



JR. SHARKS

Spring Programming

AAA Tryouts • Spring Development • Long-Term Athlete Growth

TEAL TOGETHER

Purpose of Tonight



Clear plan. Clear expectations. Less guessing.

- Understand how Spring is being structured & and why it's structured that way
- Clarify what happens before, during and after AAA tryouts
- Explain what IS changing (and what IS NOT)
- Share the development "why" and "when" to benefit Jr Sharks players
- Answer parent/player questions and add transparency to the process

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What's Changing (and What's Not)



Here's the short version.

CHANGING

- More structured pre-tryout lead-in (evaluations over time)
- More small-area / 3v3 reps (high touches, better decision making under pressure)
- More guided off-ice work (strength, mobility, conditioning & recovery)
- No Spring travel: player development stays focused locally

STAYING

- AAA standards: pace, detail, compete level
- Qualified coaching and age-appropriate training
- A clear path from Spring → Summer → 26/27 Season
- The Jr Sharks organization culture: growth, accountability & love of the game

The New Spring Flow



One seamless plan from March → Memorial Day → Summer



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Pre-AAA Tryouts

Youth & Girls Teams

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Pre-AAA Tryout Window

March 30 – April 16



- Structured lead-in to AAA tryouts
- Evaluations built over time (multiple touchpoints, not one skate)
- Consistent training environment for all players
- Clear feedback themes: pace, habits, teamwork, compete, decision making
- Speed testing, speed training
- VALD force plate testing

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Pre-AAA On-Ice Structure



AAA pace + AAA details

- Two weekday AAA-level skates
- Small-area games + competitive situations (touches + decisions)
- Evaluation lenses: skating habits, puck skill under pressure, hockey sense, compete
- Optional weekend add-ons: scrimmage blocks, goalie reps

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Younger Age Groups (8U–11U)



Fun • confidence • puck touches

- Players move up one age group for spring (challenge + confidence)
- 1 full-ice practice per week
- Celebrini Hours (optional, self-directed)
- No coaching on weekends — skill play + small games
- Goal: joy + lots of puck touches (we want kids begging to come back)

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12U Transition Notes



Making sure every player has the right reps

- Major Youth birth-year 12s **not** on AAA: move into 14-1 / 14-2 practice slots (Girls = 14AA)
- Select players may be added to AAA skates (coach or player initiated)
- Adds require coach approval — we protect confidence and pace
- Goal: right challenge level, not 'one size fits all'

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How We Evaluate

Clear evaluation criteria & multiple looks



WHAT WE LOOK FOR

- Pace & habits every rep
- Decisions made under pressure
- Compete level & details away from puck
- Coachability & response to mistakes

Communication & Access



How to get eyes on your player

- Players who **did not** play AAA previously, or are coming from another club, may reach out directly to the AAA coach at their appropriate age/skill level
- Purpose: start the relationship early and reduce ‘tryout week’ surprises
- Coaches will use the [Slide 10](#) evaluation lens and develop these areas before tryouts

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Post-AAA Tryouts

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Post-AAA Tryout Program (15U+)



15U and up • through end of May

- For players continuing competitive development after tryouts
- Maintains structure without full spring travel
- Builds the base: skating efficiency, strength, and puck skill under pace
- Celebrini Hours
- PEP clinics
- Goalie clinics
- Clear bridge into Summer training & Fall start of season

TEAM TOGETHER

Weekly Structure (15U+)



Consistency drives development

2x

Weekday on-ice skates
(AAA pace + details)

2x

Gym sessions
(same days as ice)

1x

Optional skills / goalie
or self-directed ice

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Off-Ice Training Plan



Strength + mobility reduce injury risk and raise performance

Up to 68%
injury risk reduction
with youth resistance training

2x / week
minimum effective dose
in Spring (guided)

Technique 1st
qualified supervision
progressive loading

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Recovery Is Training



The fastest gains happen when players recover properly

8+ hours Rest

The program allows for more sleep which is associated with lower injury risk in athletes

Reset the tank

The program reduces wear & tear so Summer/Early Fall training sticks

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Off-Ice & Summer Continuity



Spring connects directly to Summer and into Fall

- Every participant receives a complete summer workout plan
- 5-days/week structure (strength • speed • mobility • conditioning • recovery)
- Player tracking: Force Plate Testing
- Create good habits to improve performance

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Registration Timeline



Straightforward, predictable, and fair

Tryouts Finish

AAA tryout weekend

We keep the window short
so rosters lock and
development can start

Registration Opens

Monday 04/20 after tryouts

Registration opens
immediately
so families can plan

Registration Closes

Tuesday 04/21 after tryouts

Registration closes quickly
so groups and ice times
can finalize.

