USA Hockey Girls’ Player Development Program

USA Hockey continues to evaluate and analyze the growth and development strategies for female player development programs. Thanks in large part to the work done at the Affiliate and District levels, USA Hockey has seen tremendous growth since 1998 when women’s ice hockey became an Olympic sport.

- 151% growth in participation (female USA Hockey registration numbers)
- 89% growth in NCAA Division I programming

As USA Hockey evaluates the growth of female hockey, the advancing depth of the player pool, and the needs of its programming, USA Hockey will continue to make modifications to enhance the effectiveness of female player development programs and U.S. National Team success. The enclosed guide outlines USA Hockey’s recent adjustments to the Girls’ Player Development Program. The adjustments made in 2014 generated a 17% increase in the number of female players between the ages of 15-17 who participate in USA Hockey’s Girls’ National Player Development Camps.
Objectives & Development Process

The overall objective is to provide the 462 girls who participate in USA Hockey’s National Player Development Camps with the resources for effective training to maximize their playing potential. The week-long experience at any of the three camps exposes 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). The age-appropriate resources and developmental programming at Girls’ National Player Development Camps are directly aligned with the U.S. Women’s National Team’s training, expectations, and culture, giving emerging U18 players the proper foundation necessary to progress and develop into players that have the hockey skills, off-ice training, and mental skills necessary to succeed at the National Team level. Four-time Olympian, Julie Chu, notes the benefits of these camps:

“National Player Development Camps are critical to the improvement of our players and the foundation for our future National Team members. Having gone to these development camps as a player, and more recently as a coach, I know the difference they can make. They allow our players to understand what it takes to train and compete against the best in our nation. Instead of waiting until players are older to understand the culture and the standards of our program, the development camps introduce these concepts early on so these players are better prepared to represent the United States at the collegiate and international levels.”

Four-time Olympian, Julie Chu

USA Hockey has enhanced its scouting and evaluation processes over the last five years to track and develop each individual player who advances to any of the three Girls’ National Player Development Camps and particularly those who earn return invites. While a District Tryout is the best way for USA Hockey to evaluate players and compare players’ abilities among the best in each District, USA Hockey also works to evaluate players and scout games throughout the hockey season. USA Hockey values effort and improvement. Each camp or scouting opportunity is considered a benchmark and an opportunity to measure a players’ growth.

USA Hockey looks for players who leverage the information and resources shared with them and who demonstrate steady improvement in the various areas they were exposed to during previous camps (i.e. off-ice testing, on-ice concepts, hockey IQ, work ethic, coachability, team play, attitude, etc.). Every player at this age who is applying the training strategies provided by USA Hockey will have the opportunity to maximize her development. Nicole Hensley, 2016 IIHF Women’s World Championship Team and current Women’s National Team Player, provides her take on the increase in talent at each age and continuous improvement:

“As a Strength and Conditioning coach at camp, it was impressive to see the improvement in off-ice testing numbers and how the players value their off-ice training. The camps stress the importance of getting better every day, and each girl receives feedback they can take home with them and continue to work to improve their own game.”

Being identified as a player who advances to the Girls’ U18 Select Player Development Camp indicates that she has advanced quickly in the 15-17 year old range, but USA Hockey cautions 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 a USA Hockey National Player Development Camp has the potential to emerge as an elite player.

While playing for a competitive collegiate program is a goal for most players who attend National Player Development Camps, USA Hockey also understands the overarching goal and dream of each player is to play for Team USA on an international level. It is important to note the average age of a player on a U.S. Women’s Olympic Team is 24 years of age (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.

Kacey Bellamy, two-time Olympian, shares her experience with the development program:

“Working towards your goals, day in and day out, representing your country proudly, and doing it with your best friends is not only an honor but also a dream. USA Hockey has given me the opportunity to be a part of something bigger than myself. It has surrounded me with some of the most competitive, driven, and hardworking people, with whole-hearted, genuine personalities that have left lasting impressions on my heart.”

Two-time Olympian, Kacey Bellamy
Each District has a unique player development process that must be followed for a player to be eligible for opportunities at the District, Regional, and/or National level.

The typical player development process that a player must follow is:

Affiliate or Open Tryout → District Tryout → District, Regional, and/or National Player Development Camps

Note: Due to the number of players in a District, the geographical size of a District, and other factors affecting each unique District, an Affiliate or open tryout may not be required prior to a District Tryout, and in some Districts additional steps may be required in addition to those listed above. Please review the District-Specific Girls’ Player Development Guide or contact the Girls’/Women’s Section Representative in your District to learn more about your District’s player development process.
District Tryouts
Approximately 3,400 female players ages 15 to 17 participate in the District Tryout process each year and the player development process varies from district to district. For more information, contact your district representative.

