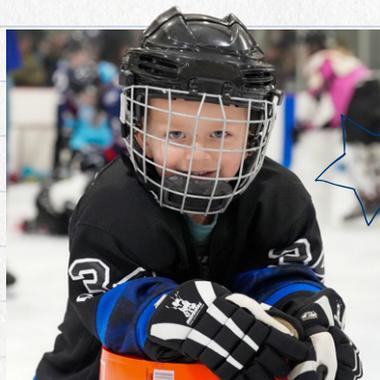


PARENT HANDBOOK



2025 - 2026



A Guide to
Creating a Great
Youth Hockey
Experience for
You and Your Child

OVERHEARD AT THE RINK



“These past 10 years of hockey with my son have been the best years. Wouldn't change a thing. The lessons they have learned, the ups and downs, friendships made, bonds for life, awesome family, a great way to prepare them for life!”

—Jani Watrous

“Air out their equipment. You have no idea how important this is but you soon will if you don't.”

—Adam Ross

“As a mom of an 18U player, it goes fast. Enjoy every second of it. Hockey families are friends for a lifetime.” —Michelle Meyer-Grant

“Let them try every position... even goalie!”

—Michele Muscat Mostek

“You will make mistakes. You will forget the game jersey. You will tie the skates too tight or not tight enough. Their socks will fall down no matter how much tape you use. You will work up more of a sweat getting them dressed than they will out on the ice. And before you know it they won't need you at all. Love every crazy moment of it because there is nothing else like it in the world.”

—Paul Allie Dickinson



“After each time on the ice, our first question is always, “Did you have fun?”

—Anne Gavin

“Buy as much used gear as you can, and don't be afraid to ask others for help. It's okay to cheer loud and introduce yourself to other parents. They might be feeling out of their element too.”

—Stephanie Rathert



WELCOME TO USA HOCKEY

HOCKEY CAN PROVIDE YOU AND YOUR CHILD WITH A LIFETIME OF FUN AND UNFORGETTABLE MEMORIES. As the national governing body for ice hockey in the United States, USA Hockey is here to help you make the most of your family's experience.

**PARENT
HANDBOOK**
2025-26



From volunteering at the rink with other parents to cheering in the stands and celebrating every great moment in between, hockey creates friendships and life lessons that will stay with you and your child long after the final whistle.

YOUTH HOCKEY IS OUR FOCUS.

A **T USA HOCKEY**, our mission is to give every child the chance to thrive in an environment that is engaging, safe, fun and full of opportunity. We aim to provide an environment that allows every player to develop a love for the game that lasts a lifetime, while also learning the skills to become great teammates, community leaders, and even future Olympic and Paralympic heroes who inspire the next generation.

Our greatest commitment is to the support of grassroots hockey programs in communities across the country. By joining USA Hockey, you and your child are becoming a part of a team that is dedicated to making hockey a rewarding experience for every player and family.



About USA Hockey

FOUNDED IN 1937, USA Hockey provides the foundation for ice hockey in America and today includes more than one million players, coaches, officials and volunteers. We are the official representative to the U.S. Olympic and Paralympic Committee and the International Ice Hockey Federation.

In this role, we organize and train teams for international competitions, including the Olympic and Paralympic Winter Games and IIHF World Championships. We also work closely with the NHL, PWHL, and NCAA.



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HOCKEY IS FUN

USA HOCKEY LAUNCHED the American Development Model in 2009, providing a framework for optimal development at every level of the sport. Since then, USA Hockey has continued to build upon the framework, implementing best practices nationwide through a network of volunteers to ensure that every child and parent can get the most out of their hockey experience.

By joining USA Hockey, you're setting your child up for long-term success. It's proven programming, built on research and data from leading hockey nations, sport scientists, coaches and educators. As the parent of a USA Hockey athlete, you know that your coach has participated in Coaching Education Program training and has access to our extensive coaching resources. You also know officials at your games have been trained and passed the USA Hockey rules test, and that your coach and any adults with your team have been Safe Sport trained and have passed a background check. The foundation we've created for ice hockey gives parents the confidence that their child can have a fun and safe experience at every level.

