



TRAVEL TEAMS AND TRYOUT GUIDE 2025-2026





Welcome

A graphic of a hockey stick, colored red and white, positioned diagonally across the top left of the page.

Dear Hockey Players and Parents,

On behalf of the Armstrong Arrows Board of Directors, Coaches, and Hockey Directors, we want to express our sincere gratitude for your interest in our program. We are truly honored that you are considering the Arrows as your home for the upcoming season.

We strive to create a positive and inclusive environment where players of all skill levels can develop their passion for hockey. Our dedicated coaches are committed to fostering a love for the game while emphasizing teamwork, sportsmanship, and personal growth.

We understand that choosing a hockey program is an important decision. We encourage you to learn more about the Arrows by visiting our website, watching an upcoming game, or reaching out to our program coordinators with any questions you may have.

Thank you again for your interest. We look forward to the possibility of welcoming you to the Armstrong Arrows family.

Sincerely,

The Armstrong Arrows Board of Directors, Coaches, and Hockey Directors



Team Structure

2025-2026 Season Birth Years

MITE – ADM (8U)

2017 & YOUNGER

SQUIRT (10U)

2015 & 2016

PEE WEE (12U)

2013 & 2014

GIRLS (12U)

2013 - 2016

BANTAM (14U)

2011 & 2012

GIRLS (14U)

2011 – 2013

MIDGET (16U)

2009 & 2010

MIDGET (18U)

2007 & 2008

GIRLS (19U)

2006 - 2010

Team Structure



Mixed Year Teams

The majority of teams field by the AAHL incorporate players from multiple birth years on a single roster, known as a “Mixed Year” team. AAHL Mixed Year teams are available to players who are interested in playing a 20 game PAHL schedule and 2-4 local and travel tournaments. Mixed year teams are projected to have two ice touches per week. Additional on-ice practices will be scheduled as ice availability permits. Roster sizes vary by age group. Teams will be placed in a division (AA, A Major, A Minor or B) based on the PAHL placement model.

Birth Year Teams

The AAHL intends to ice “Birth Year” teams in the 2025-2026 season. Birth Year teams consist of players from a given year on a single roster. For the 2025-26 season, the AAHL plans on fielding a 2010, 2015 and 2016 Birth Year team. Birth Year hockey is offered to players who are looking for additional development opportunities, that will include additional independent games, on-ice practice time as the schedule permits, more off-ice training and classroom sessions. Each team will consist of players who are from one specific birth year and will play a PAHL schedule, as well as multiple tournaments and independent games throughout the season. Unlike independent games, which are included, tournaments for birth year teams are not included in the player’s tuition. These teams will also be placed according to the PAHL placement model, but the AAHL does not control placement. The commitment level for these teams is higher, and players are expected to make every effort to attend all team activities.

National Bound Programs

The AAHL is proud to promote and field Tier II National Bound hockey teams. The National Bound Tier II hockey program is for elite players who compete in the USA Hockey Tier II National Championships. The top 14u, 16u, 18u and 19u Girls teams are selected to be Tier II National Bound teams. These teams are expected to compete in the Mid-American District Championships and the USA Hockey National Championships. The commitment for these programs is significantly higher than non-National Bound programs and requires regular attendance to all team activities. Player fees include the cost of tournaments and independent games.

The Armstrong Arrows National Bound Program is High School (HS) Friendly. Players are permitted to miss practice for HS Games. Players must attend National Bound Practices when HS practices conflict.

8u and ADM

The AAHL follows the USA Hockey’s American Development Model for our 8u teams. The American Development Model (ADM) is a framework that USA Hockey uses to develop hockey players. Teams are organized based on skill level and development into “blue” “white” and “red” with “red” being the most advanced. Rosters are dynamic and can be adjusted accordingly at the discretion of the ADM Coordinator. Games are typically played in a ‘jamboree’ style on smaller surfaces and with multiple teams.



