



Spartacats Girls Hockey

Informational Meeting

2026-2027 Season

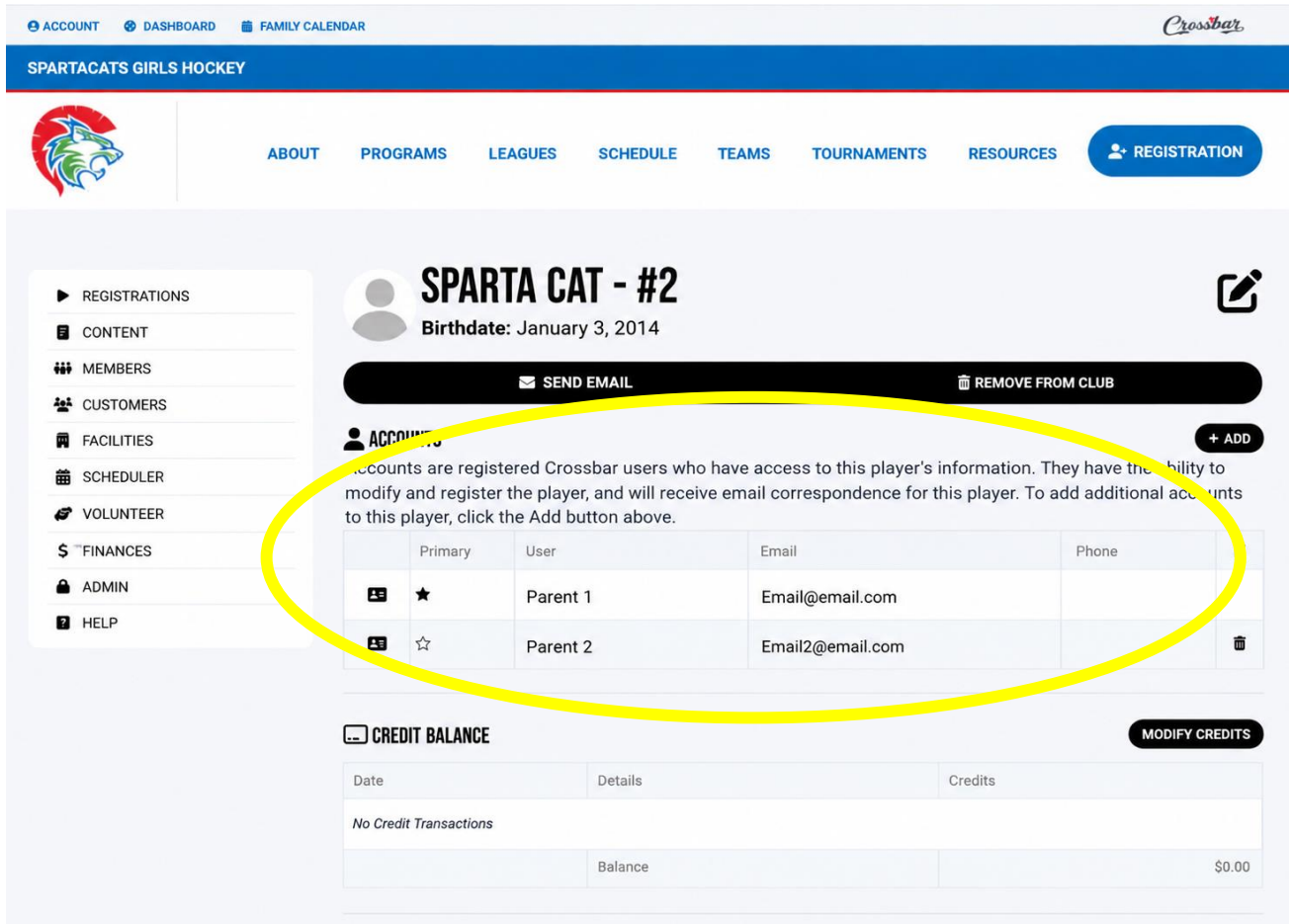
Agenda

- Introductions
- Communications and Crossbar
- Level Specific Summaries
- Warm Up Process
 - Skater & Goalie Skills
- Tryout Process
 - Evaluation sample
- Team Selection Process
 - Team Postings
- Tryout Reminders
 - Parents Role
- Questions