Hockey is fun, and at USA Hockey we want kids to simply enjoy being kids. Our focus is on building programs that keep players moving, smiling, and engaged in a safe, welcoming environment. We emphasize optimal use of ice time and the development



As the basis for youth hockey in the U.S., the ADM provides:

- Age-specific, age-appropriate development.
- An opportunity to efficiently learn and refine essential skills with a healthy balance between competition and development.
- A sensible practice-to-game ratio that encourages efficient player development.
- High-performance practice and game programming emphasizing skill development, competition, and engagement is FUN.
- Structured training programs for coaches and qualified adult leadership.
- A philosophy that promotes engagement and enjoyment.

of well-rounded athletes, not just hockey players. Most importantly, we want every family to experience the mental, social, and physical benefits that come with being part of the game and get the most out of hockey without feeling undue pressure.



ENJOYING THE EXPERIENCE

ABOVE ALL, REMEMBER THAT HOCKEY IS A GAME AND MEANT TO BE FUN,

including at the highest levels. Keep this in perspective and help your children do the same. Often the score isn't as important to them as simply having fun and making memories with teammates. Savor every opportunity to watch your child on the ice and support them off it. The hockey experience can be a source of great memories and lessons that last a lifetime, and traveling that road together can strengthen family ties.

GETTING INVOLVED:

Joining your local hockey association as a volunteer, coach, on-or off-ice official, team manager, or a helper of any sort can be a rewarding experience and fun experience, and a way to bond with your child on their hockey journey.

Whether you have no experience in hockey or you spent your childhood at the rink, every parent has different strengths and skills that they can bring to a local hockey association. Youth hockey associations are almost entirely powered by the extraordinary efforts of volunteers, and any contribution can be incredibly impactful in making your child's experience great.

Parents with who never played hockey can make huge contributions as volunteers, so don't be reluctant. There's strength in numbers. Ask your local association about volunteer opportunities today, and if you have ideas for new ways you could help



your association, don't hesitate. Jump in and join the team!

EVEN MORE WAYS TO ADD TO THE EXPERIENCE:

- Take the lead in coordinating public service opportunities for the team, such as hosting a food or toy drive.
- Turn road trips into family vacations. Visit attractions and explore local culture, and don't forget to take lots of pictures!
- Create a scrapbook for your child with photos, news clippings, website postings and tournament programs. Have each teammate sign it.
- Encourage your child to write a journal about his or her hockey experience.
- Use social media to keep the conversations and friendships flowing with other hockey parents.

“Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”

– Fred (Mister) Rogers

YOUR HOCKEY PARENT PLAYBOOK

As a parent, you are the most influential figure in your child's hockey experience. Embrace that role and use USA Hockey's tips below to get the most out of you and your child's hockey journey.



I LOVE
TO
WATCH
YOU
PLAY!

REMEMBER:

- **Let kids be kids.** Fun comes first.
- **Be supportive.** The most powerful words a young athlete can hear are "I love to watch you play."
- **Lead by example.** Manage your emotions and model good sportsmanship for your child.
- **Be positive,** and when adversity comes, be constructive not destructive.
- **Celebrate effort, not just results.** Studies show praising your child's effort more often than their performance helps them develop confidence to overcome new challenges.
- **Be proactive.** Getting involved as a volunteer, coach or official in your association can give you an even greater influence on your child's hockey experience.
- **Your child's coach is likely a volunteer,** and often also a parent, donating their time to help your child. Communication is important and should be done constructively through appropriate channels.
- **Don't bully or harass.** USA Hockey promotes creating a safe environment for all.
- Kids learn best **by doing.**
- **Focus on the process,** not the outcome, and teach your child to do the same.
- **Keep hockey in perspective.** Maintain a healthy balance of hockey and non-hockey activities. Encourage your child to be well-rounded.
- **Enjoy every moment.** Life moves fast and time passes quickly. Soon, your child will be an adult and you'll wish you could return to these days. Savor these seasons, don't rush them. Make this a memorable experience for you and your child for years to come.



