

AMATEUR HOCKEY ASSOCIATION ILLINOIS, Inc.

"Dedicated to the development of today's youth
through Athletic and Academic excellence."

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Hockey Life After High School

The AHAI Girls' Committee has assembled this packet to help guide a player who may have the desire to play hockey in college or may want to simply stay in the sport after graduating from high school.

We hope you find this information helpful.

Decision making is tough especially when the next step is being taken.

- ✓ Determine what part of the Country you want to attend college
- ✓ Determine what field you are leaning towards for your Major/Career Path
- ✓ See what Colleges/Universities offer the specific Major/Career Path and what the class load may look like
- ✓ Only after the first 3 checklist items have been met should you look to see if the College/University offers Women's Hockey and at what level(s), coach philosophy, practice to game ratio, time of practices versus class schedule, game schedule & distance to travel, etc.
- ✓ Recruitment, contact, exposure.....should always start with YOU
- ✓ Remember.....there are other options to playing hockey and remaining in the sport

The following pages offer insight to some frequently asked questions:

- ⇒ D3 Colleges/Universities
- ⇒ ACHA Colleges/Universities
- ⇒ Officiating – the perfect part time job while attending college & beyond
- ⇒ Nutrition
- ⇒ What it takes to be a student athlete – from previous athletes
- ⇒ Contacting the College/University and its' coach(es)



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2021-22 D3 Women's College Hockey Schools

Conference

Middlebury
Wisconsin-River Falls
Plattsburgh
Nazareth
Elmira
Gustavus Adolphus
Wisconsin-Eau Claire
Colby
Endicott
Cortland
Amherst
Utica
Hamilton
Oswego
Norwich
Adrian
Williams
Aurora
Suffolk

NESCAC
WIAC
NEWHL
UCHC
NEHC
MIAC
WIAC
NESCAC
CCC
NEWHL
NESCAC
UCHC
NESCAC
NEWHL
NEHC
NCHA
NESCAC
NCHA
CCC

Wesleyan
Canton
UMass Boston
Nichols
Concordia (MN)
Potsdam
Wisconsin-Superior
William Smith
Wisconsin-Stevens Point
Worcester State
Chatham
University of New England
Stevenson
Bethel
Concordia (WI)
Johnson & Wales
St. Olaf
Arcadia
Lebanon Valley

NESCAC
NEWHL
NEHC
CCC
MIAC
NEWHL
WIAC
NEHC
WIAC
Independent
UCHC
CCC
UCHC
MIAC
NCHA
NEHC
MIAC
UCHC
UCHC



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Bowdoin
Hamline
St. Norbert
Augsburg
Castleton
Trinity
Saint Mary's
Lake Forest
St. Scholastica
Manhattanville
Southern Maine
Connecticut College
Saint Benedict
Wilkes
New England College
King's
Lawrence

NESCAC
MIAC
NCHA
MIAC
NEHC
NESCAC
MIAC
NCHA
MIAC
UCHC
NEHC
NESCAC
MIAC
UCHC
NEHC
UCHC
NCHA

St. Catherine
Morrisville
Alvernia
Trine
Western New England
Plymouth State
Salve Regina
Marian
Salem State
Curry
Anna Maria
Northland
Buffalo State
Finlandia
Neumann
Rivier

MIAC
NEWHL
UCHC
NCHA
CCC
NEHC
CCC
NCHA
NEHC
CCC
Independent
WIAC
NEWHL
NCHA
UCHC
Independent



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ACHA WOMEN'S TEAMS

www.achahockey.org

WOMEN'S D1

ADRIAN COLLEGE
AQUINAS COLLEGE
ARIZONA STATE UNIVERSITY
COLORADO UNIVERSITY
CONCORDIA UNIVERSITY – ANN ARBOR
DAVENPORT UNIVERSITY
GRAND CANYON UNIVERSITY
LIBERTY UNIVERSITY
LINDENWOOD UNIVERSITY
MARYVILLE UNIVERSITY
MCKENDREE UNIVERSITY
MIAMI UNIVERSITY
MICHIGAN STATE UNIVERSITY
MIDLAND UNIVERSITY
MINOT UNIVERSITY
PENN STATE UNIVERSITY
ROOSEVELT UNIVERSITY
UNIVERSITY OF COLORADO
UNIVERSITY OF DENVER
UNIVERSITY OF MICHIGAN
UNIVERSITY OF MICHIGAN – DEARBORN
UNIVERSITY OF MINNESOTA
UNIVERSITY OF RHODE ISLAND
UNIVERSITY OF UTAH
UNIVERSITY OF WISCONSIN