Eligibility Criteria for Girls’ National Development Camps
Below outlines the criteria required for players to be eligible for potential advancement to one of the three age-specific 2017 Girls National Development camps noted below.

1. Player must be in one of the three eligible birth years (2000, 2001, or 2002);
2. Player must hold U.S. citizenship; and
3. Player must participate in her district tryout.

Selected players will advance to only one of the following camps:

2017 Girls 15 Player Development Camp (July 8-12)
216 players
Each district receives allocated spots for the 2002 birth year generated by registered female players in each district.

2017 Girls U18 Player Development Camp (July 15-21)
180 players
Each district receives allocated forward and defense spots for the 2000 and 2001 birth years generated by registered female players in each district and the performance of that district’s specific birth year.

2017 Girls U18 Select Player Development Camp (June 24-30)
66 players
There are no set allocations for this camp. USA Hockey appointed scouts and tryout directors in each district will collectively determine who is selected for this camp from the 2000, 2001, and 2002 birth years.

USA Hockey Girls’ National Development Camp
OBJECTIVES

The objectives at all three USA Hockey Girls' National Development Camps are:

- Skill Development
- Long-Term Athlete Development
- Exposure to National Competition
- Evaluation
- Measure Improvement

Additional District and Regional Opportunities

The objective of USA Hockey’s Girls’ Player Development Program is to implement a tiered approach to age-specific development that will help build a broader core base of players.

With this enhanced programming, there are additional opportunities available to girls at the National, District, and Regional levels. USA Hockey encourages players to take advantage of all of these opportunities to obtain valuable resources that a player can apply to her long-term athlete development and growth as a hockey player. The District and Regional opportunities available will vary by District. Most opportunities focus on the 14-17 year-old age range (2000-2003 birth years); however, additional opportunities may be available in some Districts for the 1999, 2004, and 2005 birth years. For District-specific information, please refer to the District-Specific Girls’ Player Development Guide or page 7 for contact information for each of the Girls’/Women’s Section Representatives.
### 2017 Girls 14 Player Development Opportunities

The 12 Districts will provide various levels of District and Regional opportunities for the 14-year-old age group (2003 birth year).

With the new tiered approach to age-specific development, there is no longer be a National Player Development Camp for the 14-year-old age level. This ensures that 14-year-olds continue to develop at a District or Regional level in preparation to compete for a spot at our National Player Development Camps the following year as a 15-year-old.

In most cases, 14-year-old players will still participate in the District Tryout process so that:

- Players are eligible to advance to District and Regional Development Camps.
- Players can gain exposure to the process and expectations so they can effectively prepare for the following year when they are eligible for advancement to National Player Development Camps.
- District Tryout directors and USA Hockey appointed scouts may evaluate the players in this birth year.

All District, Multi-District and Regional opportunities will be communicated separately by District Representatives.

### 2017 Girls 15 Player Development Camp

| Participants: | 216 players |
| Birth Year: | 2002 |
| Camp Dates: | July 8-12, 2017 |
| Location: | St. Cloud State Univ. (St. Cloud, Minnesota) |

USA Hockey has doubled the number of participants at the Girls 15 Development Camp to provide development tools to a wider range of players at this age to generate a more skilled and competitive player pool in future years.

This camp provides players with a competitive, age-specific environment with on-ice training (drills, small area games, competitions, etc.) and off-ice training (strength and conditioning, nutrition, class room, etc.).

Each District receives allocations based on the number of female players registered in each district in the 2002 birth year (i.e. a specific number of spots at the forward, defense and goalie positions). A portion of the goalie positions are considered ‘at-large’ allocations.

While the U18 National Festival is primarily for the 2000 and 2001 birth years, it is possible that a player from the 2002 birth year would be invited to attend the U18 National Festival (held in Lake Placid, N.Y., in August of 2017).

### 2017 Girls U18 Player Development Camp

| Participants: | 180 players |
| Birth Years: | 2000-2001 |
| Camp Dates: | July 15-21, 2017 |
| Location: | St. Cloud State Univ. (St. Cloud, Minnesota) |

Each District receives 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 the District coupled with the performance of that District’s specific birth year in prior camps.

