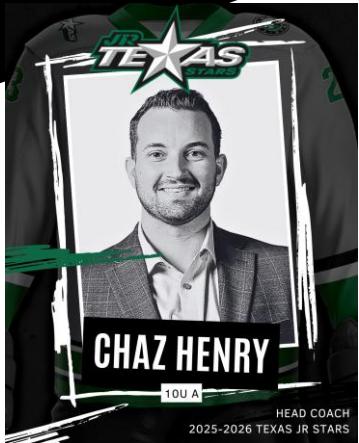
Austinicebatsbils@gmail.com

TJS- Delivering Top Tier Development to Austin Hockey Players for over 11 years



- TJS Player Expectations:
 - Willingness to learn, to be part of something bigger than yourself, make the commitment
 - Set goals, be responsible for them and your personal improvement
 - Respect your coaches, peers and self
 - Give back to your community (Learn to Skate, Learn to Play, food drives, etc.)
 - All activities mandatory attendance (practices, dryland, tournaments, games, team activities)
- Program-wide Team Bonding event start of season.
- Off-ice and performance coaching by Brian Dunn once a week. Conditioning sessions and goal setting.
- Weekly team video review and Hockey IQ with coaches.
- Three one-on-one player evaluations with Coach: early season, mid season, and end of season.
- 14U and older, player pathway advising.
- Bi-monthly power skating session with Matt Frick, Professional Skills and Power Skating coach.

TJS Head and Specialty Coaches 2025-26



18UAA Coach TBD

Review and Growth



“The most dangerous phrase in the English language, “We’ve always done it that way.” Every year the TJS leadership evaluates what worked, what didn’t, and the changes we can make to add to the success of our mission.

- Improvement takeaways from 2024-25 Season
 - TJS overall:
 - Enhancing Association-wide playbook - improve player development and coach development
 - Continue to emphasize Club Culture, Team 1st, enhancing player experience for all levels through player tracking
 - Culture Club/ Bonding Events during season
 - Age group liaison working with the board for improvements and feedback
 - Add Pre-Season Parent Team Building, education session event
 - Starting Goalie Training in August to mirror TJS season, ending earlier
 - Topic Specific In person coaching seminars for coaches

Review and Growth



- What we are continuing to do takeaways from 2024-25 Season
 - Base play-book application at the 10U A level, continued through all levels
 - Enhanced conditioning through training and metered athletic data collection
 - Holding 14U and up players accountable for Hockey IQ
 - Pre-Season Program-Wide Team Bonding
 - Hockey IQ training
 - Culture Club/ Bonding Events during season
 - Age group liaison working with the board for improvements and feedback
 - Brian Dunn Performance coach – personalized approach to team training
 - Matt Frick- professional power skating and skills coach working directly with teams
 - Continued Goalie Specific Training

AMHA Overview of Offerings



Texas Jr. Stars (TJS)

Travel league within the Texas Hockey League (THL).
Ages 10u-18u



Texas Rising Stars (TRS)

House/Rec league. Ages 6u-14u
Includes option to participate on Ice Bats Tournament Teams
Optional add-on for all female TRS and TJS players



Girls Hockey Club of Austin



Goalie Specific Training

Weekly Goalie specific training provided by professional Goalie coaches

Texas Jr. Stars Levels*



A

AA

*THL determines each team's level based on the team's performance in the Labor Day Leveling tournament in Dallas, but the A or AA program offered by AMHA (skills sessions, ice time, cost, etc.) will not change based on THL's placement.

Texas Jr. Stars 2025-2026

Details



- 10U A and 10U AA, will have 2 x 30-30-30 practices, 1 shared, 1 game per week (games based on schedule). Power Skating/Skills every other week for shared ice time.
- 12U A and 12UAA, will have 2 x 30-30-30 practices, 1 shared, 1 game per week (games based on schedule). Power Skating/Skills every other week for shared ice time.
- 14U A, AA, 16UA, AA, 18UAA will have 2 x 75 min full ice practices, 1 game per week (games based on schedule)
- All Teams, 1 Brian Dunn Sports Performance training session per week
- All Teams, 1 tracked conditioning session per week
- All Teams, 1 Hockey IQ or Video Review per week (includes Leadership Course, Culture Club Sessions- Sportsmanship, Empathy 101, Safesport/Diversity training, Coach Training)
- Bi-Monthly Power Skating and skills session with Matt Frick
- Program-wide Team Bonding August
- Friday morning breakfast club Small Area Games Training (rotational)

