

# **2024 ARCTIC JR FURY MINOR MITE ADM SPRING PROGRAM**



**March 24 - June 9**

**11 weeks - One ice slot per week 60 minute ice slot**

**NO ICE ON 4/14 DUE TO PREVIOUSLY SCHEDULED  
EVENT**

**SUNDAYS: 10:10am-11:10am**

**MAX ENROLLMENT - 35 PER ICE SLOT**

**\$420 per skater**

**NO REFUNDS**

**ADM is the next step after Intro To Hockey.  
Getting your player that much closer to being  
ready for full ice hockey!**



**Arctic Ice Arena**

**Purpose:** To improve youth hockey player's ability, balance and coordination in a positive environment for maximum physical and psychological growth.

Using USA Hockey's ADM model of development and dividing the 60 minutes of ice time into practice stations, small area games and cross ice scrimmages to maximize player touches and reinforce recently acquired skills.

1. More touches per player.

Smaller spaces mean more opportunity for a player to touch the puck and ultimately improve their game.

2. Age appropriate training.

By shrinking the ice down to their level, we can get kids more involved and them learn skills quicker and easier.

3. Cost Savings

Because multiple teams share the ice, parents save on ice costs.

4. Increased Competition.

Because of the smaller ice surface, players of all skill levels will need to think and act quicker, resulting in more frequent battles for the puck.

**For Hockey Class/League Questions Email:  
[Hockeydirector@arcticicearena.net](mailto:Hockeydirector@arcticicearena.net)**