The goalie positions are considered ‘at-large’ allocations. USA Hockey appointed scouts will work with each District’s evaluation team to identify goalies who will advance to the U18 Development Camp.

At the U18 Development Camp, USA Hockey continues to provide a challenging environment for the 180 participating players. This camp combines the birth years on each team so that teams have a mixture of 16 and 17 year olds.

### 2017 Girls U18 Select Player Development Camp

| Participants: | 66 players |
| Birth Years: | Primary focus is 2000-2001 birth years (though 2002 will be eligible) |
| Camp Dates: | June 24-30, 2017 |
| Location: | Univ. of New England (Biddeford, Maine) |

There are no set allocations for this camp. USA Hockey appointed scouts and tryout directors in each District will collectively determine who is selected to advance to the U18 Select Development Camp.

At the U18 Select Development Camp, USA Hockey continues to provide a similar, age-specific training curriculum that is used at all of the Girls National Development Camps. In addition to USA Hockey’s priority of focusing on skill development, this camp is also an evaluation-based camp to determine which players will advance to the U18 National Festival (held in Lake Placid, N.Y., in August of 2017).

Note: Players attending either of the U18 National Development Camps may be tracked for future National Team opportunities and are also eligible to advance to the U18 National Festival if their performance warrants (held in Lake Placid, N.Y., in August of 2017). Approximately thirty players will advance to the U18 National Festival.

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To be selected for any of the above USA Hockey Girls National Player Development Camps, a player must participate in her District Tryout (a District Tryout schedule for 2017 is on page 7). Players selected to advance to one of the three National Player Development Camps, will be notified in accordance with the National Notification Timeline on page 8. If a player is selected to advance, she will be sent more detailed registration information from USA Hockey. The National Player Development Camp fee is $150 and each player is responsible for booking and paying for her own travel.
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. The focus remains on training with sensible competition being of secondary importance. Players should consolidate sport specific technical skills with an increased emphasis on hockey. It is still recommended that athletes participate in at least one complimentary sport. 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 team building, 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 begins on optimizing fitness preparation and the specialization 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 and training intensity will increase. 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 for the athlete 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. Training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes may 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 train to win stage is the final phase of athletic preparation that only a very small minority will achieve. 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. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. Athletes at 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.
DISTRICT TRYOUT AND PERSONNEL INFORMATION

Atlantic District
Tryout: March 25-26, 2017
North East SkateZone (Philadelphia, PA)
Girls’ & Women’s Section Representative:
Sis Paulsen - slpaulsen13@gmail.com

Central District
Tryout: March 24-26, 2017
Hobbs Ice Center (Eau Claire, WI)
Girls’ & Women’s Section Representative:
Mary Ann Robinson – wahadir@yahoo.com

Massachusetts District
Tryout: April 21-23, 2017
New England Sports Center (Marlborough, MA)
Girls’ & Women’s Section Representative:
Mark Lissner – markdlissner@gmail.com

Michigan District
Tryout: April 21-23, 2017
Novi Ice Arena (Novi, MI)
Girls’ & Women’s Section Representative:
Jean Laxton – 2skaters1@msn.com

Mid-American District
Tryout: March 25-26, 2017
Kent State (Kent, OH)
Girls’ & Women’s Section Representative:
Ladd Wagner - lwagner@midamhockey.com

Minnesota District
Tryout (16/17’s):
April 21-23, 2017
Plymouth Ice Arena (Plymouth, MN)
Tryout (15’s):
April 21-23, 2017
Braemar Ice Arena (Edina, MN)
Girls’ & Women’s Section Representative:
Doug Foster – dougfoster@mwpsales.com

New England District
Tryout: March 24-26, 2017
Northford Ice Pavilion (Northford, CT)
Girls’ & Women’s Section Representative:
Bill Leidt – bill.leidt@gmail.com

New York District
Tryout: May 5-7, 2017
Cicero Twin Rinks (Cicero, NY)
Girls’ & Women’s Section Representative:
Joe Eppolito – joe.eppolito@nysha.com

Northern Plains District
Tryout: May 4-7, 2017
Icon Sports Center (Grand Forks, ND)
Girls’ & Women’s Section Representative:
Bob Gillen - bgillen33@gmail.com

Pacific District
Tryout: June 10-14, 2017
Colorado College (Colorado Springs, CO)
Girls’ & Women’s Section Representative:
Greg Johnson – greg@johnsonak.us

