



SEACOAST SPARTANS GIRLS HOCKEY

SEACOAST WOMEN'S HOCKEY ASSOCIATION – EST. 1995



2022-23 Season - U8 through U19 – Tier 1 & 2

Seacoast Spartans Girls Hockey, with teams fielded under the Seacoast Women's Hockey Association, is proud to announce our 2022-23 Program information and enhancements that will continue to make the organization the best hockey offering and value in the region! We're proud to offer girls Tier 1 & Tier 2 hockey, competing in the best girls' league in the United States!

Program Information

In alignment with the goals of USA Hockey, Seacoast Spartans Girls Hockey (SWHA) aspires to create a safe, enjoyable, highly developmental and competitive environment for girls and young women committed to the sport of hockey. To achieve this goal, the programs will be as follows:

- **USA Hockey ADM Model** is strictly adhered to in our program to ensure we promote skill development, tactical understanding through small games, friendships, and lifelong enjoyment of the sport.
- **Professional Skills:** Director of Girls Hockey, Coach Jessica Young, prepares and implements our 80-minute weekly skills sessions with the assistance of our USA Hockey certified coaching staff. These sessions will be skill and small game oriented, fast paced and structured to optimize puck touches and individual player development.
- **Practice to Game Ratio:** In accordance with the ADM model of practice to game ratio, the U10, U12 and U14 travel teams will have one team practice, one skill session (80 minutes each) and an average of one to two games per week.
- **Off-ice Speed, Agility and Strength Training:** U10, U12 and U14 teams will receive off-ice training at the Rinks.
- **Pre-Season Prep Camp:** The Seacoast Spartans Girls program will implement an off-ice team building and on ice pre-season program for the U10, U12, and U14 Spartan Girls Hockey teams. This pre-season camp develops team unity in advance of the beginning of the season along with skill development.
- **Spring Skills:** Included in tuition, and beginning mid-spring, SWHA will offer weekly, on-ice skills sessions for all age groups run by Coach Jess and her talented female coaching staff.
- **Split Season U16/19:** Our U16/19 program offers split season teams with one skill session per week and one game per weekend from September 1st to Thanksgiving. This program offers intense skills development to prepare players for their high school season.
- **Goaltender Training:** All Spartans goaltenders will receive a 60-minute, goalie-specific private training session each week from September through February. Training will be led through Mike Buckley's **GDS** (Goaltending Development Services). This training is on site at The Rinks at Exeter in the goalie training & ice facility.
- **Tournaments:** U10, U12, U14 teams will participate in three tournaments of choice and State/Regional Tournaments, as applicable.
- **Team Jerseys and Socks INCLUDED in Tuition.** Team home and away jerseys/socks plus practice jersey/socks are Included in tuition.
- **U8/Mite Development Program:** No tryouts required. Registration is open to all girls age U8 through U12.
- **Prep School & College Guidance:** Hockey Director Jess Young will assist as a mentor and resource for players identified as prospects for Prep and College hockey.



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TEAM	2022-23 – Tier 1 & 2	Leagues (number of games is approximate)
U8/Mite Development	Follows the Spartan Mite Development Program	Weekend cross-ice games throughout the season
U10/U12/U14 Elite – Tier 1 Select – Tier 2	1 team practice (60-80 min) and 1 skills session (80 min each), 1-2 games a week. Off ice training at rink and weekly private GDS goaltender training included for goalies.	U10 Select: 30+ games MYCGL, GSL* U10 Elite: 30+ games in NEGHL, GSL* U12/U14 Select: 40+ games NEGHL, GSL* U12/U14 Elite: 40+ games NEGHL, GSL* Season includes 3 tournaments of choice *Subject to change, GSL may be co-ed
U16/U19 – Split Season (Sept – mid Nov)	1 skills practice (80 min) and 1 game a week (Sunday). Skills session led by Hockey Director.	U16 / U19 Split: 8-12 games NEGHL, GSL* *Subject to change

Practices (times subject to change):

U8/Mite Dev: Follows the Spartan Mite Development Program

U10 Elite/Select: Mon 5:00-6:20pm; Fridays: 6:10pm

U12 Elite/Select: Mon 5:00-6:20pm or 6:30-7:50pm; Wed: 7:10 PM

U14 Elite/Select: Mon 6:30-7:50pm or 8:00-9:20pm (after Nov); Wed: 8:20 PM

U16-19 Split: Mon 8:00-9:20pm

Tuition:

U8/Mite Dev: \$1095

U10 Select & Elite: \$2,250

U12 & U14 Select/Elite: \$3,195

U16/U19 SPLIT SEASON: \$800

GOALIE & ALTS: 50% off tuition

Prices may be adjusted and do not include travel costs

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

Contact: Email: girls@seacoastspartans.com or visit www.seacoastspartans.com/girls