HOW TO KEEP HOCKEY IN THE BUDGET



All youth sports require some financial investment, but costs to play hockey can be substantially reduced by planning ahead and following these tips to make your experience more affordable.

✓ CHECK WITH YOUR LOCAL ASSOCIATION:

They have a wealth of knowledge, experience, and connections that can help you minimize costs. Additionally, associations make efficient use of ice time by putting multiple teams on the ice together for practice, reducing costs while increasing skill development opportunities.

✓ BUY USED OR HAND-ME-DOWN GEAR:

Most kids don't wear out equipment, especially at young ages. Used gear can help you save big, just ensure that it's safe and fits properly.

✓ COMPARISON SHOP:

Explore both online and local outlets for both new and used gear to get the best deals.

✓ GEAR AS A GIFT:

Hockey equipment can be a great birthday or holiday gift. Take these opportunities to invest in gear that kids will use and love.

PROPER FIT MATTERS

THE SKATES AND STICK DON'T MAKE THE PLAYER.

Put your children in equipment that fits properly and is safe, comfortable, and adequate. Resist the temptation to outfit them lavishly. If you have questions regarding when a big-ticket splurge may be appropriate, ask your coaches or association.

SIZING UP YOUR HOCKEY STICK:

Regarding sticks, proper length is crucial. While there is a range, a good rule of thumb is that the top of an upright stick with the toe of the blade on the ground shouldn't rise above a player's eyes of standing in shoes. In skates, the top of an upright stick with the toe of the blade on the ground shouldn't rise much above the chin or sit below the collarbone.

BE PROACTIVE:

Ask your local association what is included in return for your registration fees, and how the money is allocated toward ice time, officials, travel, and administration. Ensure these topics are covered during preliminary parent meetings so you understand your financial commitment for the season.

AVOID UNNECESSARY SPENDING:

Pack lunches and snacks, stay in hotels with complimentary breakfast, and limit extensive travel to distant tournaments. Development happens at the local rink. Road trips can be fun, but they aren't where you get the most bang for your buck.

TRY HOCKEY FOR FREE

While you're already part of the sport, if you have friends whose children would like to try youth hockey, USA Hockey hosts Try Hockey For Free events each year that give children who haven't had that opportunity to play hockey a chance to try it for free.

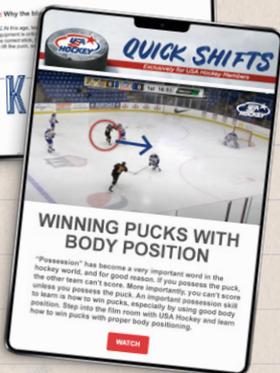
TRYHOCKEYFORFREE.COM





STAY INVOLVED

Your USA Hockey experience is wide-ranging and below are some of the many resources offered in order to enhance your journey with USA Hockey.



NEWS

We'll share age-specific information with both players and parents via email throughout the year.

Coaches and officials also receive monthly newsletters with the latest USA Hockey updates.

USAHOCKEY.COM



EVENTS

USA Hockey offers a full calendar of events ranging from national teams to youth hockey.

HOCKEY WEEK ACROSS AMERICA: Annual week-long celebration with salute days celebrating the game of hockey.

HOCKEYWEEKACROSSAMERICA.COM

TRY HOCKEY FOR FREE DAYS: Do you have a friend or family member...Bring them to your rink for a USA Hockey Try Hockey for Free Day!

TRYHOCKEYFORFREE.COM

NATIONAL TEAMS: USA Hockey national teams compete internationally for gold medals every year. Get the latest Team USA news, including rosters and broadcast information, at:

TEAMUSA.USAHOCKEY.COM





GEAR UP

Support Team USA with USA Hockey jerseys, shirts and gear.