Rocky Mountain District
Tryout: June 10-14, 2017
Colorado College (Colorado Springs, CO)
Girls’ & Women’s Section Representative:
Geoff Pashkowski – dplusarch@cox.net

Southeastern District
Tryout: April 21-23, 2017
Florida Hospital Center Ice (Wesley Chapel, FL)
Girls’ & Women’s Section Representative:
Jane Solverson – jsolverson@aol.com

Please note that some Districts have multi-step player development processes, and the dates provided are only representative of the District Tryouts and may not represent the only stage of the tryout process within that District. The person assigned to run Player Development Camps and/or Tryouts may be different than the Girls’ & Women’s Section Representative in some Districts. The above contact should ALWAYS be your first contact with questions pertaining to your District.

Website Pages and Other Links
USA WOMEN’S HOCKEY
USA HOCKEY
ADM KIDS
PLAYER DEVELOPMENT CAMPS
USA Hockey values the role District Tryouts play in determining which players advance to USA Hockey National Player Development Camps (Girls’ 15 Camp, Girls’ U18 Camp, and Girls’ U18 Select Camp) as well as other District and Regional opportunities. To streamline the communication surrounding selections and provide families with as much advanced notification as possible for planning purposes, USA Hockey and its twelve districts follow a National Notification Timeline to notify players of National Camp Selections on targeted dates built into the annual District Tryout calendar. If a selected player has an extenuating circumstance (emergency, injury, sickness, etc.) that prevents her from participating in a camp, it is possible that a player named as an alternate may be invited by the National Office to attend camp after the final National Notification Timeline date, and this invitation to attend the camp may happen as late as the start (or even a few days into) the camp.

**Girls U18 Select Camp Selection Process:** USA Hockey's National Scouting/Evaluation staff leverages in-season competitions, district tryouts, district camps, along with prior regional, district, and National Player Development Camp experience to evaluate and select the 66 age-eligible players who will be invited to the 2017 Girls U18 Select Player Development Camp. All player selections and alternates for the U18 Select Camp will be named on May 16, 2017. Note: If a player from a district that has not completed its District Tryout process prior to May 10, 2017, is selected for the Girls U18 Select Player Development Camp, that player will be required to attend (and benefit from the training and experience provided at) all tryouts/camps remaining in their District Tryout process to remain eligible for any 2017 Girls Player Development Camps.

**Girls U18 and Girls 15 Camp Process:** USA Hockey allocates forward and defensive spots for the 2000 and 2001 birth years based on number of female players registered in each birth year in each district and the performance of that district’s birth year at previous camps. All goaltender spots for the 2000 and 2001 birth years and 12 of the 24 spots at the 2002 birth year are considered “at-larges.” USA Hockey allocates forward, defensive, and the remaining goaltender spots for the 2002 birth year based on number of female players registered in this birth year in each district. Players will be evaluated throughout their 2017 District Tryout process to be selected for the Girls U18 or the Girls 15 Camps and will be notified in accordance with the 2017 National Notification Timeline below.

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**NATIONAL NOTIFICATION TIMELINE**

**1. MAY 16, 2017**

- All player selections and alternates named for the Girls U18 Select Camp for all twelve districts
- Player selections for the Girls U18 and Girls 15 Camps for allocated spots in the districts that have completed their District Tryout process prior to May 10, 2017 (Atlantic, Central, Massachusetts, Mid-American, Minnesota 2000s/2001s, Southeast, New England, New York, and Northern Plains)
- Any players from the districts that have completed their District Tryout process prior to May 10, 2017, that are still in consideration for alternate or at-large spots for the Girls U18 or Girls 15 Camps

**2. JUNE 20, 2017**

- Player selections announced for the Girls U18 and Girls 15 Camps for allocated spots in the districts that have completed their district tryout process after May 10, 2017 (Minnesota 2002s, Pacific, and Rocky Mountain)
- Final “At-Large” and “Alternate” selections named for the Girls U18 and Girls 15 Camps
Frequently Asked Questions

Why USA Hockey Girls National Player Development Camps?

USA Hockey hosts a series of annual National Player Development Camps for girls ages 15, 16 and 17. Participants are chosen through an annual evaluation process conducted at the local and District levels. Participants receive on and off-ice training under the direction of leading USA Hockey coaches, current and former Women's National Team players, and collegiate coaches. At its camps, USA Hockey reinforces the integral role that continuous improvement and on-going training have on players' development.