Introductions

- Spartacats Committee Members
 - Amanda Gust, Michael Lavine, Bri Lucio, Jake McPherson, Dan Seliga, Jim Smith
- Spartacats Hockey Development Committee Members
 - Jason Oberhamer, Katie Usset, Ashley Zaudke,

Crossbar Website, Rosters and Communication



ACCOUNT DASHBOARD FAMILY CALENDAR

Crossbar

SPARTACATS GIRLS HOCKEY

ABOUT PROGRAMS LEAGUES SCHEDULE TEAMS TOURNAMENTS RESOURCES REGISTRATION

REGISTRATIONS
CONTENT
MEMBERS
CUSTOMERS
FACILITIES
SCHEDULER
VOLUNTEER
FINANCES
ADMIN
HELP

SPARTA CAT - #2
Birthdate: January 3, 2014

SEND EMAIL REMOVE FROM CLUB

ACCOUNTS + ADD

Accounts are registered Crossbar users who have access to this player's information. They have the ability to modify and register the player, and will receive email correspondence for this player. To add additional accounts to this player, click the Add button above.

	Primary	User	Email	Phone
★		Parent 1	Email@email.com	
☆		Parent 2	Email2@email.com	

CREDIT BALANCE MODIFY CREDITS

Date	Details	Credits
No Credit Transactions		
	Balance	\$0.00

Be sure that all parents and/or guardians who should be receiving communications for the pre-season, tryouts and regular season are listed and associated with each player.

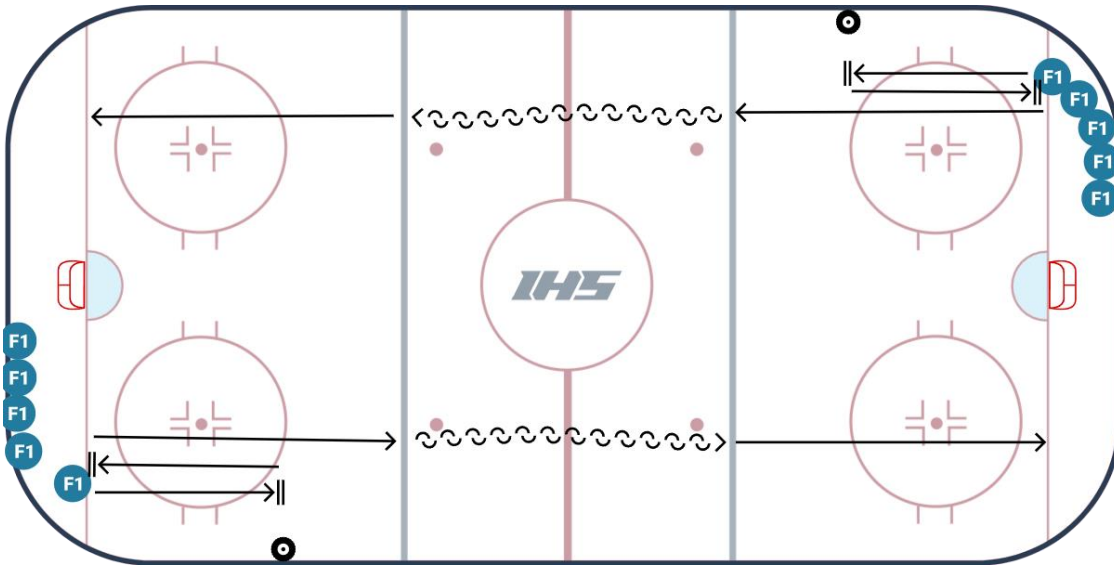
Level Specific Summary

- U12 –
 - 42 Skaters & 5 Goalies
 - 3 Teams
 - Level Coordinator: Bri Lucio
- U10 –
 - 63 Skaters & 5 Goalies
 - 5 Teams
 - Level Coordinator: Michael Lavine