SHOPUSAHOCKEY.COM



USA HOCKEY TV

TUNE IN

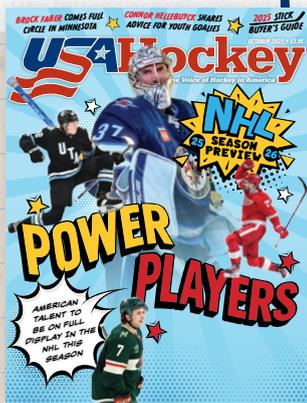
Join the exclusive streaming platform for USA Hockey's National Team Development Program and signature USA Hockey events such as Chipotle USA Hockey National Championships.

USAHOCKEYTV.COM

USA HOCKEY NATIONAL CHAMPIONSHIPS

The USA Hockey National Championships are the culmination of the youth hockey season each year.

NATIONALS.USAHOCKEY.COM



USA HOCKEY MAGAZINE

Delivered to your door and digital editions available online.

USAHOCKEYMAGAZINE.COM



- facebook.com/USAHockey
- instagram.com/USAHockey
- x.com/USAHockey
- tiktok.com/@USAHockey



CODES OF CONDUCT



PLAYERS CODE OF CONDUCT

PLAY for fun.

WORK HARD to improve your skills.

BE A TEAM PLAYER—get along with your teammates.

BE on time.

LEARN TEAMWORK, sportsmanship and discipline.

LEARN THE RULES and play by them. Always be a good sport.

RESPECT YOUR COACH, your teammates, your parents, opponents and officials.

NEVER ARGUE with an official's decision.

PARENTS CODE OF CONDUCT

DO NOT FORCE your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.

ENCOURAGE your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.

DO NOT EMBARRASS your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.

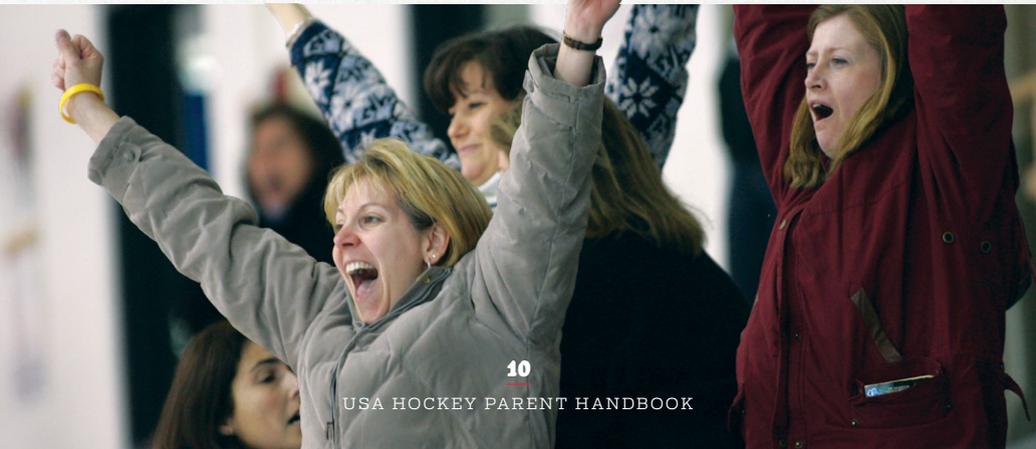
EMPHASIZE Skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.

KNOW AND STUDY the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.

APPLAUD a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice—it is destructive. Work toward removing the physical and verbal abuse in youth sports.

RECOGNIZE the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.

IF YOU ENJOY THE GAME, learn all you can about hockey—and volunteer.





USA Hockey provides codes of conduct for players, parents, spectators, coaches, and all affiliated individuals to help everyone understand the expectations associated with their role in the game. Below is a snapshot of the USA Hockey codes of conduct, which can be found in the 2025-26 USA Hockey Annual Guide.

SPECTATORS CODE OF CONDUCT

RESPECT the decisions of officials and encourage participants' continued effort.

