

Columbus Capitals Travel Hockey Program

The “NEW” Capitals program is designed to maximize age-appropriate player development, done through standardization of each teams’ experience and resources to maximize individual and team development.

Key experiences:

- ❖ The season will run from September 1st to March 1st (pre season may start as early as August 15th)
- ❖ Our teams will be labeled as BLUE and WHITE
- ❖ Each team will receive 2 skills coaching sessions per month scheduled by CAHA
- ❖ Each team will receive 1-2 skating coach sessions per month scheduled by CAHA
- ❖ Each team will receive 4 goalie sessions per month schedule by CAHA
- ❖ Each team will have mandatory off-ice training with plans provided to coaches from professional trainers for age-appropriate strength and conditioning
- ❖ Each team will have Battery weekend ice sessions

Our players will be required to have Home/Away game jerseys and socks, track suit (expected to arrive at all games in this outfit), practice jersey and socks. Capitals equipment bag, Capitals pant shells, navy blue helmet-with Capitals stickers, navy blue gloves (ok to have red and white in them but navy blue is primary).

For the best family experience, teams will not be permitted to travel more than 6 hours from Chiller North for tournaments, any team requesting to go outside of that parameter will present the reasons and unique experience the team will gain to the Travel Committee for review.



Coach and Player Support:

- ❖ Our coaches will have monthly meetings with **Hammer Hockey**
 - Here to support a cohesive group
- ❖ **Hammer Hockey** will be provide teams with virtual monthly video sessions
 - Lead by Hammer Hockey to educate our players
- ❖ Players and/or parents will be enrolled in the **x-factor** program
 - Providing additional hockey education off of the ice
- ❖ **Lee Harris Skating System** will work with each of our teams in 24-25.
 - 1-2 sessions per month to focus on skating fundamentals
- ❖ **Save Maker** will be part of the Capitals family in 24-25
 - Provide our goalies with consistent on and off ice development

Cost / Games / Practices

Cost varies slightly based on age level, due to referee and tournament costs. Ice costs and skills coaching are equal. You can expect to pay between \$2600-\$3200 for the season. This cost does not include uniforms or equipment for your player or goalie. This cost also does not include travel/hotels/meals.

- ❖ Our teams may elect to play in a league or remain independent.
- ❖ Our teams will traditionally practice twice per week as provided by CAHA **Depending on Chiller Ice Allocation**
- ❖ Our teams will play age appropriate amount of games which will include up to 4 out of town tournaments



Columbus Capitals Tournament Hockey Program

Interested in being a member of one of our Tournament Teams? Our program is designed to enhance the hockey experience for those playing house hockey for either CAHA or Blue Jackets Hockey League by providing an opportunity to participate in out of town tournaments.

We will have a team available for players from each birth year 2010-2016 to try out for.

Key experiences:

- ❖ Players must also roster in a house program either through CAHA or Blue Jackets Hockey League.
- ❖ Tournaments will fall between August 1st and March 15th, and will be within 4 hours of Chiller North.
- ❖ Teams will not be permitted to have any games/tournaments/activities that overlap with house programming.
- ❖ There will be no guarantee of practice ice, however if ice becomes available and does not overlap with house programming, we will do our best to schedule tournament teams ice time (these practices could come up last minute if another team cancels ice and your coach/manager accepts it).
- ❖ 3-5 weekend Battery ice sessions for conditioning and skill development.

Our players will be required to have Home/Away game jerseys and socks, shells, Track Suit (expected to arrive at all games in this outfit), Capitals equipment bag, Capitals helmet stickers.

If practice ice does become available, we will work with our skating/skills/goalie coach partners to provide teams with the opportunity to utilize these resources as scheduling allows.

Cost / Games / Practices

Cost varies slightly based on age level, due to referee and tournament costs.

- ❖ You can expect to pay between \$1300-\$1500 for the season including jerseys/socks/shells as well as practice jersey/socks.
- ❖ This cost does not include travel/hotels/meals/equipment.
- ❖ This also does not include the cost of house hockey.
- ❖ The tournaments usually require a 2 night minimum stay booked through the tournament company (you are not able to book with points for free hotel nights).