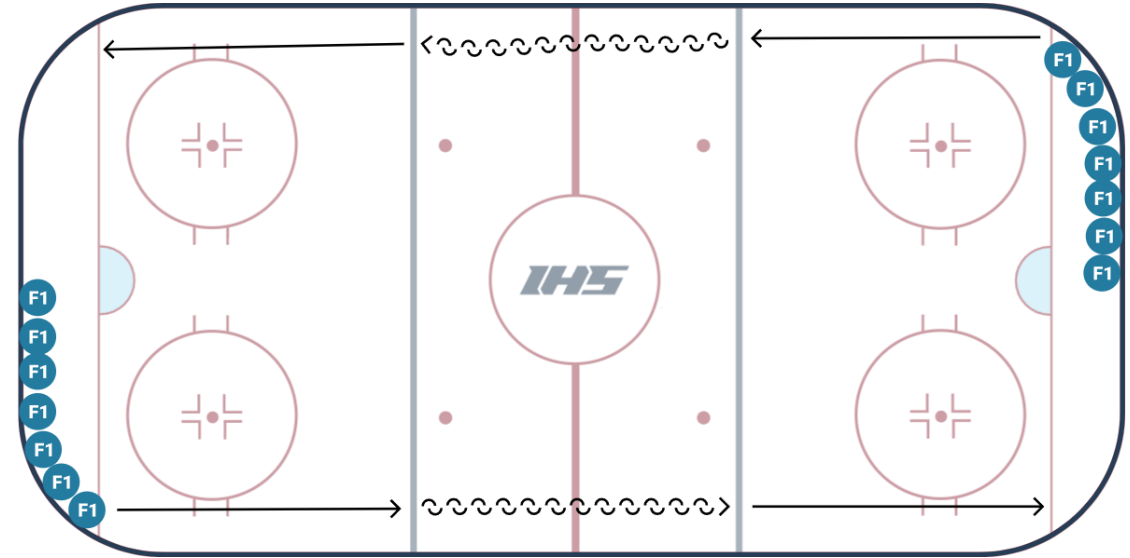
Spartacats Warm-up Process

- Skater Warm-ups:
 - Get back into skating after the summer
 - Learn the drills for Tryout Skills session
 - On-ice coaches will demo the tryout skill drills, allow kids to ask questions and understand the drills
 - Practice, Practice, Practice
- 2 Goalie Specific Warm-ups
- Intent of Warm-ups are to ensure participants feel comfortable back on the ice with their peers and with the drills they will be evaluated on during tryouts

