We continue to evaluate and analyze the growth and development strategies for our female hockey programs. Thanks in large part to the work done at the affiliate and district levels we have seen tremendous growth since 1998 (when Women’s Ice Hockey became an Olympic Sport).

- **136% growth** in participation (female USAH registration numbers)
- **84% growth** in NCAA Division 1 programming

As we evaluate the growth and needs of our programming we continue to make modifications that will enhance the effectiveness of our development programming and our national team success. The enclosed guide outlines our recent adjustments to the U18 development programs that will continue to meet the needs of our overall growth and the advancing depth of our player pool.

This plan generates a **17% increase** in the number of female players between the ages of 15-17 who will participate in our National Girls Player Development Camps.
USA HOCKEY NATIONAL U18 GIRLS PLAYER DEVELOPMENT PROCESS

DISTRICT TRYOUTS

Approximately 2,400 female players (between the ages of 14-17 years of age) participate in the District Tryout Process. Individual District Tryouts are held annually between March – June.

CRITERIA FOR ELIGIBILITY:
Below outlines the criteria required for players to be eligible for potential advancement to one of the three age specific camps noted to the right:

1) These camps are designed for female players between the ages of 15-17.
2) Players must hold US Citizenship.
3) Players must participate in their district tryout. (players should contact their District Representative to discuss any injuries and/or family emergencies that may prohibit a player from attending their district tryout).

Girls U18 Select Player Development Camp
(June 27th – July 3rd)

*There are no set allocations for this camp. The USAH National Team Staff and Tryout Directors in each District will collectively determine who is selected for this camp.

Girls U18 Player Development Camp
(July 8th – 14th)

*Each district receives allocated spots generated by registered female players in each district & the performance of that districts specific birth year.

Girls 15 Player Development Camp
(July 17th -23rd)

*Each district receives allocated spots generated by registered female players in each district.

UPDATE on development opportunities for 14 year olds:
Our objective is to create a more tiered approach to age specific development that will help build a broader core base of players. This new tiered development format also includes an adjustment for the 14 year olds. There will no longer be a National Camp for the 14 year old age level. The development opportunities will remain a regional / district level development experience. This change will ensure that 14 year olds continue to develop their skills at a district or regional level in preparation to compete for a spot at our National Camp the following year as a 15 year old. The development opportunities for 14 year olds will vary in each district and those opportunities will be communicated through the districts.

USA HOCKEY GIRLS NATIONAL CAMP
OBJECTIVES:
Our objectives at all three Girls Development Camps are:

✔ SKILL DEVELOPMENT
✔ LONG TERM ATHLETE DEVELOPMENT
✔ EXPOSURE TO NATIONAL COMPETITION
✔ EVALUATION
✔ MEASURE IMPROVEMENT

USA HOCKEY HOCKEY NATIONAL U18 GIRLS PLAYER DEVELOPMENT PROCESS
USA HOCKEY NATIONAL U18 GIRLS PLAYER DEVELOPMENT PROCESS

Girls 14 Player Development Opportunities:

- ALL 12 Districts will provide various levels of training for the 14 year old age group.
- Some opportunities will be district based and some will be multi-district.
- In most cases the 14 year old players will still go through the District Tryout process so that:
  - We (districts and National Office) can evaluate the player pool for this birth year.
  - 14 year olds can gain exposure to the process and have a better understanding of the process and expectations so they can effectively prepare for the following year when they will be eligible for advancement to the National Camps.
- District, Multi-District and Regional Opportunities will be communicated separately and will be relayed by the Districts.

