



**AUSTIN METRO HOCKEY  
ASSOCIATION**

**Presents**

**Austin Capitals Intercity  
League Info 2026-27**



Details in this deck as up to date as possible, changes may happen based on registrations and Ice Availability.



What is Your “Why”? What is Your Player’s “Why”?  
Doing the Right thing at the Right Time





# MEET THE AMHA HOCKEY DIRECTORS



**Angie Vaught**  
Intercity Hockey  
Director



**Jay Manojlovich**  
Tournament Team  
Hockey Director



**Adam Powell**  
Travel Hockey  
Director



**Jason Pierce**  
AMHA Skills Hockey  
Director

[WWW.AUSTINMETROHOCKEY.ORG](http://WWW.AUSTINMETROHOCKEY.ORG)



## 3 Distinct Seasons

### Fall Season- September-March

AMHA Offerings: Travel, Intercity League, Tournament Team

### Spring Season- March-May

AMHA Offerings: Upper Level Training Session (Build the Machine)  
Spring Games and Skills Offerings, High School League

### Summer Season- June-August

AMHA Offerings: Austin Capitals Travel Practices  
Rink-Run programming for Rec, High School and Skills

Rinks: The Pond Hockey Club  
Ice and Field at the Crossover  
Chaparral Ice Northcross



# Program Offerings

Austin Capitals Intercity League (6U-18U)

Austin Capitals Tournament Team – Kids play in the Upper Intercity League Division, TT is Add-on (8U-18U)

Austin Capitals Travel Hockey (10U-18U)



# What's the Difference?

## Capitals Program Comparison

An informational overview of commitment, time, competition, and cost



Lower commitment / time / cost








COMPETITIVENESS INCREASES



Higher commitment / time / cost



|  <b>INTER-CITY</b><br><i>Recreational</i>                      |  <b>TOURNAMENT TEAM</b><br><i>More competitive</i>  |  <b>TRAVEL TEAM</b><br><i>Most competitive</i>   |
|---|--|---|
|  <b>Weekly Ice:</b> 1 shared 60-minute practice                |  <b>Weekly Team Practice:</b><br>105 minutes average per week   |  <b>Weekly Team Practice:</b><br>120 minutes average per week  |
|  <b>Games:</b> 1 game per week with your rec team              |  <b>Skill Work:</b><br>Includes 30 minutes of skill-dedicated practice (embedded)   |  <b>Skill Work:</b><br>Plus 60 minutes of skill-dedicated practice   |
|  <b>Events:</b> No tournaments included                        |  <b>Inter-City Included:</b><br>Includes Inter-City practice and game   |  <b>Inter-City:</b><br>No Inter-City practice or game  |
|  <b>Competition Level:</b> Beginner to Advanced / Recreational |  <b>Events:</b> 4 tournaments   |  <b>Events / Games:</b><br>4 tournaments + 20 league games   |
|  <b>Coaches:</b> Volunteer                                     |  <b>Competition Level:</b><br>Moderate competitive commitment   |  <b>Competition Level:</b><br>Highest competitive commitment   |
|  <b>Cost:</b> \$999–\$1,299<br><i>Cost varies by age</i>      |  <b>Coaches:</b> Volunteer<br> <b>Cost:</b> \$3,599<br><i>Includes Inter-City at no additional charge</i> |  <b>Coaches:</b> Paid Professional Coaches<br> <b>Cost:</b> \$5,499–\$5,999<br><i>Cost varies by age</i> |

|  AT A GLANCE     | INTER-CITY  | TOURNAMENT TEAM  | TRAVEL TEAM   |
|---|---|--|---|
|  Competitiveness | Recreational  | Competitive  | Most competitive  |
|  Weekly time     | 60 min practice + 1 game  | 105 min team practice average + Inter-City practice & game | 120 min team practice + 60 min skills                     |
|  Events          | Rec games + eligible for 2 a-la-carte tournament registrations in Austin and Dallas | 4 tournaments + rec season                                 | 4 tournaments + 20 THL league games and possible playoffs |
|  Cost            | \$999–\$1,299   | \$3,599  | \$5,499–\$5,999   |

# Austin Capitals Intercity League



## The Why Behind our Goals

The Austin Capitals Intercity League is committed to the development of a life-long love and passion for the game of hockey. We teach hockey skills and teamwork to players of all ages and skill levels while building self-confidence, character, sportsmanship and citizenship in young men and women. We foster parent involvement, a sense of community, teamwork and respect for players, coaches, officials, and spectators alike, both on and off the ice.

