

NWC RIVERHAWKS GIRLS HOCKEY



10U Tryout Information

For 10U families, 2026-27. What each day looks like, how players move between pools, how skaters are scored, how teams are formed, and what to do if your skater is sick, injured or away.

Evaluation overview

The 10U evaluation runs four days and moves players between two pools as the rankings develop. The chart on the next page shows the full week on one sheet. Session detail and times follow.

1. Day 1 measures every skater on the same five timed skills, which produces the initial ranking.
2. Day 2 is four 45 minute scrimmages, two in the morning and two in the afternoon, and every team plays twice. The ranking after it sets the pools. A pool is a group of skaters of similar ability who skate together, so a skater is measured against players at their own level. Pool 1 is the top group, followed by Pool 2.
3. Days 3 and 4 are the pool sessions, and skaters move up between them as evaluators rank them.
4. Goaltenders are evaluated and ranked on their own track throughout.
5. Day 4 is the final session with the top pool, and the top team is named from there.

Words you will see in this book

TERM	WHAT IT MEANS
Pool	A group of skaters of similar ability, placed on the ice together so each one is evaluated against players at their own level
Blue Rink, Gold Rink	The two sheets of ice at the STMA Ice Arena. Check which one your skater is on, they have separate entrances
Scrimmage	A practice game. An intrasquad scrimmage is one where both teams are made up of skaters from the same group
5 v 5	How many skaters from each team are on the ice at once, not counting the goaltender. 5 v 5 is normal game play
Timing gates	Electronic sensors that time each skater on the Day 1 skills, so the times are recorded by equipment rather than by a stopwatch
Team Genius	The evaluation software the association uses to hold the scores and produce the rankings
Evaluated ice	Any session a skater is scored at, whether it is a scrimmage, pool play or a game

10U Tryout Movement, 38 Skaters and 5 Goalies

Four days. Skater counts in black, goalie counts in purple. Every row must still add to 38 and 5.

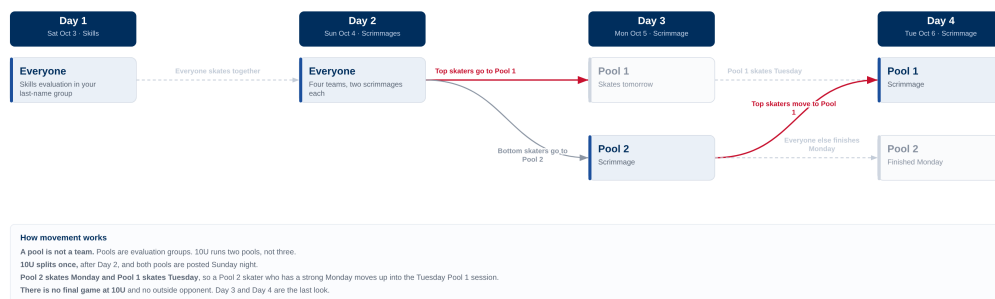
Day 1 Sat 10/3 Skills Evaluation	Blue Rink All 10U, 2 groups by last name 38 skaters total · Group 1 B-K 19 at 2:00, Group 2 L-W 19 at 2:45 5 goalies skate Sat 9/26 on Gold Skills testing. Five timed tests, each run twice, the better run scored. No scrimmage. Goaltenders are evaluated a week earlier on Gold, with the 12U and 15U goaltenders.
Day 2 Sun 10/4 Evaluation Scrimmage	Morning · Blue 11:30 AM - 1:00 PM 38 skaters, 4 teams of 10, 10, 9 and 9 Goaltenders ranked 3, 4 and 5 Team 1 v Team 2 11:30 Team 3 v Team 4 12:15 Two 45 minute scrimmages, back to back. Afternoon · Blue 4:15 - 5:45 PM Same 4 teams, new opponents Goaltenders ranked 1 and 2 Team 1 v Team 3 4:15 Team 2 v Team 4 5:00 Two 45 minute scrimmages. Every team plays twice on the day.
Day 3 Mon 10/5 Pool 2	Pool 2 · Blue 8:00 - 9:00 PM 30 skaters , 2 teams of 15 5 goalies · ranks 1 - 5 60 minute session. 4 minute warm up, two 26 minute halves, 5 v 5 throughout. 1 minute break and the goaltenders change teams.
Day 4 Tue 10/6 Pool 1	Pool 1 · Gold 7:45 - 8:45 PM 26 skaters, 2 teams of 13 3 goalies · ranks 1, 2, 3, all three play 60 minute session. 4 minute warm up, two 26 minute halves, 5 v 5 throughout. 1 minute break and the goaltenders change teams. Pool 2 Evaluation complete. 12 skaters, 2 goalies.
Three 10U teams. 10U A and two equally balanced 10U B teams. Teams are built from the evaluator rankings once every session is scored, and every skater is placed on a team.	