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WOMEN'S D2

ADRIAN COLLEGE
ASSUMPTION COLLEGE
BOSTON COLLEGE
BOWLING STATE UNIVERSITY
CALIFORNIA UNIVERSITY OF PENNSYLVANIA
CLEARY UNIVERSITY
GEORGE WASHINGTON UNIVERSITY
KEENE STATE COLLEGE
LAKE SUPERIOR STATE UNIVERSITY
LOYOLA UNIVERSITY OF MARYLAND
MERCYHURST UNIVERSITY
MIAMI UNIVERSITY
MONTCLAIR STATE UNIVERSITY
NORTHEASTERN UNIVERSITY
OHIO STATE UNIVERSITY
PAUL SMITHS COLLEGE
ROCHESTER INSTITUTE OF TECHNOLOGY
SAINT ANSELM'S COLLEGE
TOWSON UNIVERSITY
UNITED STATES NAVAL ACADEMY
UNIVERSITY OF CONNECTICUT
UNIVERSITY OF MINNESOTA
UNIVERSITY OF NEW HAMPSHIRE
UNIVERSITY OF PENNSYLVANIA
UNIVERSITY OF VERMONT
UNIVERSITY OF WISCONSIN – STOUT
WEST CHESTER UNIVERSITY
WESTFIELD STATE UNIVERSITY

ASSINIBOINE COMMUNITY COLLEGE
BENTLEY UNIVERSITY
BOSTON UNIVERSITY
BROCKPORT STATE UNIVERSITY
CENTRAL MICHIGAN UNIVERSITY
DAKOTA COLLEGE - BONTINUEAU
IOWA STATE UNIVERSITY
LAKEHEAD UNVIVERSITY
LIBERTY UNIVERSITY
LOYOLA UNIVERSITY CHICAGO
MERRIMACK COLLEGE
MICHIGAN STATE UNIVERSITY
NORTH DAKOTA STATE UNIVERSITY
NORTHERN MICHIGAN UNIVERSITY
OSWEGO STATE UNIVERSITY
PROVIDENCE COLLEGE
ROWAN UNIVERSITY
SAULT COLLEGE
UNION COLLEGE
UNIVERSITY OF BUFFALO
UNIVERSITY OF DELAWARE
UNIVERSITY OF NEW ENGLAND
UNIVERSITY OF NOTRE DAME
UNIVERSITY OF PITTSBURGH
UNIVERSITY OF WISCONSIN - LACROSSE
VILLANOVA UNIVERSITY
WEST VIRGINIA UNIVERSITY
WORHCESTER POLYTECHNIC INSTITUTE



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IHOA

IN ASSOCIATION WITH



Why become an official?

Extra ice time
Increase your Hockey IQ
Leadership experience
Many great opportunities
Great way to make friends across the country
Extra spending money – great part-time job in college when you can pick your schedule
Giving back to the sport while still being on the ice



More information, please visit usahockey.com/officials and IHOA.com

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Athlete's Plates

Training volume and intensity vary from day to day and week to week along your training/competition plan. Eating your meals and fueling your workout or competition should also be cycled according to how hard or easy it is.

The Athlete's Plates below are tools for you to better adjust your eating to the physical demands of your current training plan.

EASY TRAINING: An easy day may contain just an easy workout or tapering with without the need to load up for competition with energy and nutrients. Easy day meals may also apply to athletes trying to lose weight and athletes in sports requiring less energy (calories) due to the nature of their sport.

MODERATE TRAINING: A moderate day may be one where you train twice but focus on technical skill in one workout and on endurance or strength in the other. The moderate day should be your baseline from where you adjust your plate down (easy) or up (hard/competition).

HARD TRAINING: A hard day contains at least two workouts that are relatively hard or competition. If your competition requires extra fuel from carbohydrates, use this plate to load up in the days before, throughout, and after the event day.



