



Prospective LHA Tier II U19 Girls Players,

The Littleton Hockey Association is excited to continue our commitment to development female athletes. The following information is for the LHA Tier II U19 Girls Team.

### **Mission Statement**

The Littleton Hockey Association Hawks (LHA) is a non-profit, 501(c)(3) corporation, which enjoys an affiliation agreement with the Colorado Competitive Youth Hockey League (CCYHL), the Colorado Amateur Hockey Association (CAHA), and USA Hockey. LHA conducts its programs primarily at South Suburban Ice Arena and The Ice Ranch in Littleton, Colorado. All teams are registered with CAHA and USA Hockey. In partnership with the parents, coaches and South Suburban Parks and Recreation, we strive to ensure that children are provided a meaningful, enjoyable, challenging and safe hockey experience. We are an athlete-centered organization that places the needs of children first. We give each Member the opportunity to participate to the best of their ability and to develop as a young athlete.

Together, we will nurture the physical and emotional well-being of all Members in an environment that fosters and promotes a sense of community. We are guided by the values of good sportsmanship, honesty, respect for all individuals and personal integrity. The Hawks are committed to the long-term growth and development of all levels of developing ice hockey players. Our success will be measured by more children who enjoy playing and participating in hockey in the future.

### **Coaching Staff**

#### *Troy Watts – Head Coach*

- This is the 2nd season of the U19 program here at Littleton and I am excited to be returning as head coach. Hockey is a real passion to me; being on the ice and behind the bench is always my favorite place to be. I know the joys of teammates coming together, for one another, to face a common foe. We shake hands with our opponents after we play because we thank them for testing us; ultimately against our former selves. Always strive to be better and work hard together; these are major points of mine. Maximum fun is had when these things come together. My goal above all is to have an environment where the players are excited to be at the rink every day. I love teaching the game of hockey and am excited for the coming season.

I played AAA hockey here in Colorado for the Rampage, and junior for the Motor City Chiefs of the CSHL. An extended absence due to head injury took me away from playing competitive. I've been training athletes going on 5 years now, mostly small groups and individuals. I'm well versed in area specific training including yoga. For a hockey player, building and taking care of their posture and the support to their lumbar spine is crucial.

#### *John Melendez - Assistant Coach*

- John was actually a teammate of Mine during AAA with the Rampage. John has great character and a great work ethic; nobody works harder than #28. John played junior hockey in Helena

Montana and has pure love for the game. He also holds his Level 3 USA Hockey Coaching Certificate.

*Jesse Shelton – Assistant Coach*

- Jesse was on the ice with the team at the tail end of last season; helping out as a goaltender and a motivational voice. We are very happy to have him from the start this season. Jesse played his AAA hockey here in Denver with the Thunderbirds and junior in Corpus Christi.

*Sam Baquet – Specialty Coach*

- Sam was captain of the Grand Canyon University Women's Team last season and is looking to gain some coaching experience with us. Sam has a very warm personality and will be helping us out as we need.

**Tryouts**

- Saturday, August 25, 2018 – 2:30pm-3:30pm – South Suburban Ice Arena
- Sunday, August 26, 2018 – 3:35pm-4:35pm – South Suburban Ice Arena

**Practice**

LHA's U19 Team will practice on Tuesday at 6:20pm and Thursday at 6:20pm at South Suburban Ice Arena. The U19 team will practice every other Friday at 6:10pm on Full ice at South Suburban. The team will have a Saturday morning full-ice practice at 8:40am at The Ice Ranch.

This consistent practice schedule will not start until September. The schedule for August can be found on the Littleton Hockey website under the Calendar option at the top of the page. LHA offers an additional skill development session on Sunday mornings at 7:40am at South Suburban Ice Arena. There is no charge for this additional session.

**Game Schedule**

- October 5-7, 2018 – Chicago – HPC Showcase
- October 12-14, 2018 – Aspen – Fall Face off
- October 26-28, 2018 – Denver – Silver Sticks
- November 16-18, 2018 – Aspen – CAHA League Weekend
- December 14-16, 2018 – Littleton – CAHA League Weekend
- January 11-13, 2019 – Boulder – CAHA League Weekend
- January 18-21, 2019 – Pittsburgh – Three Rivers Cup
- January 25-27, 2019 – Colorado Select – CAHA League Weekend
- February 15-18, 2019 – Madison – CanAm
- March 1-4, 2019 – CAHA Playoffs
- April 3-8, 2019 – @ USA Hockey National Championship in Amherst, NY

The schedule is not complete. Local games will be scheduled

## **Player Development**

The U19 team will have video and/or chalk-talk before practice on Thursdays starting at 5:15pm at South Suburban Ice Arena. The coaching staff and members of the LHA Hockey Operations will lead these sessions. The focus on these sessions will be to further develop each player's understanding of ice awareness and systems.

## **Strength & Conditioning**

LHA's U19 team will have dry land with the strength and conditioning coaches at Moving Forward. These sessions will be on Saturday morning following the team's practice. Moving forward is located at 2680 E. County Line Rd, Unit K, Highlands Ranch, CO 80126.

Together with the coaching staff, Coach Brandon Kress and Coach Ed O'Connor will maximize your player's athleticism through intense functional training with an emphasis on flexibility and injury prevention.

The dry land cost is additional and will be paid directly to the team's account. The cost is \$170.00 for 15 sessions. Additional sessions can be added if the team meets their max sessions and wishes to continue.

The coaching staff will have an additional dry land session every Tuesday evening following practice at 7:40pm at South Suburban Ice Arena. These workouts will consist of foot speed/agility as well as balance/flexibility.

## **Cost**

- The team fee for LHA's U19 team is \$2,500. This includes home hours for game/practice ice, the uniform package, player bag, player travel bag, apparel package, league registration fees and referee fees. Team travel is additional. Team travel includes airfare, hotel, transportation and food for your player and the coaching staff.

Uniforms