Day 4 totals: 26 + 12 = **38 skaters balances** Goalties: 3 + 2 = **5 balances**

10U Tryouts 2026-27 · How Skaters Move

Every box is a pool and every line is a route a skater can travel. Follow the lines out of your skater's pool to see where they can go next.

— Moving up a pool — Moving down a pool --- Staying in the same pool



St. Michael Albertville Youth Hockey Association · All times subject to change · Questions go to the Executive Hockey Director, not to evaluators or coaches at the rink.

The four day format

Every 10U skater is evaluated across four days at the STMA Ice Arena. Skaters and goaltenders are counted and evaluated separately throughout. Counts are shown as total skaters, then skaters per team.

DAY 1 · SKILLS EVALUATION
Full level, two groups

Saturday October 3 · Blue Rink

38 skaters total / two groups by last name, 19 skaters per group. Find your group by last name below. Players work through five timed drills, twice. Each drill is run twice and the better of the two runs is the one scored. There is no scrimmage on Day 1.

GROUP 1	GROUP 2
B - K	L - W
2:00 - 2:45 PM	2:45 - 3:30 PM

Goaltenders skate their own sessions. The 5 10U goaltenders are evaluated on Gold Rink on Saturday September 26, 11:30 AM - 12:15 PM and 4:00 - 5:00 PM, together with the 12U and 15U goaltenders. That is a week before the skaters. The group times above do not apply to goaltenders.

DAY 2 · MORNING SCRIMMAGES

Sunday October 4 · Blue Rink · 11:30 AM - 1:00 PM

Full level, four teams**38 skaters total** / four teams of 10, 10, 9 and 9 skaters. **Goaltenders ranked 3, 4 and 5.**

Two 45 minute scrimmages, back to back.

SCRIMMAGE	MATCHUP
11:30 AM - 12:15 PM	Team 1 v Team 2
12:15 - 1:00 PM	Team 3 v Team 4

DAY 2 · AFTERNOON SCRIMMAGES

Sunday October 4 · Blue Rink · 4:15 - 5:45 PM

Full level, same four teams**38 skaters total** / the same four teams. **Goaltenders ranked 1 and 2.**

Two 45 minute scrimmages, back to back. Every team plays twice across the day.

SCRIMMAGE	MATCHUP
4:15 - 5:00 PM	Team 1 v Team 3
5:00 - 5:45 PM	Team 2 v Team 4

After Day 2. The highest ranked **8 skaters** move straight to the Day 4 session in Pool 1. The other **30 skaters** and all **5 goaltenders** skate the Day 3 session in Pool 2.

DAY 3 · POOL SESSION

Monday October 5 · Blue Rink · 8:00 - 9:00 PM

Pool 2

30 skaters total / 15 skaters per team, two teams. **5 goaltenders**, ranked 1 through 5, all of them. 60 minute session. 4 minute warm up, then two 26 minute halves. Play is **5 v 5** throughout. There is a 1 minute break between halves and the goaltenders change teams.

After Day 3. The skaters ranked **9 - 26** and the goaltenders ranked **1 - 3** join Pool 1 for the Day 4 session. For the other **12 skaters** and **2 goaltenders** this is the last session of the week. Their scores still count toward final placement.

DAY 4 · FINAL SESSION

Tuesday October 6 · Gold Rink · 7:45 - 8:45 PM

Pool 1

26 skaters total / 13 skaters per team, two teams. **3 goaltenders**, ranked 1, 2 and 3, and all three play. 60 minute session. 4 minute warm up, then two 26 minute halves. Play is **5 v 5** throughout. There is a 1 minute break between halves and the goaltenders change teams. This is the last evaluated session of the 10U tryout.

How teams are formed

10U skaters advance on overall ranking rather than by position quota. Position is considered by the coaches when the top team is named.

Three 10U teams are projected for this season. Team sizes are a projection at this stage, 12 to 13 skaters and 1 to 2 goaltenders per team. The number of teams and the final roster sizes are confirmed when teams are named.

TEAM	TEAM	TEAM
10U A	10U B	10U B

The two B teams are built to be even. The A team is named first. Both 10U B teams are then filled by snake draft off the final player rankings, so the two are balanced against each other rather than one being stronger than the other.