Girls 15 Player Development Camp (July 17th -23rd)

- Number of Participants: 216 players
- Birth Year: 2000
- Location: St. Cloud State University (St. Cloud, MN)
- At the 15 camp, we have doubled the size of participants to better reflect our belief that providing development tools to a wider range of players at this young age will generate a more skilled and competitive player pool in future years.
- Each district will receive allocations (i.e. a specific number of spots at the forward and defense positions). These allocations are generated by the number of registered girls in your district coupled with the performance of that district’s specific birth year in prior camps.
- The goalie positions are considered ‘at-large’ allocations. The USAH National Team Staff will work with the district’s evaluation team to identify goalies who will advance to the U18 Development Camp (July 8th – July 14th).
- At this U18 Development Camp we will continue to provide a challenging environment for the 180 participating players. We will combine the birth years at this camp so teams will have a combination of 16s and 17s (each team will be comprised of 16s and 17s).
- Players attending this camp will also be evaluated for our U18 Player Pool and will be tracked for future National Team opportunities.

Girls U18 Player Development Camp (July 8th – 14th)

- Number of Participants: 180 players
- Birth Years: 1998-1999
- Location: St. Cloud State University (St. Cloud, MN)
- Each district will receive allocations (i.e. – a specific number of spots at the forward and defense positions). These allocations are generated by the number of registered girls in your district coupled with the performance of that district’s specific birth year in prior camps.

Girls U18 Select Player Development Camp (June 27th – July 3rd)

- Number of Participants: 66 players
- Birth Years: The primary focus will be on the 1998 and 1999 birth years (though 2000 birth years are eligible)
- Location: Biddeford, Maine at the University of New England (note – this location is pending the final contract – expected to be signed this month).
- There are no set allocations for this camp. The USAH National Team Staff and Tryout Directors in each District will collectively determine who is selected to advance to the U18 Select Camp.
- At the U18 Select Camp, we will continue to provide a similar / age specific training curriculum that is used with all of our U18 Girls Development Camps. In addition to our priority of focusing on skill development, this camp will also be an evaluation based camp to determine who might be ready to advance to our U18 August Festival (held in Lake Placid, NY – August 10th – 19th).
- Roughly 30 U18 players will advance to our August Festival. Note: players in the U18 Girls Player Development Camp (July 8th – 14th) are also eligible to advance to the August Festival if their performance warrants.

To be selected for any of the above USA Hockey Girls National Development Camps, you must participate in your District Tryout (a tryout schedule for 2015 is enclosed). You will be notified after your District Tryout if you were selected to advance to any of the three camps. If you are selected to advance, you will be sent more detailed registration information from USA Hockey. The camp fee is $150 and each player is responsible for booking and paying for their own travel.
OBJECTIVES & DEVELOPMENT PROCESS NOTES:

- The overall objective is to provide all 462 girls who participate in our National Camps with the resources for effectively training to maximize their potential as an elite player. The week long experience with any one of our three U18 National Camps should expose participants to various ‘best practices’ and training strategies so players can return home with the tools to develop their skills over the course of that season (and seasons to come). We have provided some additional information and thoughts below to help ensure players and families have the right perspective on the purpose of our National camps and the overall girls player development process:

  - We value effort and improvement. Each camp or scouting opportunity that we have is considered a benchmark and an opportunity to measure each player’s growth. We look for players who leverage the information and resources we have shared with them and demonstrate steady improvement in the various areas they were exposed to during previous camps (i.e. – off ice testing, on ice performance, hockey IQ, work ethic, coachability, attitude, etc.). Every player at this age who is applying the training strategies that we have provided should show signs of improvement.

  - We have enhanced our scouting and evaluation process over the last five years and these enhancements allow us to track and help develop each individual player who advances to any of our three national camps and particularly those who earn return invites. While the District Tryout is the best way for us to evaluate players and compare their abilities among the best in each district, we also work to evaluate players and scout games throughout the hockey season.

  - Being identified as a player who advances to the U18 Select Camp indicates that they have advanced quickly in the 15-17 year old range, but we caution that being selected to this camp is not an effective long-term indicator of who will be an elite player at the collegiate and/or National Team level. Every girl who attends our National Camp has the potential to emerge as an elite player.

