

**Girls High Performance Training Program**  
**Team Colorado Girls 14U Tier I Showcase Team Tryouts**  
**Colorado Springs World Arena: Saturday, August 22<sup>nd</sup>**

The four (4) associations in the new Colorado CAHA Girls 14U AA Tier II League (Aspen Junior Leafs, The Colorado Select, Lady Rough Riders, and Colorado Springs Tigers) are excited to be hosting a one-day High Performance Training program on Saturday, August 22<sup>nd</sup> at the World Arena Ice Hall in Colorado Springs, CO. This training program will also serve as a tryout for Team Colorado 14U AAA Tier I Showcase Team that will compete in two (2) Junior Women's Hockey League (JWHL) showcase weekends this fall.

This training and tryout opportunity is for 2001 and 2002 birth year players only. The day will feature two (2) on-ice high performance training sessions, an off-ice training session and a presentation on elite girls' hockey development in Colorado. The staff will include elite coaches from girls' hockey in Colorado. A complete list of the day's activities can be found at the end of this release.

This training program will also serve as a tryout for Team Colorado 14U Tier 1 Team Colorado Showcase Team. The mission of the Tier I Team Colorado is to provide an opportunity for highly skilled and motivated 14U players in Colorado to play against top athletes of similar ability in different parts of the United States.

**JWHL Showcase events this fall:**

October 8<sup>th</sup> – 11<sup>th</sup> at Merrimack College, Andover, MA

November 20<sup>th</sup> – 22<sup>nd</sup> at Harbor Center, Buffalo, NY

The High Performance Training Program is limited to 40 skaters and 4 goalies. Priority registration is being offered to players in the four (4) host associations - Lady Rough Riders, The Colorado Select, Aspen and Colorado Springs. To guarantee acceptance, players within these four (4) host associations must register by August 10<sup>th</sup>. After that, registration will be made available to other 14U players in Colorado.

**Schedule:**

8:45am – 9:15am player arrival and registration at World Arena Ice Hall

9:30am – 10:30am On Ice Session 1

10:45am – 11:45am Strength & Conditioning Session Venue TBA

12:00pm – 1:00pm Lunch on Your Own

1:15pm – 2:15pm Player & Parent Meeting Venue TBA

2:45pm – 3:45pm On Ice Session 2

The cost is **ONLY \$15 per player**. Payment is due at the time of registration.

To reserve your spot, visit the following link: <https://www.eventbrite.com/e/14u-aa-girls-high-performance-showcase-tryout-tickets-18063857484>