Who is eligible?

To be eligible for advancement to one of the three age-specific Girls National Player Development Camps, a female player must:
2. Hold U.S. Citizenship; and,
3. Participate in her district tryout.

Are dual-citizens eligible for Girls' National Player Development Camps?

Yes. An age-eligible, female player is eligible for Girls' National Player Development Camps as long as she has proof of U.S. Citizenship.

I'm in the process of obtaining my U.S. citizenship. Am I eligible for Girls National Player Development Camps?

No. A player must have proof of her U.S. Citizenship in order to be eligible for Girls National Player Development Camps. However, some Districts may allow a non-U.S. citizen in this scenario to attend a District opportunity (tryout or camp) under the condition that she is ineligible for potential advancement to any of USA Hockey's Girls National Player Development Camps.

Are players allowed to attend more than one District Tryout in a given year?

No, a player may only participate in the District Tryout process in one District in a given year.

If I am a U.S. citizen but live in another country, am I eligible to attend a District Tryout?

Yes. If this situation applies, the player should contact USA Hockey's National Office immediately to determine which District she should register in for player development opportunities.

If my family owns more than one home, can I choose which District I register in for player development opportunities?

No. A player must register for player development opportunities in the District where her family's primary residence is. If you have questions about what constitutes "primary residence," please contact USA Hockey's National Office.

If I billet, live at school or attend school in another District, can I choose which District I register in for player development opportunities?

No. A player must register for player development opportunities in the District where her family's primary residence is. If you have questions about what constitutes "primary residence," please contact USA Hockey's National Office.

What if I am unable to tryout in the District where my family holds primary residence?

The best opportunity for a player to be evaluated for potential advancement to one of USA Hockey's Girls National Player Development Camps is by attending the tryout in the District where her family holds primary residence. However, USA Hockey acknowledges that certain circumstances may preclude a player from trying out in her home District. When that scenario arises, players are encouraged to contact the USA Hockey's National Office immediately. Depending on the scenario, a player may be granted permission by USA Hockey and the District Representatives to be evaluated in another District. Following that tryout, her evaluation will be sent to her home District for consideration and it will be at the discretion of the evaluation staff in her home District whether she should advance to one of the three Girls’ National Player Development Camps.

If I have an extenuating circumstance (emergency, injury, sickness, etc.) that prohibits me from attending my District tryout, can I still be considered for District, Regional and National opportunities?

Yes. If this situation arises, the player should immediately contact her District Girls'/Women's Section Representative to relay the circumstances and receive direction on next steps.

I am currently 14-years-old, but turn 15 this calendar year. Am I eligible for the Girls 15 National Player Development Camp?

Eligibility for opportunities at the District, Regional, and National levels are based on a player's birth year, not her current age. For National opportunities during 2017, the 2002 birth year is eligible for the Girls 15 National Player Development Camp, and the 2000 and 2001 birth years are eligible for the Girls U18 National Player Development Camp. All three birth years (2000, 2001, and 2002) are eligible for the Girls U18 National Select Player Development Camp. At the District and Regional level, the above birth years and additional birth years (1999, 2003, 2004, etc.) are eligible for District and Regional opportunities.
After I attend my District Tryout, how will I know if I am selected to attend one of USA Hockey's Girls National Player Development Camps? USA Hockey will follow the National Notification Timeline on pages 8 and 9 of this Guide. Prior to each of the notification dates listed in the National Notification Timeline, USA Hockey's National Office Staff will communicate with District Representatives in each of the Districts listed to relay players' statuses. The process by which a District notifies selected players can vary. Some Districts will notify players by phone call and others may elect to post the list of the selected players on their District website. Once you have received notification from your District representative, USA Hockey's National Office Staff will send your official camp invitation via email. That invitation will contain details about the camp the player has been selected to attend and will outline all information USA Hockey will need from the player and parent/guardian prior to camp.

If selected for the Girls U18 Select National Player Development Camp, would I also attend the Girls 15 or U18 National Player Development Camp in St. Cloud, Minnesota? No. A player would be selected to attend only one of the three Girls National Player Development Camps in a given year.

If I have been selected or named as an alternate for one of the three Girls National Player Development Camps, but I have an extenuating circumstance (emergency, injury, sickness, etc.) that prohibits or may prohibit me from attending the camp, who should I contact? A player who has been selected or named as an alternate, but has an extenuating circumstance that prohibits or may prohibit (i.e. unsure if player will be cleared from an injury), the player should notify USA Hockey's National Office and her District Girls' and Women's Section Representative of the circumstances immediately.

