2023 ARCTIC JR FURY MINDR MITE ADM SPRING/SUMMER

April 16th- August 6th

15 weeks - One ice slot per week 60 minute ice slot SUNDAYS: 11:50-12:50pm MAX ENROLLMENT - 35 PER ICE SLOT \$570 per skater **NO REFUNDS NO ICE JUNE 11 OR JULY 2ND. NOTABLE TIME CHANGES** 4/16-2:20pm 4/23-4:20pm



AMERICAN DEVELOPMENT MODEL

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 guicker 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:

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