Every skater is placed on a team. The pool a skater finishes in is not the team they are named to. All 38 skaters are placed across the three 10U teams once evaluation is complete.

Rankings are refreshed after every session. That is what allows a skater to move up as the week goes on.

Pools are emailed to families after each session. Teams are posted on the association website, emailed directly, or both.

The association aims to announce teams and coaches within **48 hours** of the last tryout session.

Set in the policy, not here. Locked places, the coaches pick pool, how the top team is finalized, and when teams are announced are set in the STMA Tryout and Evaluation Policy, published with these documents. This book covers how the 10U tryout runs on the ice.

How teams are formed, continued

Where every skater and goaltender sits at each point in the week.

POINT IN THE WEEK	WHO SKATES NEXT	WHO IS FINISHED
After Day 1	All 38 skaters and 5 goaltenders, no split yet	Nobody
After Day 2	The highest ranked 8 skaters go straight to the Day 4 session in Pool 1. The other 30 skaters and all 5 goaltenders skate Day 3 in Pool 2	Nobody
After Day 3	The skaters ranked 9 - 26 in Pool 2 and the goaltenders ranked 1 - 3 join Pool 1, for a Day 4 pool of 26 skaters	12 skaters and 2 goaltenders, evaluation complete
Day 4	26 skaters in two teams of 13, and all 3 goaltenders play	Evaluation complete for the level

Skills testing, the five timed tests

Every skater runs the same five tests on Day 1, twice, and the fastest attempt is the time used. Tests 2 and 3 are scored off a single skate with two splits, so a skater takes four runs to produce five scores.

TEST	HOW IT IS RUN
1. 5-10-5 change of direction	Starting at the red line in the middle of the ice, the skater goes to the blue line and stops, turns back through the start and on to the far blue line and stops, then returns through the middle. It tests how quickly a skater can stop, turn and get going again. No puck.
2. Acceleration	A standing start on the goal line, timed over the first stretch. This measures how fast a skater gets up to speed.
3. Full speed	The same run continues down the ice, timed over the open middle stretch. This measures top speed once a skater is already moving.
4. Forward and backward transition	The skater goes the length of the ice switching between skating forwards and backwards. This is the skating a defenseman does constantly in a game.
5. Puck control	The skater carries a puck in and out of a line of obstacles, weaving from one side to the other. This measures puck handling at speed.

Test video

Each test is filmed. Scan the code or click either the code or the link to watch the test run at full speed.



Test 1

5-10-5 change of direction
youtu.be/f7ucM15BzJg



Tests 2 and 3

Acceleration and full speed
youtu.be/bRlxkhs_7z0



Test 4

Forward and backward transition
youtu.be/NJbQJmIXdPE



Test 5

Puck control
youtu.be/UbDMFC5gSrA

Each test is timed at the gates against the number your skater is given at check in. The same five tests are run at every level.

How players are scored

Every skater ends the week with a single overall score, held in the evaluation software the association uses. That score is built from two things: the timed skills on Day 1, and the scores evaluators give at each session after that.

Skills score, Day 1

Five timed drills. The fastest of a skater's attempts is the time used. Skaters are then ranked within each drill. The five drill scores are averaged, and that is the score for the session.

What evaluators score

Every session after the timed skills is scored by the evaluator panel in two core categories, Skating and Puck Skills, and Game Play. Each category covers the criteria listed under it. This is the full list. A skater is not scored on anything outside it, and nothing is added or changed once tryouts begin.

CATEGORY AND CRITERION	WHAT THE EVALUATOR IS LOOKING AT
Skating and Puck Skills	
Skating	Speed, stride, edges, balance, agility and change of direction under game conditions
Stick handling	Puck control in motion, in traffic and under pressure
Passing	Accuracy and timing of the pass, and the ability to receive one
Shooting	Release, accuracy and shot selection
Game Play	
Hockey sense	Reading the play, positioning, decisions with and without the puck, support of teammates
Soft skills	Attitude, body language, penalties taken, and treatment of teammates, opponents and officials

Body checking is not part of the girls game, so physical play is not one of the criteria.

How players are scored, continued

Session weights

The association applies one weighting at every level. A small portion of every skater's score comes from the Day 1 timed skills. The large majority comes from the evaluated ice that follows, spread across the sessions the skater actually skates.