DISPLAY good sportsmanship. Always respect and show appreciation to all players, coaches, officials and volunteers.

ACT APPROPRIATELY; do not taunt or disturb other fans; enjoy the game together.

CHEER GOOD PLAYS of all participants; avoid booing opponents.

CHEER IN A POSITIVE MANNER and encourage fair play; profanity and objectionable cheers or gestures are offensive.

COACHES CODE OF CONDUCT

BE A POSITIVE ROLE MODEL to your players. Don't yell or criticize officials. Your team and players are an extension of you and your coaching philosophy.

BE GENEROUS with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.

ADJUST to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.

ORGANIZE practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.



MAINTAIN an open line of communication with your players' parents. Explain the goals and objectives of your association.

BE CONCERNED with the overall development of your players. Stress good health habits and clean living.

TREAT ALL ATHLETES with respect at all times.

BE AWARE OF THE HEALTH AND SAFETY of all athletes at all times in regard to our sport. If the conditions are unsafe, follow best practices and not allow the health and safety of the athletes to be compromised.

RECOGNIZE THE SIGNS of injury, physical and psychological stress in themselves and in athletes, take these indicators seriously, and refer or seek out appropriate and qualified support.

BE PREPARED with an executable emergency plan for their primary use facilities that has been shared and practiced.

ASSIST THE ATHLETE in forming goals and expectations that are realistic and practical with consideration of the age, resources and experience of the athlete.

GIVE ATHLETES THE OPPORTUNITY to develop their sport and non-sport skills translating into other facets of their lives.

WINNING IS A CONSIDERATION, BUT NOT THE ONLY ONE, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.



ENJOYING THE EXPERIENCE



THE SAFETY OF ITS PLAYERS is USA Hockey's top priority. This includes not only on-ice safety, but also off-ice safety. USA Hockey works with leading organizations, including the United States Olympic and Paralympic Committee and the U.S. Center for Safe Sport, to develop policies and programs that protect our participants and create an environment safe from misconduct.

ON THE ICE

USA Hockey has a strict standard of rules enforcement, allowing for improved skill development and a positive environment for all participants. USA Hockey has long been a leader in the effort to enhance player safety, spearheading numerous initiatives, like neck and spinal injury prevention through the Heads Up, Don't Duck campaign, and extensive concussion education programs developed in partnership with leading medical experts.

In June of 2019, USA Hockey's Board of Directors ratified the Declaration of Safety, Fair Play and Respect, an initiative focused on changing the culture of body checking and enforcing competitive contact rules and standards, putting emphasis on the defender

to win possession with stick on puck action. To learn more, visit

USAHOCKEY.COM/DECLARATION.

OFF THE ICE

Our off-ice safety efforts are included within the USA Hockey Safe Sport Program, which includes strict policies aimed at protecting participants from all types of misconduct and abuse. The USA Hockey Safe Sport Program also includes a streamlined and neutral process for reporting alleged inappropriate behavior.

The Safe Sport Program includes policies prohibiting sexual, physical



and emotional abuse, hazing, bullying and threats, as well as policies which address specific hockey environments such as one-on-one interactions, locker rooms, social media and electronic communications, transportation and lodging, and billeting.

- **THE ONE-ON-ONE INTERACTIONS POLICY** specifically prohibits one-on-one interactions between adult members of USA Hockey or those authorized by a USA Hockey program to have regular contact with or authority over minors (including coaches), unless that contact is observable and interruptible by another adult. There are exceptions for emergency circumstances.

The Safe Sport Program also encompasses education and awareness training, a background check program, reporting concerns of abuse, responding to abuse and other misconduct, and monitoring and supervision of the Safe Sport program.

- **SAFE SPORT TRAINING**—All employees, coaches, officials, managers, volunteers and players 17 and older playing in an age category that allows minor age players and others who have regular access to or authority over minor participants are required to complete Safe Sport training on an annual basis before their participation or first contact with minor participants.
- **BACKGROUND CHECKS**—All employees, coaches, officials (18 and older), managers, volunteers and others who have regular access to or authority over minor participants are required to complete a background check every other year before their participation or first contact with minor participants.