# Austin Capitals Intercity League



## How Do We Accomplish Our Goals?

- Education of parents and players through dialogue and training on and off the ice
- Education of coaches to deliver top level on-ice instruction, dryland and hockey IQ
- Commitment to the LTAD process of all of our players
- Commitment to properly identify player abilities through evaluations and camps to better place players in environments for success
- Mentoring relationships for players, coaches to advance youth hockey in a positive manner
- Resist activity that does not strengthen core youth hockey program

# Austin Capitals Intercity League

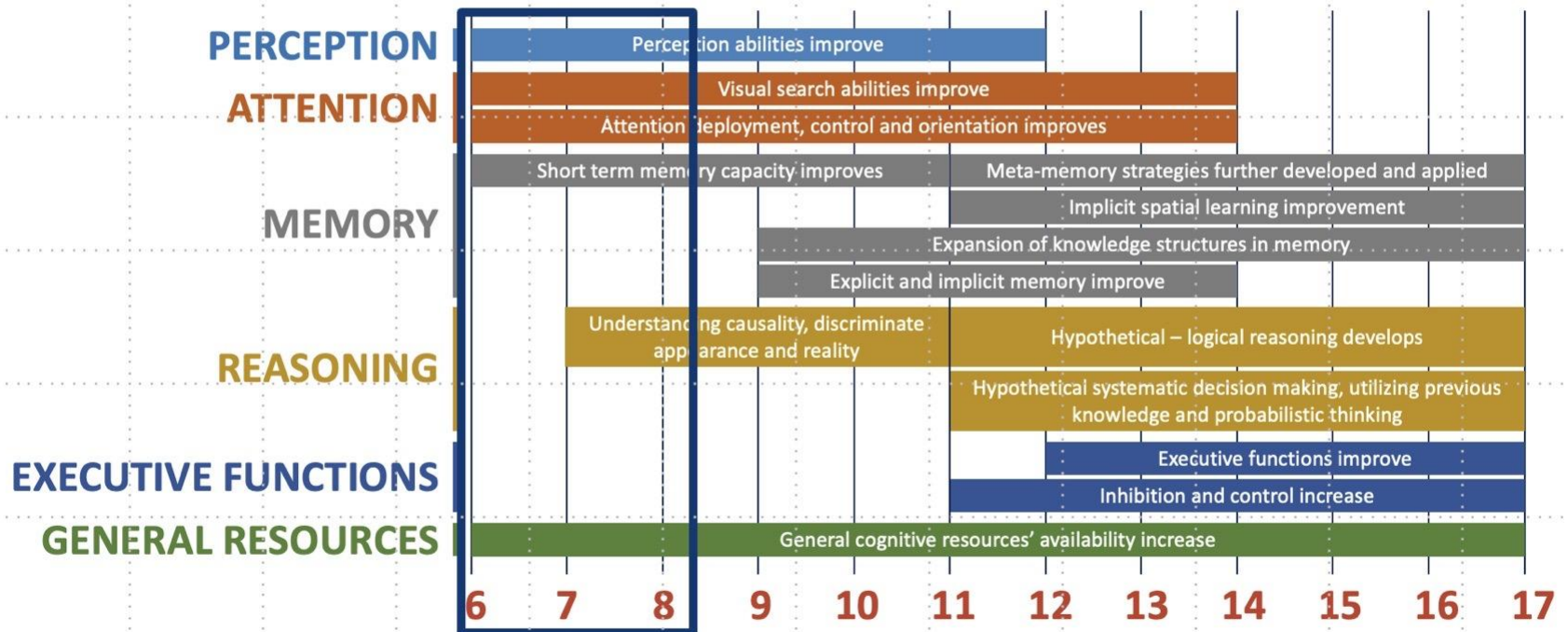


## Where are they with Cognitive Development?



### Player Development

#### COGNITIVE DEVELOPMENT:



# Austin Capitals Intercity League



## What does this look like for 6U?

- Developmentally we are working on Agility, Balance, Coordination
- Base Hockey skills – puck handling, shooting, skating, skating, skating
- Base Team Play- moving from parallel play to recognizing “teammates”
- Pursuing puck, attacking puck, trying to get puck back
- Equipment Matters- skates that fit, gear that fits and is comfortable, sticks that are the right length/size/weight (no mouthguards), helmets that fit, neck-guards are mandatory
- We are making the experience FUN!!
- Think Playground on the ice- puck touches, engagement, less lines, more decision making- Chaos Rules!!
- Games are ½ Ice. Players divided into skill groups to compete.
- Directors will move players to give them exposure to varied “Levels of Difficulty” – time and space/less time and space with puck

# Austin Capitals Intercity League



## What does this look like for 8U?

- Continuing to work on Agility, Balance, Coordination
- Base Hockey skills – puck handling, shooting, skating, skating, skating, evasion, “reading” the play
- Team Play- working with “teammates” to accomplish simple tasks
- Pursuing puck, attacking puck, movement off puck
- Equipment Matters- skates that fit, gear that fits and is comfortable, sticks that are the right length/size/weight (no mouthguards), helmets that fit, neck-guards are mandatory
- Understand what fun means for each player
- Still playground on ice, adding in more basic decision making, idea of 4 roles of hockey- Offense with the puck, Offense away from the puck, Defense on the puck, defense away from the puck
- Players placed in “franchises” White/Blue level within franchise
- White levels will compete on Pond ice 2-4 per month (minimum)
- Directors will move players to give them exposure to varied “Levels of Difficulty” – time and space/less time and space with puck