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A Day in the Life & the College Athlete Perspective

A day in the life of a NCAA D1 player:

- Daily morning on-ice practices during the season, complimented by weight training immediately after 3x per week
- Quick breakfast and get ready for classes for the day
- Down time includes studying, homework, rest, and early bed before the day starts all over again

The commitment is high, with constant energy and attention around hockey in all aspects. Playing at this level requires panning ahead in the classroom for away games, using time management skills effectively to get all homework done and ensure a decent night sleep to compete at one's best ability. Much of the day is dedicated to the rink from doing homework & studying, as well as watching films, putting in some extra work in the weight room, or simply napping on the couch.

Recruiting starts with the athlete reaching out to schools and can start well before the high school years. Culture of the hockey program is important, as well as the academic programs offered. It is important to emphasize the ATHLETE themselves sending emails, writing handwritten letters, and creating a player card or profile to offer as supplemental material. Having the support of family at home to help with the decision-making process is helpful as the progression of everything can become overwhelming and stressful. The effort to play as an NCAA D1 athlete is quite elevated. There are constant challenges that one is faced within a practice setting, competition, academics, and balancing all while growing as an adult. With high effort comes even higher reward and honor!

A day in the life of a D1 Club Hockey player:

- Twice a week in-ice practices, and twice a week lifting/workout
- Games are played on the weekends, home and away travel opportunities
- Days are well balanced between either an ice practice or workout, classes, studying, homework, and meals with friends and teammates

The commitment is medium, with school and academics as the top priority. This level of commitment still requires time management and planning out assignments early. Making lists helps to stay organized and feel well balanced.



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Recruiting starts with the athlete reaching out to schools during the high school years. Location within the U.S. ends up being a top differentiator as well as academics and major/minor opportunities. Playing club hockey in college is the perfect combination that allows one to balance school work, social life, as well as still play the game we all love so much!

The two paragraphs below were submitted to the Girls' Committee by two different current Girls' Coaches who played hockey in college: one D1 and one D2. These paragraphs give you a glimpse into what it takes & the sacrifices athletes are required to make to play the sport they love.

Being a college athlete helped me become organized, focused, and driven. It helped me focus on planning our time for practice, schoolwork, and road-trips. It was sometimes taxing physically and mentally but using my sport and teammates as a fun outlet makes it all completely worth it. Without learning those crucial lessons about prioritizing, planning, and organization in college I don't think I would be mentally as strong as I am today or as successful as I am in the workplace right after college.

Like many, I realized mental health issues rise to the surface during college. My freshman year I learned that for the first time I had a lot of free time and could decide to use that free time how I wanted. I was playing hockey and taking classes but other than that I didn't have a lot of connection with others in the way that I did in high school. I was really lonely my freshman year and nervous that college wasn't going to be the experience everyone had made it out to be. Slowly but surely, I began putting myself out there. I got to know my hockey teammates, joined a sorority, and was even able to study abroad! By the end of college, I had found a solid group of friends (although it had taken me awhile), worked many jobs, loved playing hockey, and finished with a business degree. If I could tell my freshman self anything it would be that the way I was feeling is normal and to hang in there. I would also say that a lot of other people are experiencing the same thing and that it's completely ok to ask for help. Athletes have always been taught to be strong and keep a tough mentality but when it comes to mental health, ignoring those issues can be detrimental. And lastly, I'd say don't forget to have fun.



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Longtime Guest Speaker at the AHAI Girls College Hockey Night Jennifer Wilson Head Coach, Lake Forest College

D3 RECRUITING 101:

WHEN: This answer will vary greatly depending on which coach you ask and considerably different when discussing D1. There is never a bad time to express interest in a program via email however there are NCAA restrictions on when we can contact you both off campus as well as phone calls. I typically like to hear from prospective recruits the spring of their Junior year as they enter their Senior season. This helps me try to catch the last bit of 16U hockey as well as add early fall/summer recruiting events to scout players.

Additionally, this is a great time to take your visits!

Make sure you have your feet on the ground of a school and using your travel tournaments as way to see campuses. Even if a coach can't meet with you in the summer, let them know you were on campus and connect with admissions to start receiving information.

Note - it is important to discuss timelines with your prospective schools. Some coaches will request verbal commitments earlier than others so make sure to ask so you don't end up in a bind committing to a program before you're ready.

DON'T BE BULLIED!