- **YOUTH ATHLETE TRAINING**—USA Hockey also offers age-specific Safe Sport training to youth athletes through the U.S. Center for Safe Sport. These free online resources include courses for children from pre-school age through high school and are designed as an introduction for minor athletes and their parents or other caregivers to understand the importance of positive, welcoming environments in sports, and to know where to report abuse, should it occur.

- **MANDATORY REPORTING**—All adults registered with USA Hockey and/or who are authorized by a USA Hockey program to have regular access to or authority over minor participants are considered mandatory reporters and are required by law to report actual or suspected sexual misconduct or child abuse to the U.S. Center for Safe Sport and law enforcement.

A USA Hockey member or parent of any member who violates any of the Safe Sport Program policies may be denied eligibility within any USA Hockey program and is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension, and/or referral to law enforcement authorities. If you become aware of any issues that should be reported, or would like more information on the Safe Sport program, please see:

[USAHOCKEY.COM/SAFESPORT PROGRAM.](https://www.usahockey.com/safesport-program)

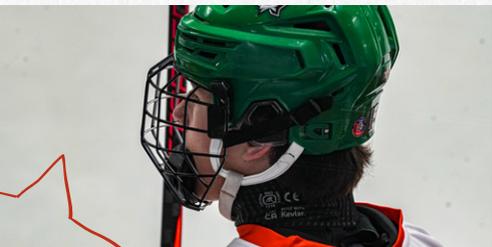
The U.S. Center for SafeSport also offers free parent training. These resources can be found at:

[USCENTERFORSAFESPORT.ORG/COURSES/#EMPOWERED-FAMILIES.](https://www.uscenterforsafesport.org/courses/#empowered-families)



NECK LACERATION PROTECTION

All players competing at the youth, girls and high school levels within USA Hockey are required to wear neck laceration protectors (NLPs) for all games and practices. Additionally, all on-ice officials under the age of 18, and all players under the age of 18 within USA Hockey's six disabled hockey disciplines, are required to wear NLPs.



CHOOSING THE BEST NECK LACERATION PROTECTOR

Choose a neck laceration protector with cut-resistant material that covers as much of the exposed neck area as possible. The protector should be worn properly without any alteration.

HOW COACHES AND PARENTS CAN HELP

Coaches and parents will play an important role in helping make sure that players and officials are properly equipped before heading out to the ice for both practice and games, including wearing appropriate neck laceration protection that is not altered.

YOUTH/GIRLS CLASSIFICATIONS



AGE CATEGORY

CLASS

- 8 years & under
- 9-10 years
- 11-12 years
- 13-14 years
- 15-year-olds
- 15-16 years
- 17-18 years
- 17-18-19 years

- 8U
- 10U
- 12U
- 14U
- 15 Only
- 16U
- 18U
- 19U (girls only)





THE STRUCTURE OF USA HOCKEY

DISTRICTS/AFFILIATES

USA Hockey is divided into 12 geographical districts throughout the United States. Districts are organized with USA Hockey volunteer personnel to administer registration, risk management and coaching and officiating education programs. These programs include registration and training of coaches and officials. Districts volunteers also facilitate learn-to-play programs for youth players and their parents. Within those 12 districts, a total of 34 affiliates provide the governance.

YOUR LOCAL ASSOCIATION

Your local youth hockey association is the heartbeat of hockey in your community. USA Hockey supports associations with tools and resources to help them excel.

Local associations pour heart, soul, time and resources into creating a great hockey experience for youth players and their parents. Volunteers are the backbone of associations, administering schedules, registration, fund-raising and overall management. They are at your service, donating time, energy and talent for the love of the game and community. They are your first point-of-contact for any questions and concerns.

