

**Team Colorado
16U Tier I Program**



Mission

The mission of the Team Colorado 16U Tier I program is to provide an opportunity for the top 16U players in Colorado and other parts of the United States to train and develop their talents together in a full season program with the intention of preparing them for 19U Tier I hockey and eventually the NCAA.

Competition Schedule*

The 16U Tier I team will compete in ten (10) Tier I events throughout the 2018-2019 season. Each of the following events has been selected because of their exposure to high caliber competition and NCAA college coaches.

Exeter Showcase (September 28th – 30th, 2018 Exeter, NH)
Girls CCM NIT Tournament (October 19th – 21st, 2018 Minneapolis, MN)
Two Nations College Prep Series (October 26th – 28th, 2018 Detroit, MI)
Two Nation College Prep Series (November 29th – December 2nd, 2018 Toronto, ON)
Windy City Girls Elite (December 7th – 9th, 2018 Chicago, IL)
January – TBD in-state games
Detroit Elite Girls Invite (February 1st – 3rd, 2019 Detroit, MI)
CANAM Challenge Cup (February 15th – 17th, 2019 Madison, WI)
Rocky Mountain Districts (March, Location TBD)
USA Hockey Nationals (April, Location TBD)

**A complete competition schedule will be distributed to families prior to the season, but families should anticipate a 55-60 game schedule.*

Pre Season Training Camp

Team Colorado 16U Tier I team will participate in the Colorado Thunderbirds preseason training camp in late August. It is designed to bring teams together for strength and conditioning testing, on ice skills sessions with New York Rangers skills coach Mark Ciaccio, nutritional seminars, team building and the annual “SMOKER” workout with Landow Performance. It is mandatory for all teams, coaches, and players, but is worth its weight in gold and sets the tone for the Tier I season. Exact times for each event will be distributed to each team as the summer progresses.

16U Season Training Schedule

Players making a commitment to hockey at this level are making hockey a top priority in their life and will be treated as such by players, families, coaches, and the association alike.

The following weekday schedule is designed to provide 16U players with the opportunity to train in an elite athlete setting while still allowing these young ladies to succeed academically.



MON – Off Day

TUE – on ice practice (location and time TBD)

WED* – 8:45PM practice @ Old Foothills Ice Arena

THU – Off Day

FRI – 3:40PM practice @ The Ice Ranch

SAT*, SUN - Local Game or additional practice @ Old Foothills Ice Arena

**Strength, Conditioning, and Agility Sessions overseen by Landow Performance prior to practice*

<http://lorenlandowperformance.com>

Selection Process

The 16U Tier I team will be comprised of a minimum of fifteen (15) skaters and two (2) goaltenders. We are looking for 17-20 student-athletes who have a commitment to train and compete at the Tier I level with the desire to advance their game to the 19U Tier I level and eventually the NCAA. Players must also be committed to excelling in academics and also hold themselves to a higher standard of good character and integrity.

Tryouts

May 18th – 20th, 2018

Location: The Sports Stable Boulder, CO

Cost: \$100

Registration: <https://caha.sportngin.com/register/form/794353914>

Post Tryout Process

Players participating in the tryouts for Team Colorado will be notified by email and/or phone within 48 hours of the tryouts as to their status of making the team.

Player Age Eligibility

Players must be a 2002 or 2003 birth year to be eligible for the 16U Tier I program. “Play Ups” will be kept to a minimum and will only be granted on a case-by-case basis.

Residence Policy

Making a commitment to a high performance 16U Tier I program often means players must move away from home to take advantage of the training opportunities that enable them to reach the NCAA and earn a roster spot on a DI or DIII program.

If a player lives outside the Denver Metro area, it may be asked of them to move to Denver, CO and take advantage of the billet/housing program. For more information on the billet program, please contact Coach Karen Rickard.

Estimated billet costs - \$350/month (\$3500 total)



College Advising

Players making a commitment to train in a 16U Tier I environment are likely pursuing a pathway to the NCAA or ACHA as a student-athlete. Figuring out which NCAA or ACHA program is right for you can be daunting and at times confusing. Players who make a commitment to play on Team Colorado's 16U Tier I team will receive college advising at no additional cost.

16U Season Fees (\$4825 per player)

Includes all practice ice, practice jerseys, strength and conditioning at Landow Performance, tournament fees, preseason training camp, coach stipends, and association admin/overhead costs.

Estimated Team/Travel Fees (\$350 - \$450 per player per trip)

Includes flights, hotel rooms and meals for coaches, team hotel rooms, and team transportation. After trip expenses are determined, families will be invoiced after each trip for the cost of their player and are expected to pay within two weeks of invoice receipt.

The 16U Tier I team will travel as a team and will be the responsibility of team officials. Players will be asked to travel on team flights and stay in team hotel rooms. Parents are invited and encouraged to travel to game weekends, but will be asked to stay in their own hotel room at the team hotel or a hotel of their own choosing.

Flights

Players will travel on designated team flights as chosen by the Head Coach and are paid for by each family separate from season fees and travel fees.

Equipment Package (~\$500 - \$600)

All players on the Team Colorado 16U Tier I team will be required to purchase an equipment/apparel package. The package includes game jerseys (home and away), game socks (home and away), pant shells, two travel quarter zips, long and short sleeve t-shirts, shorts, team travel jacket, and joggers. Equipment bag, gloves, and helmets are required items, but are not included in the equipment package.

Should you have any immediate questions on the Team Colorado 16U Tier I team, please contact Coach Karen Rickard at the below phone number or email address.

Karen Rickard
Team Colorado
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