How are the player status terms defined?

- A player who is “cleared to attend” has been selected to attend one of the three Girls National Player Development Camps as indicated by the National Office and District Representatives.
- “At-larges” are extra spots at the Girls U18 Camp and Girls 15 Camp which can be awarded to any player in any district outside of each District’s set allocations.
- A player who is an “alternate” for one of the three Girls National Player Development Camps may be invited to camp by the National Office if a selected player in the same position and same birth year is unable to attend the camp for any reason. An alternate may be invited to camp as late as the start (or even a few days into) the camp.
- A player who is “in-consideration” will have to wait until June 20, 2017 to be notified if they are selected for an at-large spot or named as an alternate to the Girls 15 or Girls U18 Camps.

If I am not selected to attend one of the National Player Development Camps, should I attend my District Tryouts next year? Yes. USA Hockey encourages players to continue to attend District Tryouts and Player Development Camps to obtain valuable resources that she can apply to her future development and improvement as a hockey player. Recognizing the importance of long-term athlete development is a critical component to players putting themselves in the best position to reach their goals.

Please refer to page 7 of this guide for contact information for the District Girls'/Women's Section Representative and USA Hockey National Office.
The curriculum provided at USA Hockey Girls Player Development camps is directly aligned with our Women’s National Team programming. The four main areas that the curriculum at our Girls Player Development Camps focuses on are:

- On-Ice Training
- Strength and Conditioning
- Nutrition
- Mental Skills

The Women’s National Team Program mantra is “We are part of something bigger than ourselves. We are Team USA. We are Team First.” USA Hockey’s Girls Player Development Camps reinforce the Women’s National Team mindset of being part of something bigger than yourself and seek to educate future National Team hopefuls on the Women’s National Team expectations, culture, and “Team First” way of life on and off the ice. The culture of our Women’s National Team stresses the importance of “becoming better” everyday and making individual gains while pushing to make their teammates better. Our Girls Player Development Camps provide players with tools and resources they can take home to become better and maximize their development. USA Hockey expect players to be prepared and to demonstrate a winning performance and attitude (on and off the ice) at all levels.

2016 Women’s National Team & Alumni Involvement

As part of our ongoing efforts to increase synergy between our Women’s National Team and Under-18 Player Pool, we have a number of current and former Women’s National Team Players and/or Olympians participate at our camps. Below is the list of who participated in 2016:

**2016 GIRLS U18 SELECT PLAYER DEVELOPMENT CAMP**
- Kacey Bellamy (Assistant Coach and Player Mentor)
  - 2x Olympian and current WNT Player
- Julie Chu (Head Coach)
- Shawna Davidson (Evaluator)
  - 1990, 1992, 1994 IIHF Women’s World Championship Teams
  - 2014 Olympian and current WNT Player
- Meghan Duggan (Assistant Coach & Player Mentor)
  - 2x Olympian (2010, 2014) and current WNT Player
- Courtney Kennedy (Head Coach)
- Assistant Coach of 2017 Women’s Under-18 National Team
- Jocelyne Lamoureux-Davidson (Assistant Coach & Player Mentor)
  - 2x Olympian and current WNT Player

**2016 GIRLS U18 PLAYER DEVELOPMENT CAMP**
- Julie Chu (Head Coach)
- Shawna Davidson (Evaluator)
  - 1990, 1992, 1994 World Championship Teams
- Nicole Hensley (Strength & Conditioning Coach)
  - 2016 IIHF Women’s World Championship Team & current WNT Player
- Briana Mastel (Team Leader)
  - 2014 IIHF U18 Women’s World Championship Team
- Lee Stecklein (Skills Coach)
  - 2014 Olympian and current WNT Player
- Allie Thunstrom (Skills Coach)
  - 2010, 2015 Four Nations Cup

**2016 GIRLS 15 PLAYER DEVELOPMENT CAMP**
- Shawna Davidson (Evaluator)
  - 1990, 1992, 1994 World Championship Teams
- Jess Koizumi (Head Coach)
  - 2008 IIHF Women’s World Championship Team
- Gretchen Silverman (Head Coach)
  - 1998 Olympian
- Kelley Stadman (Skills Coach)
  - 2011, 2013 IIHF Women’s World Championship Team and 2008 IIHF U18 Women’s World Championship Team