Skater Tryout Skills

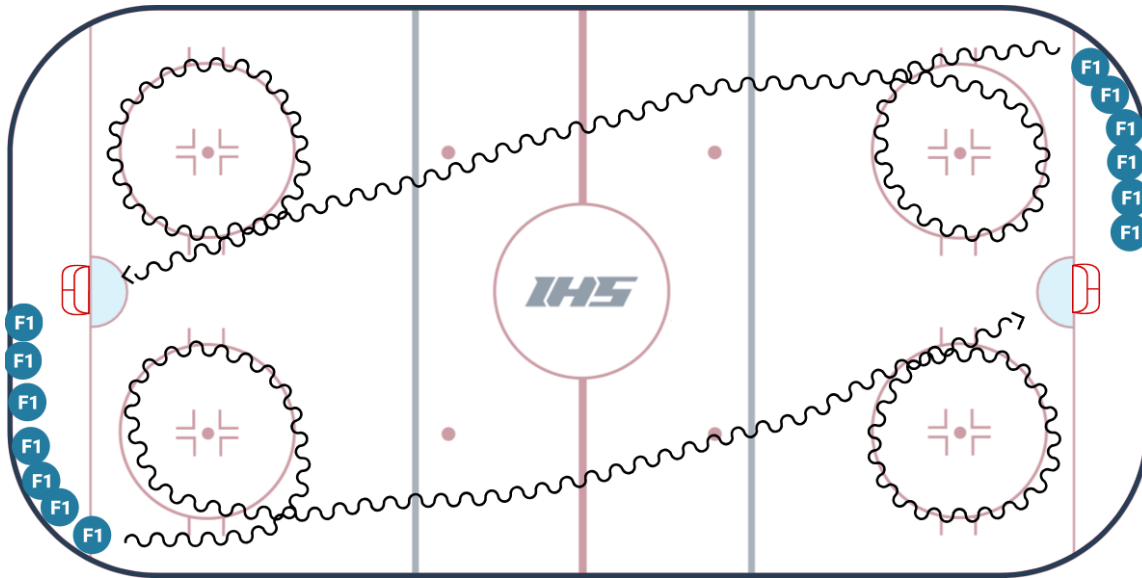


10U Starts and Stops with
Forward to Backwards to
Forward Skating

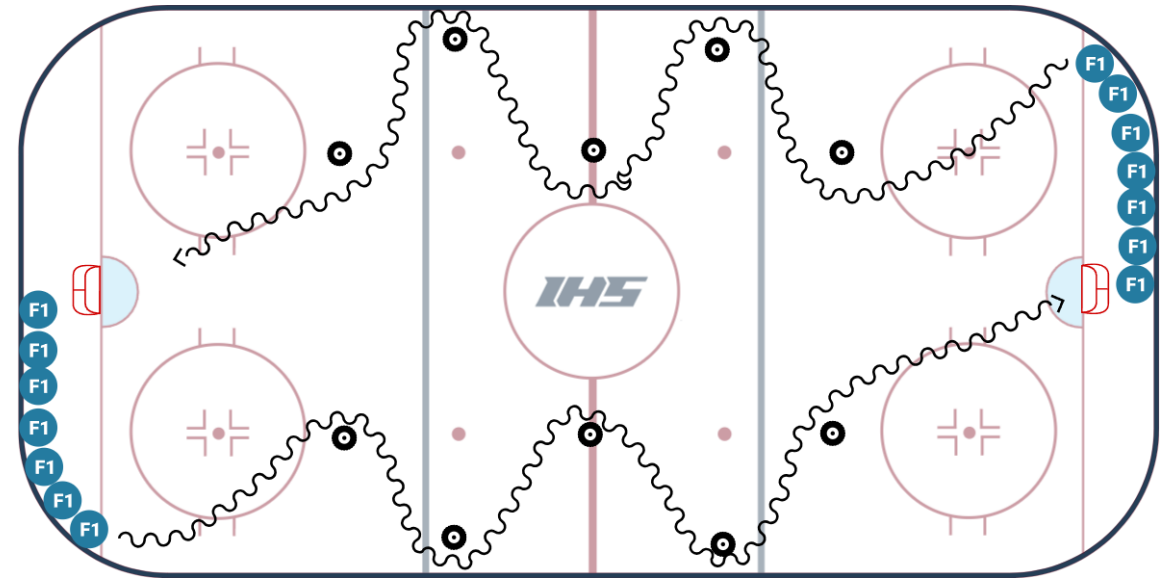


12U Transitions
Forward to Backwards to
Forward Skating

Skater Tryout Skills

