



## Jr. Sharks 18U Tier I Team Overview 2011-12

- San Jose Jr. Sharks Tier I Hockey
  - Mission statement is “Provide a fun atmosphere to foster a lasting love for the game of hockey while developing players on and off the ice, creating competitive opportunities in all appropriate age, skill and dedication levels, and promoting our players within the Jr. Sharks organization and beyond youth hockey.”
  - Goal: Provide a fun, developmental, and competitive opportunity for players looking to play youth hockey who have the skill, dedication, and desire to play hockey at the junior and collegiate levels.
    - Season
      - Tryouts will be July 8<sup>th</sup> – 14<sup>th</sup>.
      - Practices start on August 9<sup>st</sup>
      - Finish March 1 unless qualify for Pacific District Championships
- PW 18U -1993/94
  - Head Coach: Tony Zasowski
  - Cost:
    - Dues: 7 payments of \$720 = \$5,040
      - Dues include all tournament fees, coaches travel, and teams associated costs
    - Soft Goods : \$400 estimated
    - Travel: expect to budget \$750 / trip. (can cost more if parent travels with player)
  - Ice Hours/ Practices
    - 130 hours of ice equal 3 full ice slot a week schedule permitting
    - Home CAHA and exhibition games will count toward ice hours.
  - Off-ice development
    - Strength and agility training: Team will training using USA Hockey’s LTAD and “windows of trainability” model twice a week schedule permitting
  - Travel Expected
    - SOCAL: 2-3 Trips
    - Outside California: 5-6 trips
  - Games 45-55
    - CAHA: Must play other 3 CAHA teams 3 times each to fulfill CAHA 300 % rule
    - Tournaments and NAPHL
      - September:
        - Labor Day: San Jose, CA
        - NAPHL- Blaine, MN
      - October: NAPHL – San Jose, CA
      - November : TBD
      - December:
        - NAPHL – Chicago, IL
        - NAPHL – Frisco, TX
      - January: NAPHL – Troy, Mi
      - February: NAPHL – Troy, MI and CAHA Playoffs

I have read the above season plan and understand the expectations of playing on the team.

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Parent or Guardian

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Date