  - While playing for a competitive collegiate program is the goal for most players who attend our National Camps, we also understand the overarching goal and dream of each player is to play for Team USA on an international level. It is important to note that the average age of a player on our Women’s Olympic Team is 24 years of age (this is six years of development beyond the oldest U18 player development opportunity). Recognizing the importance of long-term athlete development is a critical component to players putting themselves in the best position to reach their goals.
USA HOCKEY U18 GIRLS PLAYER DEVELOPMENT: GENERAL INFORMATION

**TRAIN TO TRAIN**

**AGES 11-15 Female:**
The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility. Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on teambuilding, group interaction and social activities.

**LEARN TO COMPETE**

**AGES 15-18 Female:**
This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes. The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete’s particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical skills under competitive conditions. Mental skills that contribute to performance are emphasized.

**TRAIN TO COMPETE**

**AGES 19-21 Female:**
The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey –specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to athletes particular needs in skill development, mental preparation, fitness and recovery.

**TRAIN TO WIN**

**AGES 19+ Female:**
The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.
<table>
<thead>
<tr>
<th>District</th>
<th>(Location)</th>
<th>Girls and Women’s Section Chairperson</th>
<th>USAH Girls &amp; Women’s Hockey Section Rep</th>
<th>USAH Girls &amp; Women’s Hockey Section Rep</th>
<th>USAH Girls &amp; Women’s Hockey Section Rep</th>
<th>USAH Girls &amp; Women’s Hockey Section Rep</th>
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</thead>
<tbody>
<tr>
<td>Atlantic District</td>
<td>Delaware, Eastern Pennsylvania, New Jersey</td>
<td>Donna Guariglia (<a href="mailto:donnaguariglia@gmail.com">donnaguariglia@gmail.com</a>)</td>
<td>Don Gould (<a href="mailto:don.gould@cdjcon.com">don.gould@cdjcon.com</a>)</td>
<td>Don Gould (<a href="mailto:don.gould@cdjcon.com">don.gould@cdjcon.com</a>)</td>
<td>Bill Leidt (<a href="mailto:bill.leidt@gmail.com">bill.leidt@gmail.com</a>)</td>
<td>Bill Leidt (<a href="mailto:bill.leidt@gmail.com">bill.leidt@gmail.com</a>)</td>
</tr>
<tr>
<td>New England District</td>
<td>Connecticut, Maine, New Hampshire, Rhode Island, Vermont</td>
<td>Marissa Halligan, Manager, Women’s Hockey</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
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<td>Massachusetts District</td>
<td>Massachusetts</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
</tr>
<tr>
<td>Central District</td>
<td>Illinois, Iowa, Kansas, Missouri, Nebraska, Wisconsin</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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<td>Michigan</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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<td>Minnesota District</td>
<td>(Minnesota)</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
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<tr>
<td>Mid-American District</td>
<td>(Indiana, Kentucky, Ohio, Western Pennsylvania, West Virginia)</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
<td>Michele Amidon, ADM Manager, Female Hockey</td>
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<tr>
<td>Southeast District</td>
<td>(Alabama, Arkansas, DOC, Florida, Georgia, Louisiana, Maryland, Mississippi, North Carolina, South Carolina, Tennessee, Virginia)</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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<td>Northern Plains District</td>
<td>Montana, North Dakota, South Dakota, Wyoming</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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<td>New York District</td>
<td>(New York)</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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<tr>
<td>Pacific District</td>
<td>(Alaska, California, Hawaii, Nevada, Oregon, Washington)</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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<tr>
<td>Rocky Mountain District</td>
<td>(Arizona, Colorado, Idaho, New Mexico, Oklahoma, Texas, Utah)</td>
<td>Kristen Wright, Manager, Girls Player Development</td>
<td>Matt Kelly, Women’s National Team Scout</td>
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</tbody>
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*In some districts the person assigned to run PDC/tryouts may be different than the general Girls and Women’s Section Rep. The provided Girls and Women’s Rep. should always be your first contact with questions pertaining to your district.*