



# SEACOAST SPARTANS GIRLS HOCKEY

## Girls Program Options

### **Bauer Calling All Athletes**

March 16<sup>th</sup> – June 1<sup>st</sup>

**Details:** Ages 6-10 – Girls are outfitted in head-to-toe Bauer hockey equipment and get 12 on-ice **Learn to Play Hockey** sessions. Space is very limited!

Sign up online at: <http://www.therinksatexeter.com/calling-all-athletes/>



### **Learn to Play Hockey**

Fall & Winter Sessions

**Details:** Ages 5-9 – 2 ice slots per week with one being practice/skills and the 2nd is cross-ice games. Sign up online at: <http://www.therinksatexeter.com/learn-to-play-hockey/>

### **U8 (Spartan Mite Development)**

Fall & Winter Sessions

**Details:** Seacoast Spartan Girls & Boys participate together in the next step up from Learn to Play. 3 ice slots per week with one being dedicated to Cross-Ice games. Follows USA Hockey ADM standards & practices.

### **U10 Select**

Season September '20 to March '21

**Details:** Birth Years 2010 & 2011 - 1 practice (60 min) and 1 skills session (90 min), 20-30 games/season. (Skills session led by EHD Instructors)

### **U10 Elite**

Season September '20 to March '21

**Details:** 1 practice (60 min) and 1 skills session (90 min), 1-2 games a week. (Skills session led by EHD Instructors) ~30 games in NEGHL plus participation in the Granite State League (GSL)

**Website with full season information & tryout registration:**

<http://seacoastspartans.com/girls/>

**Tryouts for 2020/21 U10 Elite & Select Teams at the Rinks at Exeter:**

**March 2<sup>nd</sup>**

U10 - 5:10 pm

**March 4<sup>th</sup>**

U10 - 5:00 pm

Questions? Email: [girls@seacoastspartans.com](mailto:girls@seacoastspartans.com)

\*The Seacoast Spartans Girls Hockey teams are fielded and managed by the Seacoast Women's Hockey Association, a 501(c)(3) non-profit organization\*