COMPONENT	PORTION OF THE SCORE	WHO IT APPLIES TO
Day 1 Skills Evaluation, the five timed tests	Small portion	All skaters
All remaining evaluated ice	Large majority	Every skater, on the sessions they skate

Evaluated ice means any session a skater is scored at, whether that is a scrimmage, pool play or a game. Those sessions are not required to carry equal weight. A later session may carry more, because a skater there is evaluated against a stronger group. The weighting is set before the first session, is the same for every skater at this level, and does not change once tryouts begin. The number of sessions after Day 1 varies by pool.

Goaltenders. Goaltenders are scored and ranked on their own track and are never ranked against a skater. A large portion of a goaltender's score comes from the two goaltender skills sessions, with practice, scrimmage and game play carrying a smaller portion.

Skaters who move up. Scores are not restated when a skater changes pools. A skater who moves up carries the score already earned, and from that point is scored and ranked in the new pool.

Check in and equipment

Who evaluates your skater

Every skater session is scored by a minimum of 3 player evaluators, and goaltender skills sessions by a minimum of 1 goalie evaluator. All evaluators have high school, junior or college hockey coaching, scouting or playing experience.

ITEM	HOW IT IS HANDLED
Arrival time	45 minutes before the Day 1 session, 30 minutes before every session after that
Timing number	Assigned at check in on Day 1, with the jersey. There is nothing to bring or look up beforehand
Tryout jersey	Assigned at check in on Day 1, Saturday October 3
Socks	NWC colored socks are required and are issued at the same check in
Helmet label	Issued at check in with the jersey and carries the timing number. It does not match the jersey number
End of tryout	The tryout jersey is returned at the end of your skater's final session. Jerseys are association property and are reissued each season

What your skater brings

BRING	WHY
Skates sharpened	Day 1 is timed. Dull edges cost a skater time on every start, stop and turn
Two sticks	A broken stick in the middle of a timed drill or an evaluated scrimmage costs a skater the rest of that session
Water bottle, named	Bottles are not shared. Put your skater's name on it

What to expect on Day 1

Arrive at the STMA Ice Arena 45 minutes before your skater's Day 1 session and 30 minutes before every session after that. Your skater picks up a tryout jersey, socks and a helmet label at check in, and should be on the ice at the start of the session in full equipment. Groups and times are sent to families before Day 1.

At the rink

How the rink runs during tryout week.

WHAT	HOW IT WORKS
Sessions are closed	Tryout ice and the locker room areas are closed to spectators for every session. This applies to all parents and to board and committee members alike
Nothing is streamed	LiveBarn is turned off for every tryout session. No session is streamed, recorded or broadcast. This protects the skaters and keeps evaluation footage from circulating
Who is at the rink	Approved evaluators, tryout staff and confirmed coaches for age groups where they do not have a child participating. Anyone with a child in the age group stays away from that age group's sessions
Contact during tryouts	There is no contact between parents and evaluators or coaches during the tryout. Anything necessary, including illness, injury and equipment problems, goes through John Swanson, Executive Hockey Director, jswanson@stmayh.org and girlshocdirector@stmayh.org
Cost to try out	No player pays a fee to be evaluated for any team at any level
Your skater's ranking	Scores are confidential during the tryout. After teams are posted you may request your own child's individual evaluation report on the Post-Tryout Inquiry form. You receive your own child's ranking only, never another player's scores, ranking or placement
How long records are kept	Tryout scores are retained for 12 months for audit purposes, then destroyed

If something comes up

Each of these is a form rather than an email, so a request is documented and gets an answer. Every one has a deadline and a standard it is judged against. Submitting a form is a request, not an outcome.

IF THIS HAPPENS	WHAT TO DO, AND WHAT APPLIES	FORM
Your skater will miss a session	Absences are excused in rare cases only. Submit the Excused Absence Request in advance and wait for an exemption before the session. Do not assume it will be granted. An absence that was not approved beforehand is unexcused and scores zero for that session.	Open form
Your skater is injured or ill	Submit the Tryout Injury Hold and attach the note from the treating provider to the form. Without the provider note there is no hold.	Open form
You want your skater considered for a lower team	Submit the Lower Team Placement Request before teams are formed. Once teams are formed it cannot be actioned.	Open form
You are asking to move up for any other reason	Submit the Play-Up Request. It is reviewed against the policy and it is not automatic. A request is not a placement.	Open form
You have a question after teams are posted	No inquiry is accepted in the first 48 hours after teams are posted. After that, submit the Post-Tryout Inquiry within 72 hours. You receive your own child's evaluation report. The result of the review is final.	Open form