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Spring Development Overview



Birth Years 2019-2012

- Runs from the week after AAA tryouts through Memorial Day weekend
- Designed for development without the wear-and-tear of travel
- More reps per minute: small-area play, skills under pressure, compete habits
- Built to keep kids fresh and excited for summer training

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Weekly Structure (8U-14U)



High reps • high engagement

1x
Weekday
On-ice
(Skill + SSG)

2x
Weekend 3v3
(half-ice boards
*12U+ receive gym sessions)

Optional
Celebrini
Hours
& Skills clinics

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Why Small-Area & 3v3 Works



More touches. More decisions. More learning.

USA Hockey:

Small-area games deliver
more engagement & more puck touches

Translation:

More touches per player per minute
than full-ice flow

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3v3 League Format



Structured play: Not simply a 'drop-in' program

- Teams selected by coaches (balanced for competition and development)
- Scores will kept (compete habits matter)
- Each week includes: puck battles • transitions • defensive details
- Ends with Memorial Day weekend tournament (structured, local, competitive fun)

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Extra Ice Options



Flexibility without mandatory volume

- Additional ice offered through **optional** sign-ups
- Families choose: extra volume, type of training, and schedule fit
- Options include: Celebrini Hours • Skills clinics • goalie clinics
- Purpose: individualized development without added pressure to participate

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Why No Spring Travel



We're protecting the athlete so development sticks

Less travel

reduces cumulative load
and keeps families balanced

AAP guidance

overuse injuries & burnout rise
with intensive, year-round load

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Long-Term Development Focus



Right training at the right time

8U–10U

Fun & confidence • skating basics • puck touches • small games

12U

Skill speed • handling under pressure • decision making • shooting mechanics

13U–14U

Speed/power • body contact prep • transitions • compete habits

15U+

Strength • power • pace with poise • systems details • mental consistency

Building the “Operating System”



Hardware + software = consistent athlete performance

- **Hardware** = body, skating, strength, skill
- **Software** = mindset, focus, confidence, emotional control
- We guide our athletes to train their “software” daily & not just when struggling
- We provide the tools for visualization, positive self-talk, & micro goals to build resiliency

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What This Means for Families



How to support your athlete (without adding stress)

- Predictable schedules to give less weekend travel & more balance with academics
- Measured progress to maximize effort, preparation, response to mistakes & compete levels
- Focus on recovery: sleep routine, nutrition, and off-season downtime
- Communication: steps to reach out early if you're new, unsure or from a new club
- Build trust in the process: Spring is a bridge to build, not a championship season to win

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Closing Message



We're building skills in Spring to accelerate performance in the Fall/Winter

Intentional

development over volume

Sustainable

recovery + motivation

Prepared

ready for tryouts & season

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Parent FAQ — Spring 2026

1) What's changing this spring?

Less travel, more purposeful reps: structured skates + gym + small-area play + a local 3v3 league that ends with a Memorial Day tournament.

2) Is this still preparing my player for AAA tryouts?

Yes. The pre-tryout window is built around repeatable evals, pace standards, and competitive situations—so players are ready and coaches get a clearer read.

3) How are players evaluated fairly?

Multiple touches over multiple skates. Clear criteria (skating habits, puck decisions, compete, coachability) and consistent groups/structure reduce “one bad day” bias.

4) My kid isn't AAA—will they still get great development?

Absolutely. The Spring model is designed for every level: high reps, puck touches, confidence, and clear next-step goals—not a travel schedule.

5) Why 3v3 instead of more full-ice games?

3v3 creates more touches, more decisions, and more transition moments per minute—exactly what drives skill growth (and it's fun).

6) How much ice is “enough”?

We're prioritizing quality > volume. Two purposeful sessions beat four low-intensity skates. We also build in recovery to prevent burnout.

7) What about strength training—Is it safe?

Yes, when coached properly. We focus on movement quality, core stability, and age-appropriate strength to support skating, speed, and injury resilience.

8) What do we get for summer?

A complete Summer training plan (5-day structure), plus clear checkpoints so spring flows directly into summer prep and next season.





Any Questions?

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