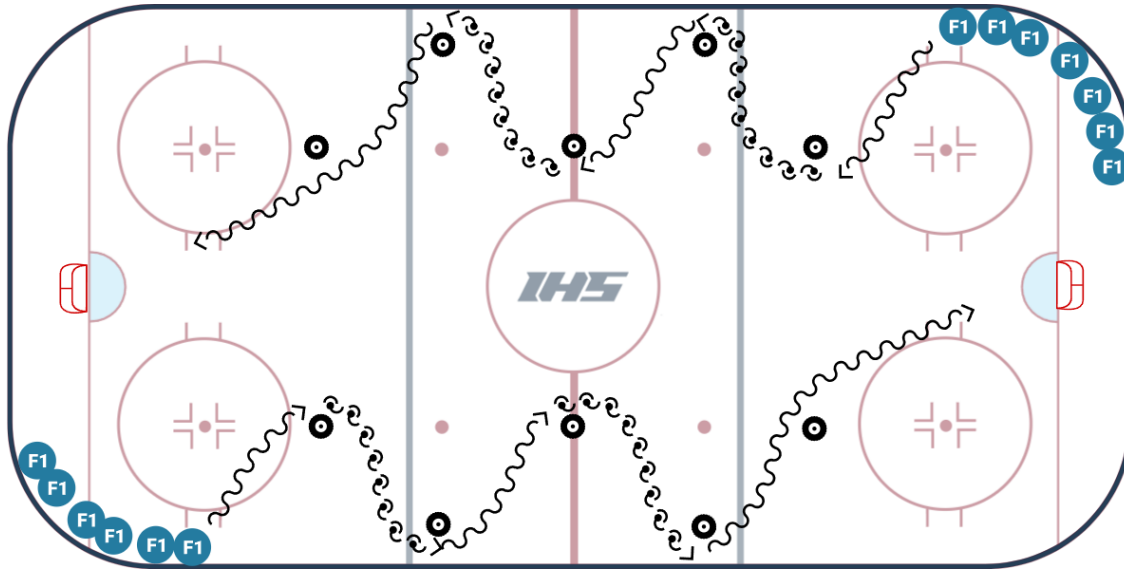


Crossovers (both directions) –
Forward Skating (with puck)

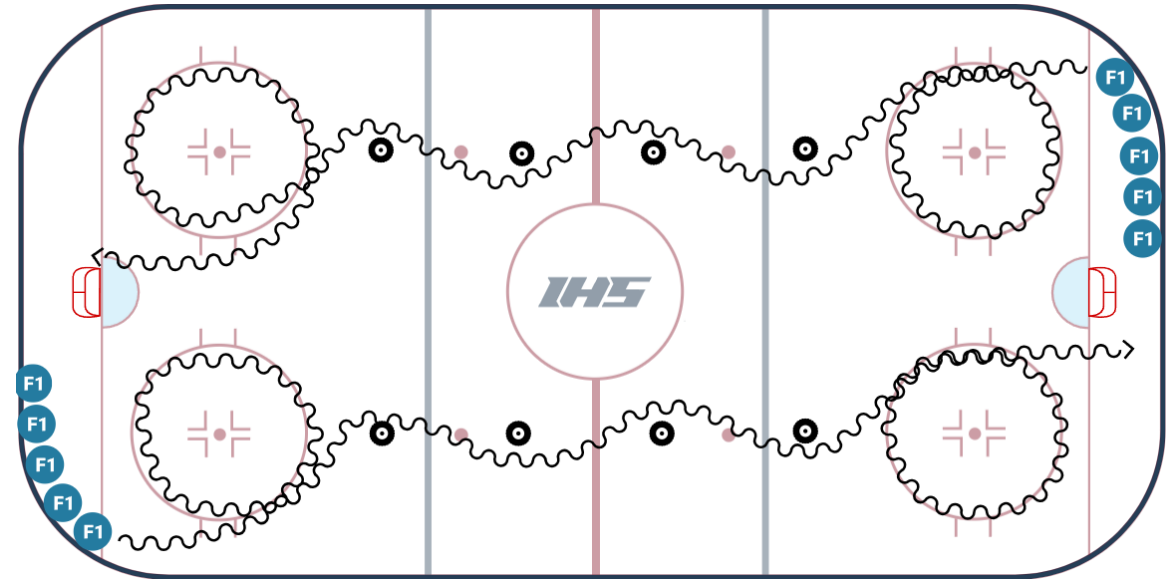


Forward and Backwards Skating
(with puck)

Skater Tryout Skills



Crossovers and Backwards Skating
(with puck)