Texas Jr. Stars 2025-26

Additional Details



- Practices will predominantly be at The Crossover, with some ice at Northcross and HEB Center.
- TJS utilizes 3 jerseys (Home, Away, Alternate), 3 pairs socks (Home, Away, Alternate), 1 pant shell (Home and Away), 1 practice jersey, 1 practice sock, 1 tryout jersey. If you own grey and black jerseys, only need to buy white. Gloves, same as last year. Only buy if you don't have them.
- All registered players will get a free season ticket to all Austin Ice Bats home games at The Crossover!
- More details on tryouts will be available on the AMHA website.
- Tryout registration is open and closes May 31st. \$100 additional late fee starting June 1st. No exceptions, except players moving from out of state.
- Volunteer opportunities available! Team Manager, Locker Room Attendant, Scorekeeping, Videographer, Social activities, and other opportunities. In the tryout registration you'll have a spot to indicate your interest.

Texas Jr. Stars 2025-2026 Important Dates



April 22nd -Registration for Tryouts/Placement for TJS Opens.

May 5th- Scholarship Application Registration will be on the website May 5th.

May 25th- Registration for TRS fall programs open. Space is limited.

June 7-13th - Tryouts/Placement week. Teams will be formed during this timeframe.

August 4th – Practices start for TJS.

Season starts Aug 4th, 2025 and ends last weekend of Feb or 1st weekend of March 2026 depending on playoff dates.

August 10th , Sunday TJS Team Bonding Event.

Texas Jr. Stars 2025-2026

Meet the Coaches, Tryouts, Training Camp



10U Meet the Coaches	06/02/2025	Gold Rink	Mon	5:00 PM	6:00 PM	01:00
10U TJS Tryouts	06/07/2025	Gold Rink	Sat	8:15 AM	9:30 AM	01:15
10U TJS Tryouts	06/07/2025	Gold Rink	Sat	2:15 PM	3:30 PM	01:15
10U TJS Tryouts	06/08/2025	Gold Rink	Sun	9:45 AM	11:00 AM	01:15
10U TJS Tryouts	06/09/2025	Gold Rink	Mon	5:45 PM	6:45 PM	01:00
10U TJS Tryouts	06/11/2025	Gold Rink	Wed	6:15 PM	7:15 PM	01:00

12U Meet the Coaches	06/02/2025	Gold Rink	Mon	6:15 PM	7:15 PM	01:00
12U TJS Tryouts	06/07/2025	Gold Rink	Sat	9:45 AM	11:00 AM	01:15
12U TJS Tryouts	06/07/2025	Gold Rink	Sat	3:45 PM	5:00 PM	01:15
12U TJS Tryouts	06/08/2025	Gold Rink	Sun	11:15 AM	12:30 PM	01:15
12U TJS Tryouts	06/09/2025	Gold Rink	Mon	7:00 PM	8:00 PM	01:00
12U TJS Tryouts	06/11/2025	Silver Rink	Wed	7:15 PM	8:15 PM	01:00

14U Meet the Coaches	06/02/2025	Gold Rink	Mon	7:30 PM	8:30 PM	01:00
14U TJS Tryouts	06/07/2025	Gold Rink	Sat	11:15 AM	12:30 PM	01:15
14U TJS Tryouts	06/07/2025	Gold Rink	Sat	5:15 PM	6:30 PM	01:15
14U TJS Tryouts	06/08/2025	Gold Rink	Sun	12:45 PM	2:00 PM	01:15
14U TJS Tryouts	06/10/2025	Silver Rink	Tue	6:00 PM	7:00 PM	01:00
14U TJS Tryouts	06/13/2025	Gold Rink	Fri	6:00 PM	7:00 PM	01:00

Texas Jr. Stars 2025-2026

Meet the Coaches, Tryouts, Training Camp



16U Meet the Coaches	06/02/2025	Silver Rink	Mon	7:45 PM	8:45 PM	01:00
16U TJS Tryouts	06/07/2025	Gold Rink	Sat	12:45 PM	2:00 PM	01:15
16U TJS Tryouts	06/07/2025	Gold Rink	Sat	6:45 PM	8:00 PM	01:15
16U TJS Tryouts	06/08/2025	Silver Rink	Sun	8:30 AM	9:45 AM	01:15
16U TJS Tryouts	06/10/2025	Silver Rink	Tue	7:15 PM	8:15 PM	01:00
16U TJS Tryouts	06/13/2025	Gold Rink	Fri	7:15 PM	8:15 PM	01:00