# Austin Capitals Intercity League

## Program Details

- September 8<sup>th</sup>-March 12<sup>th</sup> (excludes holidays)
- 6U, 8U, 10U, 12U, 14U, High School
- 1 Practice, 1 Game, 1 Dryland Per Week
- Skills sessions monthly run by AMHA Skills Team
- North and South/Central Practice Options available at Sign up
- Game locations will vary on weekends
- Age groups divided into 2 levels of play, White / Blue
- Optional Tournament buy in for Austin Cup tournament and Dallas President's Day Tournament
- Jerseys and socks included in pricing, \$25 customization names and numbers must be ordered by July 17<sup>th</sup>
- Warroad Hoodie and T-shirt package available at Registration \$70
- 6U \$599, 8U \$999, 10U-14U \$1299, High School TBD
- Registration Available May 18, 2026



# Austin Capitals Intercity League

## Practice Days and Locations

- Practices offered at both North (Ice and Field), South (PHC and Chaparral Ice) locations. First come-first serve for registration for location.
- 6U Practices Monday I&F, Tuesday PHC (choose 1)
- 8U Practices Tuesday PHC, Friday I&F (choose 1)
- Goalie Positions- we highly encourage all players to try goaltending
- Season sign up with a 2-week rotation (4 ice touches), 2 goalie practices then 2 games- gear provided
- In addition to regular team practices, Austin Caps 8U Intercity Goalies will receive weekly goalie specific training Mondays.
- Please Note- All listed days, times, subject to change

# Jerseys 6U Super Caps

Caps Jersey Package consists of Reversible Home/Away Game jerseys, socks. Included in registration fee. Personalization of name and # additional \$25. Must be done by July 17<sup>th</sup>.



AUSTIN CAPITALS

# SUPERCAPS



# Jerseys

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## AUSTIN CAPITALS INTERCITY UNIFORMS 2026 REVERSIBLES



AUSTIN METRO HOCKEY ASSOCIATION

# Austin Capitals Tournament Team



## Program Identity, Goals, Details

### Who is a good fit for the tournament team?

- Players seeking higher level competition, aspiring Travel players
- Players willing to work hard, and learn to play the team game
- Players who want to elevate their understanding and enjoyment of the game
- Players who love competing in tournaments
- Our core building blocks: Effort, Pace, Fun.

### Details:

- Tryouts mid-August, after school starts
- Season spans September 8<sup>th</sup>-March 12<sup>th</sup> (excludes holidays)
- 8U, 10U, 12U, 14U:
- 1 60-minute shared practice per week
- Alternating 30-minute full ice session or off-ice education/ dryland training every other week
- 1 60-minute shared practice alternating every third week
- 4 tournaments, within driving distance
- Jerseys, socks, shells, off-ice team apparel included
- Above features in addition to Inter-City team participation
- \$3599 all ages

# Austin Caps Travel Program 10U-18U Summary



## Austin Capitals Travel Team

- TAHA (Governing body USAH for TX) mandates no 8U travel teams/leagues.
- Austin Capitals Travel Teams in Austin participate in the Texas Hockey League.
- 10U, 12U, 14U, 16U we field A and AA teams. 18U is AA only.
- Pre-Tryout Skates and then 1 weekend Tryout
- June 13-14<sup>th</sup> Tryouts @ PHC & Crossover
- Season runs August 1-March 1
- 3 ice touches per week, paid professional coaching, dryland and hockey IQ, 4 tournaments
- Cost is \$5499-\$5999



# Volunteer Coaches, Managers and Party Planners Needed!

## Community and Culture

Are you friendly, can make jokes and have fun? We need you!!!

- We need volunteer coaches at 6U and 8U level, help guide the next generation of players and community leaders (Can you skate, run a bench, open a door?)
- We need managers for teams, party planners for social events (Can you send a group chat in Crossbar? You're hired!)
- Do you have a skill (yoga, gymnastics, cross country runner) you want to share with our players? We'll take you up on it!
- We'll need scorekeepers, snack organizers and junior puck droppers (older siblings who can drop a puck during games so old coaches don't have to bend over)

Please apply online for all of these positions at:

[austinmetrohockey.org/about/coaching/34494](http://austinmetrohockey.org/about/coaching/34494)

# AMHA Sgro Memorial Scholarship Program

August 1 Deadline!

## AMHA SGRO MEMORIAL SCHOLARSHIP PROGRAM

Apply Today

*Due date for Austin Capitals Travel 5/25*

*Due date for Intercity Capitals 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>

# Important Dates



|              |   |
|--------------|---|
| May 18       | Registration opens for Intercity League         |
| July 17      | Last Day to Customize Jersey Name and Number    |
| August 1     | Scholarship Application Deadline Intercity      |
| August TBD   | Coach Skills and Classroom Training             |
| Late August  | Gear Swap, Knock off the Rust, Meet the Coaches |
| September 8  | 1 <sup>st</sup> week of Intercity Practices     |
| November TBD | Caps Classic Tournament Austin (buy in)         |
| December 24  | Xmas Eve Smart Hockey Tournament                |
| February TBD | President's Day Challenge Dallas (buy in)       |
| March 7      | Year End Banquet – Season ends                  |



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