

AUSTIN METRO HOCKEY ASSOCIATION



2025-26
TEXAS RISING STARS
PROGRAM

Best Sport Ever!



What benefits are there to playing Ice Hockey?

- Mental Health Benefits
 - Confidence building
 - Self esteem building
 - Serotonin boosting
 - Community, sense of belonging
 - Mentors, coaches, role models
 - Learn to Work as a team/collaboration for common goal
- Physical Benefits
 - Cardiovascular Health
 - Strength Building
 - Coordination
 - Balance
 - Agility
 - Cognitive reasoning
 - Spacial awareness

Something for Every Level of Player



Texas Jr. Stars (TJS)

Travel league within the Texas Hockey League (THL).
Ages 10u-18u



Texas Rising Stars (TRS)

House/Rec league. Ages 6u-14u
Includes option to participate on Tournament Teams



Girls Hockey Club of Austin

Optional add-on for all female TRS and TJS players



Goalie Specific Training

Weekly Goalie specific training provided by professional
Goalie coaches



Power Edge Pro

Advanced skills training for all TRS and TJS players



Hockey Leadership

- Angie Vaught, Hockey Operations
- Adam Powell, TJS Hockey Director
- Austin Ice Bats, TRS Hockey Director
- Lenard Swain, President, Girls Hockey Club of Austin



3 Distinct Seasons

Fall Season- September-March

AMHA Offerings: TRS, Ice Bats, TJS

Spring Season- April-May

AMHA Offerings: Upper Level Training Session (Build the Machine)

Rink run programming for the TRS and entry level

Summer Season- June-August

AMHA Offerings: TJS Practices, Small Area Games

Rink run programming for TRS and entry level

Ice and Field at the Crossover and Chaparral Ice at Northcross Mall are our home rinks. We rent ice from the HEB center when available.

It's A Marathon...



What other sport do you have to learn a foreign fundamental skill before you even get to start to LEARN the sport?

- Player development is by no means a linear path. Every player is different and develops on their own timeline. LTAD- We have to teach them the correct skill, information at the right time for them to gain the biggest bang for their buck.
- 6U & 8U – FUNdamentals, Agility-Balance-Coordination, Speed, Comfort with Contact- basic hockey skill acquisition. Foundation. Rules and Concepts.
- 10U & 12U- Learn to Train Skill acquisition and Advancement Speed Concepts, Habits, Comfort with Contact. Environmental cues shape action. Introduction to how concepts and habits=team play.

It's A Marathon...



- **14U & 16U– Training to Train Stage**
- On-ice and fitness training should be individualized, competition results should still be secondary. Training volume increases, complementary sports are still recommended. Players tend to decide if they want to continue at recreational level or specialize in ice hockey.
- **18U & NTDP Learn to Compete Stage**
- Objective of this stage is to prepare athletes for competitive environment, while continuing to refine technical adaptability, ancillary skills and develop physical attributes.
- Training volume and intensity increase so recovery and monitoring become essential.
- **20U Juniors and NCAA Train to Compete**
- Objective is to transfer from training environment to a competitive environment. Must consolidate technical skills and maintain ancillary skills and underlying physical capacities. The competitive performance should be predictable and appropriate. 10 months of the year.

Texas Rising Stars 2025-26

How We Deliver Quality Programming



- In Person Coaching Clinics and Training Seminars- Growing our Leaders to Lead Effectively
- Expectations for our Players:
 - Willingness to learn, to be part of something bigger than yourself
 - Set goals, be responsible for them and your personal improvement
 - Respect your coaches, peers and self
 - Have Fun!
 - Give back to your community (Learn to Skate, Learn to Play, food drives, etc.)
- Leadership Course, Culture Club Sessions- Sportsmanship, Empathy 101, Safesport/Diversity training, Coach Training
- Program-wide Team Bonding, and team dryland training, team bonding.
- Conditioning sessions program-based.
- Monthly Hockey IQ training.
- Team Parity across the age groups.

Texas Rising Stars 2025-2026

Season Details 6U



- 6U
- On-ice, age-appropriate training
- Off-ice, age-appropriate A-B-C training
- Age group bonding events
- All registered players will get a free season ticket to all Austin Ice Bats home games at The Crossover!
- August 16th Knock-off-the-Rust skate and Gear Swap.
- Sept 8th, 2025 Season Starts and ends early March 2026.
- September 8-20th TRS Training Camp. On ice and off ice sessions with dryland and conditioning.
- September 20th weekend – TRS Festival of Fun Weekend! Games, Bouncy house, team building.
- We are only as strong as those who support us! Volunteer opportunities available! Coaches, Team Manager, Locker Room Attendant, Scorekeeping, Videographer, Social activities, and other opportunities. TRS registration will have a volunteer section to check.
- Scholarship Application Registration will be on the website May 25, 2025.