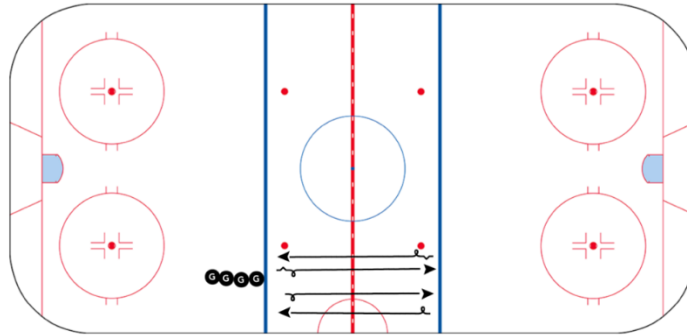


Forward Skating Weaves
and Crossovers (with puck)

Goalie Tryout Skills

- Standing Movement
- Down Movement
- Recovery Movements
- Save Selection
- Pivot V Slides (12U)
- Drill #1 - High/Low
- Drill #2 - Inside/Out
- Drill #3 - Goal line attack w/Puck

Goalie Tryout Skills



DESCRIPTION

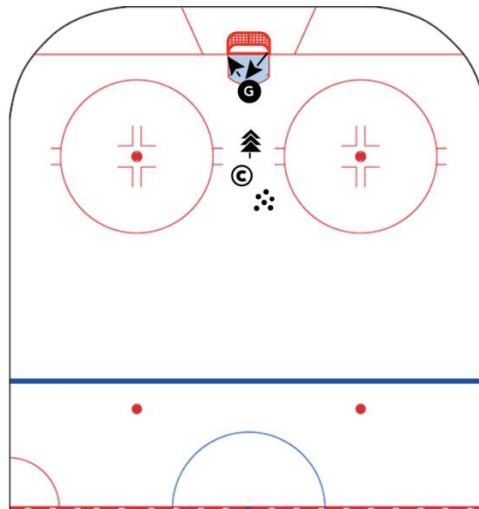
Goalies will perform the following skating techniques in both directions between the blue lines

1. Shuffles
2. T Pushes
3. Butterfly Slides
4. V Slides
5. Pivot V Slides

Key Points

WHAT EVALUATORS ARE LOOKING FOR

- Strong pushes
- Control of movement/stance
- Squaring up
- Stick and body positioning
- Overall technique and proficiency of the move



DESCRIPTION

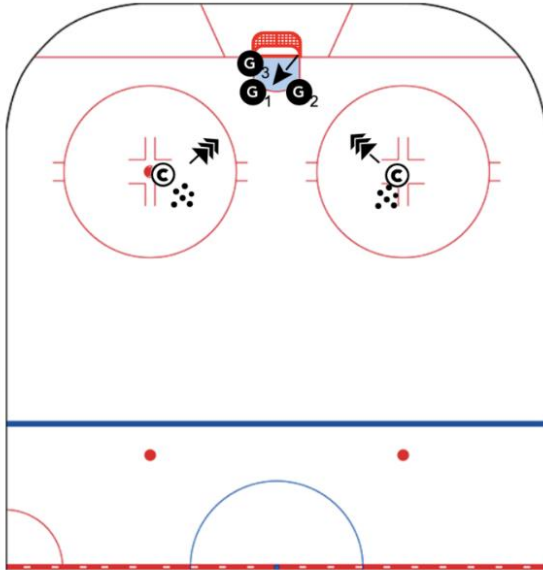
Goalie begins drill on the post. The goalie pushes to the top of the crease to take a shot from the coach. The goalie then recovers to the opposite post and the drill resets.