HOW THE GAME IS PLAYED

Your local associations schedule and manage ice time, including practices, games, jamborees, tournaments, etc. Structure and philosophy varies from association to association, but USA Hockey provides age- and developmentally appropriate guidelines, based on ADM principles, for every stage of development.

At the 8U level, those guidelines include 50-60 ice sessions per season. The emphasis is on fun and fundamental skill development and practice, not winning or losing. Playing multiple sports is encouraged.

The 8U experience recommended by USA Hockey includes no full-time goalies, 7-9 players per team, station-based practices and cross-ice games to maximize fun, puck touches and skill development for every player.

Multiple teams should be on the ice for each session, making the most efficient use of ice time and maximizing skill-development opportunities.

At the 10U level, USA Hockey recommends one goalie per team along with 10-12 skaters on the ice for 95-100 sessions. These sessions should include 75-80 quality practices and 20-25 game days. The 12U experience is similar to 10U but with an optimal goal of 12 skaters per team, two goalies and an increase in ice sessions. Smaller rosters ensure more playing time and more skill development for all.

USA Hockey's recommended 14U and 16U experience includes an increase to 160 ice sessions, 16 skaters and two goalies per team, 120-130 quality practices and 40-50 games. At this stage, players should shift to a nine-month training calendar that also includes age-appropriate off-ice training.

For 18U males and 19U females, USA Hockey recommends 200 ice sessions mixed with developmentally appropriate off-ice training over a 10-month training calendar. As these players continue to advance, they will move toward a training calendar that equally supports training and competition.

PROVIDING THE BEST LEADERSHIP FOR YOUR CHILD

HOCKEY PARENTS

USA HOCKEY MAKES AN UNEQUALED COMMITMENT

to coaching education, which means that members of USA Hockey receive unrivaled support and resources for developing young players.

An unparalleled commitment to coaching education nationwide means that your child will receive exceptional support and resources to aid in their development, on and off the ice.

USA Hockey's Coaching Education Program is designed to perpetually improve the caliber of coaching in amateur hockey across the nation. The program includes five levels of achievement and nearly 600 coaching clinics each season, combined with three online, age-specific modules to educate each USA Hockey coach, from the beginner to the expert.

The Coaching Education Program is committed to developing leading instructors and role models through a comprehensive education program at every level of play. The program emphasizes basic fundamentals, conceptual development, sportsmanship and respect for teammates, opponents, coaches, officials, parents and off-ice officials.

Coaches trained by USA Hockey also receive materials tailored to the age classification they'll instruct, helping create an age-appropriate training environment for every athlete.

Additionally, USA Hockey has developed an internationally renowned library of instructional resources for coaches to use throughout the ranks, both on the ice as well as in the classroom.



OFFICIALS

USA Hockey officials experience one of the most comprehensive officiating education programs in all of amateur sport. They attend clinics and pass tests annually that become progressively more difficult as they advance through the ranks. Additionally, each district has referee supervisors and mentor programs that help officials reach their full potential. If you're looking for a way to get involved and give back to the game, consider becoming a USA Hockey official. It's also a great way for teenage hockey players to make money while learning more about the game.

[USAHOCKEY.COM/
OFFICIALSMEMBERSHIP](https://www.usahockey.com/officialsmembership)

BECOME A COACH TODAY

Interested in coaching? Follow the link below for more information on how to get involved and make an impact as a coach.

[USAHOCKEY.COM/
COACHINGCERTIFICATION](https://www.usahockey.com/coachingcertification)

"The thing I like about coaching is looking at it from where they started to where they finished. It isn't about wins and losses; it's about how they develop. We take pride in that."

—Keith Tkachuk

Hockey dad, youth hockey coach, 19-year NHL veteran, four-time U.S. Olympian, first American-born player to lead the NHL in goal scoring

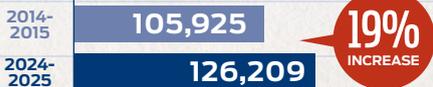
HOCKEY IS GROWING

Over the past decade, there has been substantial growth in hockey participation nationwide.