A coach that truly wants you to be a part of their program will respect your timeline. It is a large financial decision and one you hope to get right the 1st time.

Remember - if the school is not for you don't be shy to state this to the coach. Most coaches simply want players that are excited about their programs and will develop and grow while there. Not every school is for every player and that's a good thing. Find one that fits you both academically and athletically.

"Broken Leg Test"—would you still like the school if you weren't playing hockey? If the answer is no, you may need to dig a bit deeper into your search.



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WHO: While we love to have our families very much involved in our program, the overall experience is for YOU! **We want to hear from the players.** As you grow in your college experiences you will learn to advocate for yourself, make decisions and become self-reliant—*start now*. It is definitely important to have your parents play a role in your decisions (especially financially), but you are the individual that will be living the day-to-day experience—make sure it's a good fit for you and that you can picture your life there.

WHAT: The best way to be a successful prospect is to create a profile of yourself—this can be done in an email or through recruiting websites. Important information should be graduation year, potential majors or interests, stats, and videos of you playing. *If you have an unofficial transcript even better!* Providing an updated schedule of events for your team as well as connecting with coaches again as the tournament gets closer is key.

Be proud of your accomplishments, this is a time to shine and showcase your hard work.

As for videos - it's great to see you light the lamp as a forward or shut down EVERY single shot as a goaltender. However, we realize this is not every shift. We don't want to see JUST what you do well, we want to see the work that needs to be done too. Focus on sending a video that has you back checking, supporting the puck, and even a shift that didn't go well. I find that to be much more valuable during our evaluation process.

A simple yet important note - It is **VERY** important when contacting coaches to not only get their name correct (you'd be surprised) but also the school and/or mascots. It's easy to dismiss an email with the wrong information or get the sense that it's a mass email.

- What do you like specifically about the school you are emailing?
- It is their class size?
- Is it their location?
- Is it the rink?

Do your research and take the time to really process if it's the best fit for you.

**On the next page is a Player's Perspective
of a Current College Athlete**



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Player Perspective: College hockey is hard, and it is a BIG commitment no matter which level you choose.

Most programs typically practice on ice 4x a week, 2 hours at a time with games Friday/Saturday and only 1 day off (usually Sunday).

In addition to ice times, programs will require players to lift 2-3x a week with a strength and conditioning coach which can tack on another 3 hours of athletically related tasks. Some programs will have video review as you prepare weekly for games or work through complex systems.

Traveling can vary based on your league, but some leagues go as close as 20 minutes while others can drive up to 8 hours! It is definitely something that you have to WANT to do, or it isn't going to be a fun experience. Additional hours can be spent on community service initiatives or programming put on by the school and of course there's always HOMEWORK.

Maintaining good grades won't only be important to you and your coaches but also important to your eligibility. NCAA requirements require individuals to maintain a full class load and a minimum GPA. Fall below either and hockey can be taken away.

Don't get to this point. Use your campus resources - tutoring centers, teammates, and other resources as needed. Take care of yourself with proper time management, sleep habits, nutrition, and mental health check-ins. Be honest with professors, coaches, and teammates if you are feeling overwhelmed and ***don't be afraid to ask for help.***

Top deciding factors for player's in choosing a program that was the right fit was the overall feel of campus and location.

Not only did they want a program that was competitive in the classroom and on the ice, focused on job placement post-graduation and had a great class size, they felt an overall connection on their visit.



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Decide what **IS** important to you and prioritize that:

- Do you want a big school?
- Do you want a school close to home?
- Is it important for your parents to make your games?
- Do they have the field of study you want to pursue?
- Is the rink on campus?
- What time do they practice?
- What is the culture of the team like?
- What is the coach like?
- Are professors supportive of missing class time?
- What is the team's style of play?
- Where do I see myself fitting in? –among many others.

Decide what you want from a program and make sure to ask questions to help make your decision.

Don't just pick the best HOCKEY school.

Hockey lasts for 4 years but your education will carry with you for a lifetime.

There are so many options to explore from coaching to officiating, volunteering to administration, or even choosing a career path in the medical industry to the media industry that will assist in staying in the sport you love to play.....***BE A LEADER & BELIEVE IN YOURSELF***

Thank you for being YOU! Good Luck in your future.

AHAI Girls Committee



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