Financial Commitment

Tryouts and General Disclosures

- To be eligible to participate in the AAHL tryouts, a player must complete the online registration. All payments are made online, including the non-refundable tryout fee. **NO CASH OR CHECK PAYMENTS WILL BE ACCEPTED.**
- Every player must have current medical insurance to participate. Player parent(s)/guardian(s) are responsible in making sure that this coverage is in place prior to tryouts and maintained during team participation.
- At a minimum one tryout session will be provided for each division.
- ADM registration skates will take place in the springtime, and initial team placement evaluations will take place in the fall, prior to the beginning of the jamboree schedule. These evaluations are separate and distinct from all other age groups.
- All tryout fees are non-refundable. Refunds are not issued for missed sessions, declining a team offer, or for not being chosen for a team.

Any earned credits from the previous season cannot be used for the tryout fee or commitment fee. Once teams are established any credits will be applied to the remaining season fee balance. Questions concerning credits should be directed to the AAHL Treasurer at aahltreasurer@gmail.com

Team Evaluations

AAHL teams are selected based on a competitive criteria of AA, A, and B. The evaluation of players is necessary for the selection of teams. Players and families are bound by the results of these evaluations. Should you feel an appeal is necessary, you must bring your request, in writing, to the AAHL Board of Directors for consideration. The tryout schedule is based upon anticipated teams. Upon completion of tryouts it may be determined that we are not able to field certain teams, or additional teams may be added. The removal or addition of teams is at the discretion of the AAHL Board of Directors in collaboration with the respective hockey director and coaches.



Financial Commitment

Playing Up Policy

The AAHL philosophy of player development is that it is usually best for all players to play within their respective age group. However, in extraordinary circumstances a player's development may benefit from participating in a higher age group. Requests to play "up" must be in writing to the AAHL Board of Directors before tryouts of the upcoming season. Players are only permitted to tryout one (1) birth year higher (example – a 2nd year squirt could tryout for peewee, but a 1st year squirt is ineligible to tryout for peewee). A player that wishes to move upward in age classification, must—at minimum—score in the top 1/3 of all player's tryout evaluation scores at the higher age classification to be moved up.

The AAHL Board of directors may, at its discretion, move players upward in age classification to achieve a balanced team population. Such Board decisions will be made in conjunction with and on the recommendation of coaches, with parent's approval.

USA Hockey Registration

Online registration with USA Hockey is required. The USA Hockey registration fee is not included in the yearly dues for AAHL. Questions concerning the USA Hockey registration process should be directed to www.usahockeyregistration.com

Medical Liability Statement

If your child is injured during a USA Hockey, PAHL, PIHL, or Amateur Armstrong Hockey League (AAHL) sponsored/sanctioned event, you give permission to the person(s) in charge to seek medical attention. Upon entering events sponsored by USA Hockey or its member districts, you agree to abide by the rules of USA Hockey, PAHL, PIHL, and AAHL. You understand that participation in the sport of ice hockey constitutes risk of injury. You voluntarily and knowingly recognize, accept, and assume this risk and release USA Hockey and the AAHL, its affiliates, their sponsors, event organizers, coaches and officials from any liability, therefore.



Financial Commitment

Commitment Fee

If a player is offered a spot on a team he has a specific timeframe (24 hours) to decline the offer he receives. If the player declines his placement within the posted timeframe, the tryout/registration fee will be retained by the AAHL but there will be no further financial obligation to AAHL. If a player does not decline his offer, the position will be deemed to be accepted and the commitment fee will be charged and will become nonrefundable. When you accept a position on a team you are obligated to pay the entire Season Fee (lump sum or via payment plan) and the Commitment Fee (unless fee is due upon registration).

If a player decides to resign from AAHL after having accepted a position, it is the responsibility of that player or that player's parents to notify both an Executive Officer of AAHL and either the Manager or Coach of that player's team. The notification to the Executive Officer must be in writing. If resignation is received after August 1, 2025, all unpaid season fees will be due prior to issuing a release to play for another association.

Payments

At the time of registration, the option to pay in full or make payments will be available. All payments will be made online through the AAHL website. **NO CASH OR CHECK PAYMENTS WILL BE ACCEPTED.** The Commitment Fee will go towards the total season dues. If AAHL is charged a non-sufficient funds (NSF) fee for any player, that player is responsible to make that payment and also to pay any NSF fees charged to AAHL.

All AAHL teams include a payment plan option to make assist with timely tuition payments to the AAHL. This option comes with an additional \$50 fee to offset the cost of processing multiple transactions.