Key Points

WHAT EVALUATORS ARE LOOKING FOR:

1. Positioning on the post
2. Transition from post to the top of the crease
3. Depth and body positioning when receiving the shot
4. Recovery and speed to the opposite post
5. Overall execution and ability to demonstrate proficiency in the skill

Goalie Tryout Skills



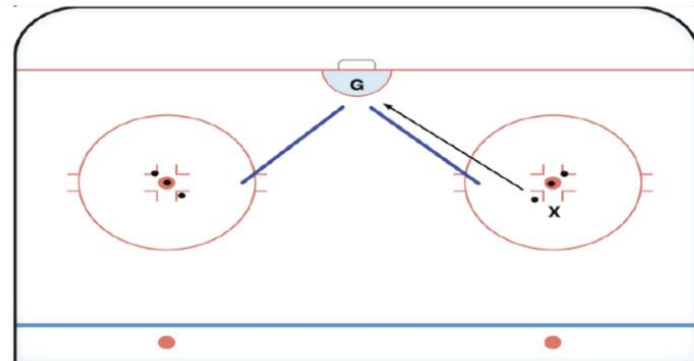
DESCRIPTION

Goalie begins drill on the post. The goalie pushes to the top of the crease. The goalie then recovers across the crease for a shot from a coach on the opposite dot. Goalie then executes butterfly slide back to opposite side for second shot. Goalie alternates starting posts and the drill resets.

Key Points

WHAT EVALUATORS ARE LOOKING FOR:

1. Positioning on the post
2. Transition from post to the top of the crease
3. Depth and body positioning when receiving the shot
4. Recovery and slide to the second shot
5. Overall execution and ability to demonstrate proficiency in the skill



THIS IS A CONTINUOUS DRILL

Drill Starts with Shooter coming down on a wide angle breakaway.

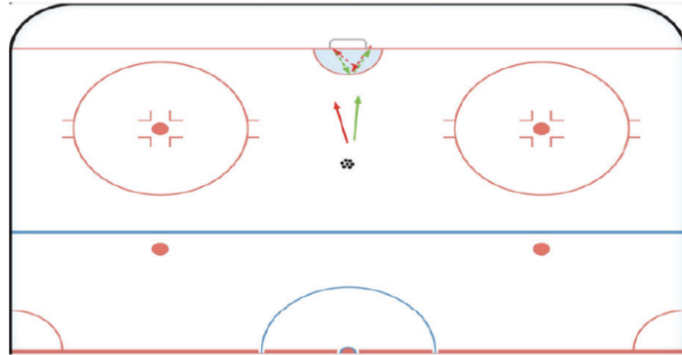
Shooter has to stay wide until he hits the crease then he can make a move.

After 1st shot, player grabs a puck from the other side and has the same rules. Players go every other side till all six pucks are gone

Notes

THIS IS A WIDE ANGLE BREAKAWAY NOT RIGHT DOWN THE MIDDLE!

Goalie Tryout Skills



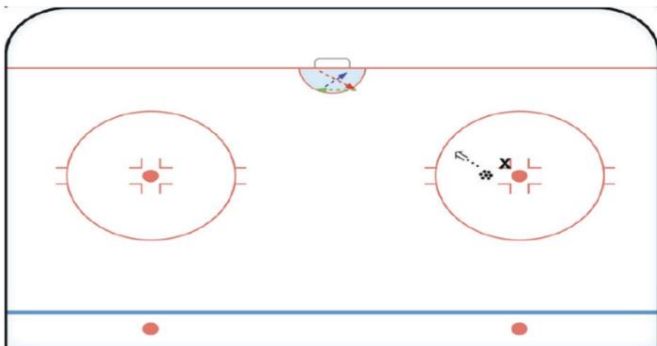
THIS IS A CONTINUOUS DRILL

Start on your post power stride out to pile of pucks

Shooter shoots the direction the goalie is going.

Notes

This drill is designed to make you establish your angles and make a clean save.



1st movement: Red line

2nd movement: Green Line

3rd movement: Blue Line

Drill starts With a Power Stride (t-push) Off our post (Red line)

1st shot far side.

Make the save recover to your feet then immediately recover to your feet and power stride (Green) to your far dot line angle.

