

Frederick Freeze 2026-2027 Travel Program Information

Organization Overview

The Frederick Freeze is a Tier II Youth Travel Hockey program that fields teams at all age classifications (8U - 18U) including girls-only teams, offering a range of playing declarations including AA, Upper A, Lower A, and/or B teams. Freeze teams compete in the Chesapeake Bay Hockey League (CBHL) as well as the Atlantic Hockey Federation (AHF) as a secondary supplemental league.

8U Hockey

The Frederick Freeze have adopted the USA Hockey American Development Model (ADM) for our 8U teams. This model focuses on the individual development of our players through increased practice time, skating mechanics, an overage of puck touches for stick handling, passing, and shooting, and small game situations. These skills are emphasized during the two weekly practices. While the 8U Team(s) do not participate in a sanctioned league such as the CBHL, they will have a schedule that consists of home and away games, as well as 2-3 tournaments throughout the season.

Anticipated Travel Teams

It is the goal of the Frederick Freeze to field two teams per age classification. While it is our intent to field teams by birth year that compete at a AA playing declaration in the AHF (Upper A in the CBHL for minor birth years), the roster format of the teams as well as playing declaration will ultimately be determined by the skill level of the players trying out and the forecasted ability of a team to compete at a given playing declaration.

There are league guidelines in regard to roster construction based on minor to major birth year mix at each age classification. These may dictate our playing declaration based on playoff eligibility. More information on that can be found here:

[!2025_CBHL_RULES_TOC_JUSTIFIED](#), rule 6.1.j.

8U – birth years 2018-2021

14U – birth years 2012 and 2013

10U – birth years 2016 and 2017

16U – birth years 2010 and 2011

12U – birth years 2014 and 2015

18U – birth years 2008 and 2009

Practices

All practices, as well as home games, will take place at Skate Frederick – 1288 Riverbend Way, Frederick, MD 21701.

Each team in the organization should expect two practices per week throughout the playing season which runs mid-August through the end of February. These practices occur on weeknight evenings, primarily by age classification, on joint ice for a duration of 80-minutes per practice.

Additionally, coaches of teams are expected to incorporate video review classroom sessions and dryland training alongside their practice schedule. These will be scheduled and communicated by the coach, and may require additional weekday evening attendance or arriving earlier than anticipated for the practice slot to accommodate these developmental events.

Supplemental ice time is also available to the membership through power skating and skills clinics offered during the course of the season at no additional cost.

For goaltender development, the Frederick Freeze partners with Wolfe Hockey Development for weekly practice attendance as well as monthly clinic opportunities. Since partnering with Wolfe Hockey Development in the 2023-24 season, our goaltenders have experienced at least one touch point per week with our dedicated instructor, JT Ketzenberger, a Frederick Freeze alumni that went on to play Junior and ACHA Division 1 hockey, as well as opportunities to train in Laurel with a dedicated goaltending instruction setup.

Games

Frederick Freeze teams competing in both the CBHL and AHF can expect to play 50+ games between CBHL league play, AHF league play/showcase weekends, non-league games, tournament schedules and potential league playoffs.

The CBHL teams circulate the DC Metro area, with minimal need for overnight stays with the exception of Hampton Roads just South of Norfolk, VA.

The AHF is primarily comprised of teams from PA/NJ, and requires additional travel and occasional hotel stays. The Freeze will play a “partial AHF season” which is a 16-game schedule, eight of which are scheduled through two weekend showcases generally in the Philadelphia area, and eight games scheduled against selected opponents (four home,

four away). For the eight scheduled games, two games are usually played on the same day to accommodate the length of team travel while avoiding overnight stays.

Teams only competing in the CBHL (Girls and 18U) should expect 30+ games.

The 8U Team(s) will schedule games with teams typically within an hour driving radius, with the exception of tournaments. 8U Team(s) can expect 2-3 game weekends per month, with a 50/50 split of home and away games. The 8U program has also been a consistent participant in the Washington Capitals Mites On Ice program, and will look to continue that for the upcoming season.

All teams (10U and above) are expected to participate in three tournaments throughout the season, with at least one being a destination location. Generally, one tournament is played locally, one within a three-five hour drive, and one within a six-ten hour drive (excluding 8U). Tournament fees are not covered in the cost of regular season fees for the club, with tournament selection and associated costs covered directly by the members of each individual team. These fees will generally be communicated and organized by the Team Manager.

2026-2027 Tryout Schedule and Season Fees

Players wishing to tryout for the Frederick Freeze must register through the Frederick Freeze website ([Frederick Freeze | Tier II Travel Hockey](#)) alongside a \$125 non-refundable tryout fee (\$25 for 8U).