To ensure the financial stability of the Armstrong Amateur Hockey League (AAHL), if your account becomes delinquent according to the terms of this agreement, you agree that AAHL may commence proceedings before a District Justice or Magistrate to collect the unpaid amount and obtain a judgement for such amount plus interest and costs and execute on such judgement by all lawful means. **Players will be ineligible to participate in team activities until delinquent accounts are paid, unless alternate arrangements are made and approved by the AAHL Board of Directors.**

Volunteer Opportunities and Kitchen Buy-Out

AAHL is able to offer reasonable fees through the voluntary efforts of its members. The AAHL depends upon the families in the organization to participate in the running of the Belmont kitchen. If you do not wish to work in the kitchen, a buy-out is available at \$240/ player per team (\$60.00 per shift). In the event of a NO-SHOW for your shift, your account will be billed \$75.00/shift.

Coaching Fees

Coaching fees are included in the skater or goalie tuition to ensure proper compensation for the eligible AAHL coaching positions throughout the organization.



Financial Commitment

Uniforms and Player/Parent Responsibility

Arrows player uniforms consist of home/away jerseys, socks, and a shell. Each player will be required and responsible for the purchase and care of their Arrows uniform. Costs associated with their uniform are not included in the season fee. National Bound (14U/16U/18U and 19U Girls) Teams are required to wear navy helmets and gloves.

Required Equipment to Participate

All players must be equipped with the following: hockey skates, approved helmet with full face guard, mouth guard, throat protector, elbow pads, hockey gloves, shoulder pads, chest protector (goaltender), groin cup, padded hockey pants, shin guards, neck guard and a regulation hockey stick. USA Hockey Rule 304, regarding "Equipment" must be followed. **Costs associated with hockey equipment are not included in the season fee and are the player/parent responsibility.**

Assignment of Player Numbers

- All players beginning at the age of 7 in 8U/ADM through 19U will be eligible to lock their player numbers for their continuous AAHL career.
- Jersey numbers are subject to availability. Players will be able to lock in their number; provided there is not another player with a birth year directly above or below, that has previously locked in the chosen number.
- 8U/ADM players that are ages 5 and 6 will choose numbers; however, they will not be locked in until they reach the age of 7. **Example: If a player is 6 and a new player enters the league that is 8, both players will be allowed to use the number during 8U/ADM. This ensures the 8-year-old player to be able to lock that number for use in 10U.**
- In the instance that a player leaves the league, the player's number will be released and available for use by others and will not be held for the possibility of return.

Financial Commitment

Injury Exemption and Associated Costs

If a player becomes injured during the season and is not medically able to participate for more than 6 weeks, contact the treasurer to complete an injury exemption form to seek a reduction in season dues prorated to the length of the playing absence. Documentation from the doctor will be required and attendance requirements during the injury are up to the coaching staff.

Tournament Costs and Responsibilities

Most teams will participate in multiple tournaments and independent/exhibition games during the season. If your player's team participates in any tournaments or independent/exhibition games, that team is responsible for collecting the fee(s) to cover the costs of those tournaments and independent/exhibition games. Teams will communicate with their players the associated costs and expectations. AAHL cannot guarantee any number of tournaments as it is up to each team to research, register and pay for tournaments. Additional costs may be incurred including travel, accommodations and food that are not included in the team tuition. Teams may offset these costs through fundraising at the discretion of the team manager and Fundraising Coordinator.

Exceptions are as follows: Birth Year teams player fees include independent/exhibition games, and National Bound (14U/16U/18U and 19U Girls) player fees and fundraising include the cost of tournaments.

Release of "Use of Likeness"

By completion of the online registration, and/or appearing on a USA Hockey Roster for an AAHL registered team, all individuals (players, parents, guardians) consent to the use or publication of their image or likeness as part of any and all visual, audio, and/or video production, now or in the future, either produced by the AAHL or sanctioned by the AAHL, without requiring consent or compensation, and without protest. The AAHL has the authority to produce - or authorize production of - the name, image, and/or likeness of all (players, coaches, parents, guardians) for use on websites, social media networks, publications, and similar media at the sole discretion of the AAHL.