TOTAL PLAYERS



8U PLAYERS



FEMALE PLAYERS





USA HOCKEY: A GOLDEN STANDARD

TEAM USA MADE HISTORY DURING THE 2024-25 SEASON, taking home gold at the IIHF Men's World Championship, IIHF Women's World Championship, IIHF World Junior Championship, World Para Ice Hockey Championship, and Women's World Para Ice Hockey Championship.

This feat marks the first time ever that a country has won five gold medals in the same season.

While these teams represent the pinnacle of the USA Hockey development pyramid, every player's journey started at the base and built on the foundation of the American Development Model. These athletes embody the not only the success of the model, but also the joy and love for the game that USA Hockey promotes at each level of the sport.



I made some good friends over the years playing.

One of my best friends still to this day is a goalie I played with growing up since I was 7 years old. Stay in the moment. Don't worry about what's going to happen in the future. You've got a lot of time for that, so just have fun, work hard and see where hockey takes you."

—Patrick Kane

NHL Hart Trophy winner, U.S. Olympian,
four-time USA Hockey medalist



The most important part of youth hockey is having fun and instilling attributes in kids that they can take with them beyond the game."

—Kendall Coyne Schofield

U.S. Olympian, 17-time USA Hockey medalist

The coaches that have fun and want to be out there and get engaged with the players on the ice, those are the ones that help develop passion."

—Natalie Darwitz

U.S. Olympian, 11-time USA Hockey
medalist, Hockey Hall of Famer





"I had a basketball hoop in the driveway and right next to it was a hockey net. The hockey net got used a little bit more! **I just fell in love with the game.**"

—Seth Jones
Five-time NHL All-Star, four-time USA Hockey medalist



"It was a lot more fun for me growing up with small-ice hockey. **The game's all about skill, creativity and competition.** Play in smaller spaces helps develop all of that."

—Auston Matthews
NHL Hart Trophy winner, three-time USA Hockey medalist



I didn't watch hockey and didn't come from a hockey city, but once I found the sport it helped me focus on the things I enjoy doing and **find camaraderie with teammates that I love.**"

—Rico Roman
U.S. Paralympian, eight-time USA Hockey medalist



The rink should be the most fun place that we go every day. We play the game because we love it. We coach the game because we love it. **We create a fun, passionate environment.**"

—Seth Appert
Buffalo Sabres Assistant Coach



WATCH

NHL ANALYTICS TRACKING 8U PLAYERS

NHL analytics team
team puts youth players
to the test



USA HOCKEY | AFFILIATE ASSOCIATIONS

Alaska State Hockey Association
Amateur Hockey Association Illinois, Inc.
Arizona Amateur Hockey Association
Atlantic Amateur Hockey Association
California Amateur Hockey Association
Carolina Amateur Hockey Association
Colorado Amateur Hockey Association
Connecticut Hockey Conference
Idaho Amateur Hockey Association
Land of Enchantment Amateur Hockey Association
Maine Amateur Hockey Association
Massachusetts Hockey
Michigan Amateur Hockey Association
Mid-American Hockey Association
Mid-West Amateur Hockey Association

Minnesota Hockey
Missouri Hockey, Inc.
Montana Amateur Hockey Association
Nevada Amateur Hockey Association
New Hampshire Amateur Hockey Association
New York State Amateur Hockey Association
North Dakota Amateur Hockey Association
Oregon State Hockey Association
Pacific Northwest Amateur Hockey Association
Potomac Valley Amateur Hockey Association, Inc.
Rhode Island Amateur Hockey Association
South Dakota Amateur Hockey Association
Southern Amateur Hockey Association, Inc.
Statewide Amateur Hockey of Florida, Inc.
Texas Amateur Hockey Association
Utah Amateur Hockey Association
Vermont State Amateur Hockey Association
Wisconsin Amateur Hockey Association
Wyoming Amateur Hockey Association



PROUD PARTNERS IN HOCKEY