



AHA SUMMER NEWSLETTER

WWW.ANCHORAGEHOCKEY.COM



AHA FIREBIRDS BLAZE THE ICE THIS SUMMER

The AHA Firebirds, a girls summer travel team composed of some of the most talented 10U girls in Alaska, have been making waves in the hockey world. Recently, these young athletes showcased their skills and determination at the prestigious Cammi Granato Showcase in Burnaby, Canada, where they achieved an impressive 3rd place finish. Now, the Firebirds are set to take on their next challenge as they head to Las Vegas, Nevada, for the Rose Series. The highly anticipated tournament will feature some of the best youth girl hockey teams, providing the AHA Firebirds with another opportunity to test their mettle and continue their journey of growth and achievement.

Good luck to the AHA Firebirds in Las Vegas! We are confident that you will continue to shine and make us proud.

SUMMER PREPARATION

As the midnight sun shines brightly over Anchorage, it's easy to forget the chill of the ice rink and the thrill of the game. Yet, for those of us passionate about hockey, summer is not just a time for relaxation - it's a crucial period for preparation and improvement. As an organization we are proud to say that through our preparation our program has made some great improvements and we are looking forward to what we have planned for the 2024-2025 season. As the next season approaches, we know our players and families begin to shift their focus to preparing for Tryouts. There are a lot of great events coming up this month to help prepare your athletes for tryout week. Read on and learn more about those options and contact us with any questions. We hope you enjoy the rest of your summer and look forward to seeing you at the rink!





FUEL FOR SUCCESS

WHAT YOU PUT IN YOUR BODY & ON ICE PERFORMANCE

With tryout season right around the corner, our young athletes will want to find ways to best prepare their bodies for peak performance when they hit the ice. What you choose to eat and fuel your body with has a massive impact on how well you can perform. Here are 3 Keys to help an athlete not only have the energy for success, but also help them feel at their best physically when tryouts role around.

Key #1: Knowing what to eat or drink before hitting the ice.

Water is one of the best sources for high energy levels. Make sure you drink plenty of water before, during and after an on ice session. Drinking plenty of water replenishes valuable fluids that you lose during competition. It gives you energy, power and stamina. On the other hand, soda, juice and coffee steal your energy.

Key #2: Foods that provide lasting energy.

1. Eat foods that are high in complex carbohydrates. Some of the best are brown rice, potatoes, and oatmeal.
2. Eat a small amount of high quality protein that is low in fat and easy to digest. For example, eggs, turkey breast, tuna, & low-fat yogurt.
3. Add a very small amount of high quality oil like extra-virgin olive oil.

Key #3: Foods to stay away from before physical competition.

1. High-sugar foods such as soda, juice, desserts, and sugary cereals.
2. High-fat foods such as pork, hot dogs, fast food, cheese, chips, mayonnaise & sour cream. These foods will slow you down during physical activity
3. Hard-to-digest foods such as red meat, beans, nuts and seeds. These are great for post game or practice when your body needs to be refueled.
4. High calorie meals take a tremendous amount of energy to digest. Save your energy for competition by eating a smaller meal two to three hours before a game. This will give you maximum energy when you hit the ice.

WAITING FOR NEXT HOCKEY SEASON LIKE...



AHA ALUMN GOING FOR GOLD IN 2024 OLYMPICS

Former Anchorage North Star, Alev Kelter, will be utilizing her on ice talents on the rugby pitch for a 3rd time at the Olympic Games as she has been selected yet again to play for the U.S. Women's Olympic Rugby team at the 2024 Summer Games in Paris, France. Growing up, Alev excelled as a dual athlete in both hockey and soccer, earning the opportunity to play Division 1 at the Univ. of Wisconsin in both sports and captained the U.S Women's hockey team to a gold medal at the U18 World Championships in 2009.

Alev and the U.S. Women's Olympic Team will start competition at the 2024 Paris Olympics on July 27th!



MARK YOUR CALENDARS

2024 Crazy 8 Girls Alaska Hockey Camp - July 8 - 10, 2024 - Anchorage, AK



- NCAA Women's hockey player/coaching staff
- Developing Female Athletes for the College Level
- INFO AND REGISTRATION AT WWW.CRAZYEIGHTSHOCKEY.COM

21st Annual Alaska Hockey Camps - July 22 - 26, 2024 - UAA Avis Alaska Sports Complex



- Ages 8 - 18 (Birth years 2006 - 2015)
- 10U/12U - 9:00AM - 10:30AM Ice Time | 10:45AM - 12:15PM Dryland
- 14U/16U/18U - 9:00AM - 10:30AM Dryland | 10:45AM - 12:15PM Ice Time
- REGISTER AT WWW.ALASKAHOCKEYCAMPS.COM

Tryout Tune-Up Camp - July 29 - August 1, 2024 - Dempsey Anderson Ice Rink



- 8U/10U/12U/14U/16U
- 6 Total Hours of Ice
- 45 minute Skills & 45 minute scrimmage each day
- REGISTER AT WWW.ANCHORAGEHOCKEY.COM

North Star Tryouts - August 6- 8, 2024 - UAA Avis Alaska Sports Complex



ALL TRYOUT TIMES FOR EACH AGE GROUP WILL BE ANNOUNCED SOON

- 10U Minor - Kris Wisthoff
- 10U Minor - KC Wigren
- 10U Major - Chad Trupp
- 12U - Dave Bell
- 12U - Kirk Kullberg
- 12U Major - Barrett Heisten
- 14U Tier 2 - Daron Underwood
- 16U Tier 2 - Scott McIlroy

REGISTER FOR TRYOUTS AT WWW.ANCHORAGEHOCKEY.COM

Comet Evals 10A/ 10U Girls/ 18U - August 12-14, 2024 - UAA Avis Alaska Sports Complex



- 10A & 10U Girls Evals - 5:30 PM - 6:30 PM @ UAA
- 18U - Mon 12th - 6:45 PM - 7:45 PM @ UAA
- - Tues 13th - 8:30 PM - 9:30 PM @ UAA
- - Wed 14th - 6:45 PM - 7:45 PM @ UAA
- 12U, 14U, and 16U Comet Evals are scheduled for September 9 - 11, 2024

Alaska Kraken Learn to Play August 13 - September 26, 2024 - Dempsey Anderson Ice Arena



- Operated by Anchorage Hockey Association
- Introduction to Hockey for ages 5 to 8 years old.
- Tuesdays and Thursdays
- First 2 weeks will be learn to skate | Last 5 weeks will be skills
- Each registered player will be outfitted with gear head to toe
- Registration is now open at Itpkraken.leagueapps.com