Texas Rising Stars 2025-2026

Season Details 8U-14U



- 8U-14U
- Four franchises with two levels of play. Green and Grey. Includes jersey, socks.
- Team Bonding set by age group coordinators for all teams.
- All registered players will get a free season ticket to all Austin Ice Bats home games at The Crossover!
- August 16th Knock-off-the-Rust skate and Gear Swap.
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Texas Rising Stars 2025-2026

Season Details

Practices will be at Northcross, The Crossover, and HEB Center *below times subject to change with rink schedule

- 6U
- Practices: Monday 5:15-6:15 pm Ice and Field or Friday 5:15-6:15 pm Chaparral Ice (pick 1 option)
- Games: Saturday 1:15-2:15 pm Dryland before or after
- 8U
- Practices: Wednesday 4:00-5:00 pm Ice and Field or Friday, 5:15-6:15 pm Ice and Field or Chaparral Ice (pick 1 option)
- Games: Saturday Mid-morning: 11:15 am or 12:15 pm (teams will rotate)
- 10U
- Practices: Fridays 5:15-6:15/5:45-6:45 pm Ice and Field or 6:30 pm Chaparral Ice
- Games: Saturday mornings (7:30, 8:45, 10:00 am)
- 12U
- Practices: Monday evenings Ice and Field 7:30, 7:45 pm or Fridays 6:30 pm Chaparral Ice (Teams will be assigned to I&F slots, players can choose Chap for logistics)
- Games: Saturday afternoons (4:45, 6:00, 7:15 pm)
- 14U
- Practices: Friday evenings Ice and Field (7:00, 7:45 pm)
- Games: Saturday late afternoons (4:15, 5:30, 6:45 pm)



Texas Rising Stars 2025-2026 Tournament Team Option Austin Ice Bats



- Players must register and play in regular league play.
- September-February. Sunday am practice day and scrimmage day.
- \$999. Gear package \$140 includes 2 jersey, 2 socks
- Hockey IQ sessions x 1 per month.
- 2 Tournaments included in fees:
- Tournament Dates and Locations – PPE Austin Cup, October 30-November 2, Amarillo Stanley Cup, January 16-19
- Option to buy in to additional tournaments (up to 2)

Texas Rising Stars 2025-2026

Program Overview



Division	# of Practices and Skills Sessions/Week	Ice Bats Tournament Team	Ice Days*	Cost
6u - 2 day option	2	n/a	Monday/Saturday	\$599
8u - 2 day option	2	n/a	Wed afternoon or Fri, Saturday Games	\$899
8u – Ice Bats option	3	Team Practice/PEP/Scrimmage	Sunday mornings	\$799* + \$999 Ice Bats
10u - 2 day option	2	n/a	Fri, Saturday	\$1099
10u - Ice Bats option	3	Team Practice/PEP/Scrimmage	Sunday mornings	\$999* + \$999 Ice Bats
12u - 2 day option	2	n/a	Monday, Saturday	\$1099
12u - Ice Bats option	3	Team Practice/PEP/Scrimmage	Sunday mornings	\$999* + \$999 Ice Bats
14u - 2 day option	2	n/a	Fri, Saturday	\$1099
14u - Ice Bats option	3	Team Practice/PEP/Scrimmage	Sunday mornings	\$999* + \$999 Ice Bats

* Subject to change

* Ice Bats Option \$100 discount off league fee

Texas Rising Stars 2025-2026 Registration Links



- **Players**
- **Register below:**
 - <https://www.austinmetrohockey.org/leagues/texas-rising-stars/10761>
- **Coaches**
- **Apply below:**
 - <https://www.austinmetrohockey.org/program/coach-application/11000>

Texas Rising Stars Volunteers Needed



Registration is Open

Do you have a super power? Are you a great crafter? Do you love to bake?

Can you coach? Can you organize children?

In the season registration you will have the opportunity to specify interest in volunteering.

We are always looking for Coaches, Assistant Coaches,
Team Managers, Locker Room Attendants, Scorekeeping, and other opportunities.

Girls Hockey Club of Austin



GHCA operates under the AMHA umbrella.
During the 2025-26 Season we will offer:

- Monthly all-girls events and games
- Monthly all-girls training sessions
- Monthly all-girls social events
- Opportunities for coach-training
- Opportunities to form all-girl tournament teams

We believe that our female hockey players are best served playing with same level skilled players whether that be all-girls or co-ed.

Goalie Training TRS & TJS



Goalie Training at the TRS and Ice Bat Level

TRS/Ice Bats goalies can sign up for the 3rd day
goalie training with Peter Brady and the Hockey Co

Cost is \$500 for TRS registered players

Sign up at time of registration

Mondays, Ice and Field 6:15-7:30 pm

AMHA Sgro Memorial Scholarship Program



History of Junella Sgro's impact to AMHA, details on the scholarship program, and how to apply:

- <https://www.austinmetrohockey.org/about/scholarships/32933>

Scholarship deadlines for 2025-26 season:

Those who are planning to tryout for TJS: May 31st, 2025

TRS players: August 1st, 2025

Next steps:



- Players: Register [HERE](https://www.austinmetrohockey.org/leagues/texas-rising-stars/10761):
- <https://www.austinmetrohockey.org/leagues/texas-rising-stars/10761>
- Coaches: Apply Below:
- <https://www.austinmetrohockey.org/program/coach-application/11000>
- Coaches Save the Date- Sunday August 24th- Coach Training
- Follow us on social so you won't miss out on important announcements!
 - Instagram: <https://www.instagram.com/austinmetrohockey/>
 - Facebook: <https://www.facebook.com/austinmetrohockey/>
- Save the Dates:
- August 16th TRS Knock-off-the-Rust and Gear Swap
- September 8th week- season starts
- September 20-21 Festival of Fun- Games, Jumpy House
- This presentation, and the recorded zoom meeting are available on our Education/Resources page: <https://www.austinmetrohockey.org/parent-resources/amha-meetings/36160>