

ARVADA HOCKEY ASSOCIATION

14UAA GIRLS FACT SHEET

Welcome to another season of Arvada Hockey and the inaugural season for our 14UAA Girls team.

This Fact/Informational sheet is to give you an understanding of what to potentially expect for the 14UAA Girls season should your player be selected for the team. 14UAA is a Nationally Bound level, meaning if the team qualifies and wins the state playoffs (only the top 4 teams qualify for state), they will earn a birth to the USA Hockey District Tournament to represent Colorado for a potential birth to the USA Hockey National Tournament.

Attendance at all team events and activities must be a priority. Players are expected to be committed to team activities. Players need to respect each other's time and be punctual and prepared. Players are also expected to be dedicated students. Time management skills will be necessary for players to balance hockey and school obligations. Vacations are not an excuse to miss team activities. Illness, injuries, required academic events and activities and reasonable family issues are excusable reasons for absence.

Head Coach: Shawn Reid

Practices	- Team will practice 3 times per week (most weeks) with one of those practices is a Skills & Drills session approximately every 2nd Monday. Practice days and times are subject to change based on Arena and Club schedules. - Early morning practices are possible from time to time depending on Arena and Club schedules. Those practices will be at 6am on Thursdays or Fridays.
Games	Generally, there will be 1 - 2 games per week Friday-Sunday, most weeks.
Off-Ice Activities	There will be 1 off-ice sessions per week, most weeks. - This may be at the off-ice facility or at the Apex Arena. - This will be a Strength and Conditioning session, or a video/chalk talk session to go over systems
Tournaments	The Team will participate in 4-7 tournaments throughout the season. <i>There will be some tournaments that will incur additional expenses for entry fees, coach's travel including airfare, lodging, car rental (if needed) and Per diem (if needed). Potential Tournaments are below. Per player team fees may range from \$600-\$1,000 depending on tournament fee projections (bold).</i> - October 15-18: Silversticks Regionals (confirmed) - November 12-15: NGHL Ann Arbor (confirmed) - December 4-6: Ghost Pirates Cup: Savannah, GA (confirmed) - December 17-20: Arvada Girls Showdown ----- TBD – Dec 31-Jan 3 Potential: Colorado Cup Co. Springs/idle TBD - January MLK Weekend – Potential: undecided/idle TBD - February – Potential: Ft Myers/Austin State Playoffs if qualify, Jan 28-31 /Centennial Cup in March if don't qualify