Financial Overview

AAHL Travel Teams (Mixed Year)

Teams	8u/ADM	10u	12u	12u Girls	14u	14u Girls
Number of Teams	4-6 (ADM)	1-2	2	1	1	1
Roster Size	9-12	12-15	12-15	12-16	12-15	12-16
Rostered Goalies	-	1-2	1-2	1-2	1-2	1-2
Tryout Fee	\$50 (Evaluation - Not Tryout)	\$175	\$175	\$175	\$175	\$175
Skater Tuition	\$850	\$2000	\$2000	\$2000	\$2000	\$2000
Goalie Tuition	-	\$500	\$500	\$500	\$500	\$500
Weekly Practices	2	2	2	2	2	2
Commitment Fee	\$100	\$500	\$500	\$500	\$500	\$500

Financial Overview

AAHL Travel Teams (Mixed Year) Continued

Teams	8u/ADM	10u	12u	12u Girls	14u	14u Girls
Number of Games	20+	30+	30+	30+	30+	30+
Number of Local Tournaments	1-2	1-2	1-2	1-2	1-2	1-2
Number of Travel Tournaments	1-2	1-2	1-2	1-2	1-2	1-2
PAHL	Yes	Yes	Yes	Yes	Yes	Yes

Note: Tournaments and Independent/Exhibition games are at an additional cost for mixed year teams, see page 9.



Financial Overview

AAHL Travel Teams (Birth Year)

Expected Teams	2016 (10u)	2015 (10u)	2010 (16u)
Number of Teams	1	1	1
Roster Size	13-15	13-15	15-18
Rostered Goalies	1-2	1-2	1-2
Tryout Fee	\$175	\$175	\$175
Skater Tuition	\$2200	\$2200	\$2200
Goalie Tuition	\$500	\$500	\$500
Weekly Practices	2	2	2
Commitment Fee	\$500	\$500	\$500
Number of Games	35+	35+	35+
Local Tournaments	Yes	Yes	Yes
Travel Tournaments	Yes	Yes	Yes
PAHL Games	Yes	Yes	Yes
Independent Games	Yes	Yes	Yes

Note: Tournaments for Birth Year Teams will have an additional cost. See page 9.



Financial Overview

AAHL Travel Teams (National Bound Programs)

Teams	14u	16u	18u	19u Girls
Number of Teams	1	1	1	1
Roster Size	14-16	16-18	16-18	16-18
Rostered Goalies	2	2	2	2
Tryout Fee	\$175	\$175	\$175	\$175
Skater Tuition	\$2700	\$3000	\$3000	\$2700
Goalie Tuition	\$700	\$700	\$700	\$700
Mandatory Fundraiser	Yes - \$500	Yes - \$500	Yes - \$500	Yes - \$300
Weekly Practices	2	2	2	2
Commitment Fee	\$500	\$500	\$500	\$500
Number of Games	40+	45+	45+	35+
Preseason Ice/Camps	Yes-Included	Yes-Included	Yes-Included	Yes-Included
Number of Local Tournaments	2	2	2	2
Number of Travel Tournaments	2	3	3	3



Financial Overview

AAHL Travel Teams (National Bound Programs) Continued

Teams	14u	16u	18u	19u Girls
PAHL	Yes	Yes	Yes	No
Tournament and Independent Games	Yes Included in Player Fees	Yes Included in Player Fees	Yes Included in Player Fees	Yes Included in Player Fees
HUDL Assist Video	Included	Included	Included	No
Player Equipment Bag	Included	Included	Included	Optional, but not included in cost

No Hidden Fees!

Fundraising

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Fundraising Opportunities

Throughout the season parents are offered the opportunities to decrease their hockey season costs. Some opportunities are league wide while others are available through individual teams. It is encouraged for parents and guardians to communicate with their respective team managers concerning the available fundraising opportunities.

Fundraisers/Fundraising: The league may choose to have one mandatory fundraiser during the season to ensure that adequate operating funds are available. The opportunity for additional individual fundraising credit to offset individual player fees will also be available. All fundraising needs to be approved by the AAHL Fundraiser Coordinator prior to implementation. Once implemented it is expected that any additional fundraising be reported through the respective team managers to be communicated to the AAHL Fundraiser Coordinator.

Additional fundraising opportunities may be available, however, no additional fundraising can be guaranteed.