18U Meet the Coaches	06/03/2025	Gold Rink	Tue	7:15 PM	8:15 PM	01:00
18U TJS Tryouts	06/07/2025	Silver Rink	Sat	6:30 PM	7:45 PM	01:15
18U TJS Tryouts	06/08/2025	Silver Rink	Sun	10:00 AM	11:15 AM	01:15
18U TJS Tryouts	06/09/2025	Silver Rink	Mon	7:45 PM	8:45 PM	01:00
18U TJS Tryouts	06/12/2025	Silver Rink	Thu	7:15 PM	8:15 PM	01:00

Texas Jr. Stars 2025-2026 Tournament Dates



Tournament Dates-

We pick our tournaments to give our players the best chance for player growth and exposure.

10UA: Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Fargo –Squirt International (TBD), 1 more TBD

10UAA: Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Fargo- Squirt International (TBD)

12UA: Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Grizz Cup MLK Salt Lake City, January 16-19

12UAA: Leveling (Aug 29-Sep 1), CCM Motown Detroit, October 17-19, SeaTac MLK Seattle/Tacoma, Jan 16-19

14UA: Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Grizz Cup MLK Salt Lake City, January 16-19

14UAA Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Grizz Cup MLK Salt Lake City, January 16-19

16UA: Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Grizz Cup MLK Salt Lake City, January 16-19

16UAA: Leveling (Aug 29-Sep 1), CCM Motown Detroit, October 17-19, Minnesota Gone Wild Minneapolis, January 16-19

18UAA: Leveling (Aug 29-Sep 1), SeaTac Veterans Day Seattle/Tacoma, Nov 7-9, Grizz Cup MLK Salt Lake City, January 16-19

Texas Jr. Stars 2025-2026 Program Overview



Team	# of Practices and Skills Sessions/Week (excluding games)	Practice Days*	Cost	Tournaments Included**	Paid Professional Head Coach, non-parent
10uA	3	TBD	\$5099	3	✓
10uAA	3	TBD	\$5099	3	✓
12uA	3	TBD	\$5099	3	✓
12uAA	3	TBD	\$5099	3	✓
14uA	2 (Full Ice)	TBD	\$5499	3	✓
14uAA	2 (Full Ice)	TBD	\$5499	3	✓
16uA	2 (Full Ice)	TBD	\$5499	3	✓
16uAA	2 (Full Ice)	TBD	\$5499	3	✓
18uAA	2 (Full Ice)	TBD	\$5499	3	✓

**DSTHL leveling tournament in Dallas Labor Day weekend counts as one of the tournaments.

Jerseys and Gloves



Goalie Training TJS & TRS



Texas Jr. Stars:

- In addition to regular team practices, TJS Goalies will receive weekly goalie specific training from The HockeyCo. We will do our best to ensure this does not conflict with any team practice days, so TJS goalies get a total of 4 days of training.

Texas Jr. Stars Placement/Tryout Weekend



TJS Tryout Registration is Open

You will need your 2025-26 USAH membership number to register.

Placement/Tryout Format:

June 7-13th Tryout and Placement week.

Players will participate in on-ice, off-ice and classroom sessions over the weekend.

Confirmed schedules will be released June 1st based on registration #'s.

AA and A teams will be selected at this time.

AMHA Sgro Memorial Scholarship Program



AMHA SGRO MEMORIAL SCHOLARSHIP PROGRAM

Apply Today

Due date for Texas Jr Stars 5/31

Due date for Texas Rising Stars 8/1



@austinmetrohockey



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

<https://www.austinmetrohockey.org/about/scholarships/32933>

Summary



TJS:

- 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/>
- Get ready to have another fun season of hockey!
- Scholarships:
 - Deadline is May 31, 2025 for TJS. Apply here:
<https://www.austinmetrohockey.org/about/scholarships/32933>
 - This presentation, and the recorded meeting are available on our Education/Resources page.
- www.austinmetrohockey.org