8U - \$2,000 Season Fee:

Saturday March 21st, 10:25-11:15am

Sunday March 22nd, 2:15-3:05pm

10U - \$3,400 Season Fee (\$2,550 for Goalies):

Friday March 20th, 6:00-7:00pm

Saturday March 21st, 11:30am-12:30pm

*Sunday March 22nd, 3:20-4:10pm

12U - \$3,500 Season Fee (\$2,700 for Goalies):

Friday March 20th, 7:35-8:35pm

Saturday March 21st, 1:05-2:05pm

*Sunday March 22nd, 4:25-5:15pm

14U - \$3,500 Season Fee (\$2,700 for Goalies):

Saturday April 18th, 9:00-10:00am

Sunday April 19th, 2:55-3:55pm

*Monday April 20th, 7:05-7:55pm

16U - \$3,500 Season Fee (\$2,725 for Goalies):

Saturday April 18th, 10:35-11:35am

Sunday April 19th, 4:30-5:30pm

*Monday April 20th, 8:10-9:00pm

18U - \$1,900 Season Fee (\$1,600 for Goalies):

Saturday April 18th, 12:10-1:10pm

Sunday April 19th, 6:05-7:05pm

*Monday April 20th, 9:15-10:05pm

Girls 10U and 12U - \$1,900 Season Fee (\$1,600 for Goalies):

Saturday March 28th, 11:30-12:30pm

Sunday March 29th, 2:25-3:25pm

Girls - \$1,900 Season Fee (\$1,600 for Goalies):

Wednesday April 22nd, 7:45-9:05pm

Thursday April 23rd, 7:35-8:55pm

Season fees include all practices and league games associated with the CBHL and AHF schedules, inclusive of playoffs and non-league games, within the scheduling parameters of the playing season (mid-August through end of February). It should also be the understanding that an individual team's practice schedule ends upon their final earned

game schedule (i.e. if a team does not make league playoffs, their practice schedule ends in line with their final regular season game).

Season fees do not include offseason activities, including but not limited to, pre-season or post-season team practices, tournament fees, travel expenses, player uniform packages, State Tournament/NTB designation fees.

Payment plans are available alongside a \$500 deposit with roster offer acceptance and a monthly installment plan of five payments spanning July-November. Payment is available via check, debit card or EFT, or credit card with an additional processing fee.

2026-2027 Tryout Policies

1) Roster Offer/Cut Determinations:

- a. Roster offers can be sent electronically any time between the start of tryouts and up to 72-hours after the last tryout session concludes
- b. No cuts will be made until after the second night of tryouts
- c. A third tryout day, noted in the above tryout schedule with an asterisk, is a callback day to make final roster determinations. Only players that are directly communicated to attend the third tryout date are invited to participate. Players who have been offered a roster position or notified of a cut are not eligible to attend
- d. Players selected at the 8U level will receive an “8U offer” to join the Freeze. Because of both rapid development at this age and 8U is not an official CBHL member, game roster determination will be finalized in September.

2) Tryout Procedures:

- a. Each player should plan to arrive to their initial tryout date early enough to be assigned a numbered tryout jersey that must be worn at each evaluation
- b. Player evaluations will take place by an Independent Evaluation Committee, formed by the Frederick Freeze Hockey Operations staff with qualified and disinterested parties to the age group of each individual tryout
 - i. This Independent Evaluation Committee will organize the drills and objectives taking place on the ice at tryouts, as well as act as the responsible party in the evaluation of players
 - ii. The Independent Evaluation Committee will debrief evaluation results alongside the applicable coaching candidates for the team(s) at each age level at the end of each tryout session

- iii. Final roster determinations will be heavily weighted toward the evaluations of the Independent Evaluation Committee, with coordination and input from the applicable coaching candidates for complete group alignment
 - iv. Goalies will be evaluated by the services of Wolfe Hockey Development within the course of the tryout sessions
- 3) 48-Hour Roster Acceptance:
 - a. Players that are offered a roster placement with the Frederick Freeze have 48-hours from the time the offer is sent to accept or decline their roster offer. If an offer is not responded to within that 48-hour time frame, those outstanding responses will be added to the team roster as an accepted response
 - b. Once teams have been formed within the above 48-hour roster offer response window, players will then be rostered with the Frederick Freeze and committed to the entirety of the season fee. It is the Frederick Freeze's policy that refunds are not given to players wishing to leave their selected team, as it is very difficult to find replacement players once tryouts have concluded. Until the season fee obligation has been met, a player will not be released from their team's roster. Per the rules set in place with our USA Hockey PVAHA Affiliate, until a written release is granted from the Frederick Freeze, the player is unable to register or play with any other team or club within USA Hockey
- 4) Coaching Staff Determinations:
 - a. The Frederick Freeze intends to finalize team coaching assignments throughout the tryout process and will be announced alongside roster offers in cases where selections are not predetermined

Frederick Freeze Hockey Director
Patrick St. Clair
patrick@frederickfreeze.com
301-675-8085

Frederick Freeze Associate Hockey Director / 8U Coordinator
Adam Levine
alevine@frederickfreeze.com
410-707-4315

Frederick Freeze President

Greg Dale

gregdale@frederickfreeze.com

703-624-6255

To stay connected to Frederick Freeze and engage with our digital content, please follow and bookmark the following pages:

[Facebook](#)

[Instagram](#)

[Website](#)