

**New for the 20/21 season:**

We will be running free weekly PowerEdge Pro sessions by BYHA coaches and Power Skating sessions with ACH weekly. These sessions are free to anyone 10U and above in the organization and will be conducted @6AM on Saturday & Sunday.

**HOUSE/TIER IV TEAM SPECIFICATIONS (Starts Mid October)**

**We will continue to keep families updated of our plans as we continue to plan our 21/22 season**

Play in MEAHA: <https://www.meaha.com/>

Alternatively, play in Seacoast leagues: <https://www.seacoasthockey.com/> /Team placement based on skill

2+ practices a week

20+ games

Goalie training with Goalie World

1 Tournament

Dryland training at Saco Sport & Fitness: 12U & 14U. For the 10U, we are still drafting a plan to make it fun and beneficial for these players.

Skills Session by ACH & Goalie Training by Goalie World

Cost 8U: \$800

Cost 10U – 14U: \$850 per season

**Saco sports & fitness training for house players throughout the season**

We will continue training with Saco Sport & Fitness this season for our house level players at 12U level and older.