BUTTERFLY DOWN and then v-slide to make second save (Blue)

Notes

Shooter shoots Far side on first shot and then shoots to score when GOALIE recovers back for a v-slide to their post

Spartacats Evaluators

- All female paid evaluation staff representing
 - Gold Medal / Hall of Fame USA Player
 - Current PWHL Players
 - College NCAA Players

Spartacats Tryout Process

- Day 1 – Individual Skills (and potential 1v1 or 2v2 competition drills)
 - Groups to be divided alphabetically
 - Evaluators discuss rankings and split the girls into Day 2 groups
- Day 2 – Competition Drills (3v3 and 5v5)
 - Evaluators discuss rankings and split the girls into Day 3 groups
- Day 3 – 5v5 Scrimmages
 - Evaluators discuss rankings and split the girls into Day 4 groups
- Day 4 – 5v5 Scrimmages, or whatever the evaluators want to see
 - Evaluators will discuss final team selections and help to form equal teams when two or more teams are formed at a specific level (ie 10B1 Blue and 10B1 White)

** Only evaluators, paid coaches and on-ice volunteers are allowed in the rink during tryout sessions.

Example Evaluation Forms



Eagan Hockey Association

** Spartacats U12 Skater Tryouts ** Fall '24 - Day 1 -
Skills - 12U Girls Skaters

Name:

Email:

Date:

Skater Skills

Eval Group	Player	Forward & Backwards	Crossovers to Right	Crossovers to Left	Shot on Net	Skating with the Puck	Transitions to Right	Transitions to Left	Comments
	26								
	27								

Skater Evaluation Form



Eagan Hockey Association

*** SPARTACAT 12U GOALIES *** Fall Tryouts '24 - 1 -
Goalie Skills Day - 12U Goalies

Name:

Email:

Date:

GOALIE SKILLS

Eval Group	Player	Standing Movements	Down Movements	Recovery Movements	Save Selection	Drill 1 - High/Low	Drill #2 - Inside/Out	Drill #3 - Goal line attack w/	Comments
	70								
	71								

Goalie Evaluation Form

Spartacats Team Selection Process

- Evaluators form teams with input from the Paid Coaches who attended all tryout sessions
- Head Coaches are then assigned to teams based
- Coaching interviews have been conducted over the past few weeks by the Spartacats Committee and Hockey Development Committee Members

Spartacats Team Postings

- Teams will be finalized following the last day of tryouts
 - Spartacats handbook defines potential exceptions (injury)
- Teams at the same level must be split equally (if applicable)
 - Spartacats may utilize past coaches to ensure an even split
- Teams will be posted on the Tryouts Page of the Spartacats website
- The Committee or Level Coordinators will send email to all parents once posted

Spartacats Tryout Reminders

- Parents are not allowed to be part of the evaluation process
- On-ice coaches do NOT evaluate
 - U10 coaches utilized for U12 on-ice
 - U12 coaches utilized for U10 on-ice
 - U8 coaches will fill in gaps & assist on-ice
- Players are identified by jersey # ONLY
 - Players will check-in on day 1 and provided their jersey for ALL tryout sessions.
 - They will return their tryout jersey into the bucket before leaving the locker room on day #4
- Players must remove/cover all non-Spartacats stickers or names from their helmets prior to tryouts
- Players must wear Spartacats colored socks for tryouts
- Player Groups will be posted on the Tryouts Page of the Spartacats website

Parents Role in Tryout Process

- Tryouts are CLOSED, no parents or public spectators
 - Only participants, on-ice coaches, and evaluators are allowed in arena
- Girls feel more comfortable without pressure of spectators
- Parents role:
 - Encourage your participant, remind them “work hard & have fun”
 - Amazing how a simple reminder to have fun can ease the pressure
 - Ensure your player is hydrated has been eating and sleeping well
 - Make sure your participant is on-time with proper equipment
 - Keep it positive!!!
 - When teams are posted, your participant will respond like you!
 - Feedback can be provided for your participant to help understand strengths & potential areas for improvement, but scores will not be shared

Questions

- For Questions/Concerns Regarding Tryouts Contact:
 - U12
 - Amanda Gust
 - U10
 - Michael Lavine

Questions?