Mandatory Fundraisers are required for all National Bound players in the amount of \$500 for 14U/16U/18U, and \$300 for 19U Girls or as otherwise directed by the National Bound Hockey Director.



Tryout Information

Tryout Location

All AAHL tryouts will be held at the **Belmont Complex at 415 Butler Road Kittanning, PA 16201**. Any change to the location or time will be communicated by the AAHL Hockey Director or National Bound Hockey Director.

Tryout Registration

Our tryout registration system is provided by AAHL Website/Crossbar Platform. Anyone registering must have an ID (email address) and password to access our registration system. If you are a returning player, you will need to retrieve your ID and password from the previous season. If you are new to the Arrows Organization, you may need to create a new ID and password.

In addition, all players must obtain a 2025-2026 USA Hockey number after April 1, 2025 at www.usahockeyregistration.com. With your USAH number, visit www.armstrongarrows.com and click on the Program Tab along the top of the menu bar and select the program that you are registering for, then follow the instructions for registration. All players will pay by credit card or ACH (bank account) withdrawal for tryouts. All players must register via the website – all payments must be made prior to taking the ice on the first night of tryouts. If a payment is not made the player may be removed from the tryout at the discretion of the respective Hockey Director. Additionally, all prior season balances must be paid in full before a player may be permitted to tryout.

Tryout Registration Fees

A non-refundable \$175.00 tryout registration fee (\$100.00 if registered prior to March 1, 2025) paid online prior to first day of tryouts. A \$500.00 commitment fee will be paid online via credit card or bank account (ACH) with tryout registration. The commitment fee will be refunded if you decline your position on the team within the allotted time period or if a position is not offered on a team.

Tryout Absence

If a player is going to miss all or part of tryouts, due to injury or illness, the player must still register and pay the tryout fee. The tryout team will make every effort to place the player on a team with similarly skilled players, however, no position can be guaranteed in order to maintain a fair and balanced tryout environment.

Tryout Information



First Date of Tryouts

All players must have registered online and paid tryout registration fee prior to first day of tryouts. Please note that the tryout registration fee is non-refundable. Players should arrive at the rink 60 minutes prior to each session and check in at the registration table - please bring:

- A copy of your player's birth certificate if new to playing for the Armstrong Arrows.
- Bring **two jerseys to every session** - one dark and one white. These jerseys should be unmarked. No names and no emblems of PAHL, PIHL, or AAA teams are permitted at tryouts. Please also remove identifying pants shells and socks for tryouts.
- Full USA Hockey equipment including neck guard and mouthpiece are required to attend tryouts.
- After the first session please check the AAHL website to confirm your next tryout time.

Post Tryout and Communication of Offers

After all tryout sessions are completed, the tryout numbers of the players that made a team will be posted on the Armstrong Arrows website. Shortly after results are posted, the head coach will reach out to all players to welcome them to the team. Once rosters are determined, each player may have the following options:

- If your player is offered a position on an AAHL team, you will have an established deadline to accept or reject the position.
- If a position is offered and you choose to decline the position before the established deadline, the commitment fee will not be charged. A response will be sent back confirming your decision to decline.
- If you do not respond within the established deadline in the invitation email, it is assumed that you have accepted your position on the team and the commitment fee will be charged to you and will NOT be refunded later.
- If your player is not offered a position on a AAHL team no commitment fee will be charged.

The offer email will provide the opportunity to set up payment options for the season. You will be able to pay in full or use our monthly payment plan for the season via credit card or bank deposit (ACH). **The commitment fee will be applied to your season fees. Payment plans will include a \$50 fee to cover the cost of multiple transactions.**

Questions

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Who to Contact

If you have any questions or concerns during the tryout process, please contact one of the following individuals:

For Armstrong Arrows Non-National Bound Programs Please Contact:

AAHL Hockey Director TBD: TBD

For Armstrong Arrows National Bound Programs Please Contact:

AAHL National Bound Hockey Director Lee Grafton aahlhockeydirector@yahoo.com

Any concerns or questions may be directed to the Board of Directors for additional review if needed.

This AAHL Tryout and Travel Guide is not a contract. This is a guide to help assist parents and players navigate through the registration process and hockey season. This guide will continuously be updated by the AAHL to provide you with the most current information. All information contained herein is subject to change at the sole discretion of the AAHL Board of Directors.