

VALKYRIES 10U & 12U Parent Meeting (2025-2026)

September 15th, 2025 @ 7 PM
Apple Valley High School





The 4 S's of Hockey Development

Skating

Focusing on technique, balance, agility and edges. The athlete's ability to transition, change direction, stop and start



Speed

Skating with a focus on **overspeed** allows players to more confidently win races and battles within the game



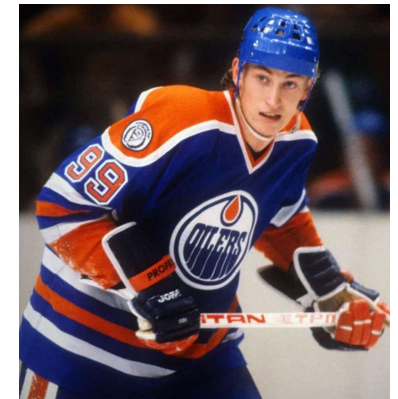
Skills

Shooting, Puck-handling, and passing skills focused on making strong and confident moves with the puck



Smarts

"Hockey IQ" their ability to read and react to the play, make good decisions, and be aware of their surroundings





Welcome to the Valkyries!

Who are we?

- The Valkyries is a girls hockey co-op between the Eastview Hockey Association and the Apple Valley Burnsville Hockey Association.
- Valkyries teams involve the 10U, 12U, and 15U age ranges.
- The Valkyries currently have approximately 100 players in our alliance.



Valkyries Player Development & Coordinators

The Valkyries program is a collaboration of hockey development and girls coordinators from both associations to include the following:

Hockey Development:

- Chris Sikich (AVBHA)
- Herb Harvey (EVHA)

Valkyries Girls Coordinators:

- Jason Haider (EVHA)
- Alicia Czech (EVHA)
- Chad Krawiec (EVHA)
- Erik Nilsen (EVHA)
- Luke Korkowski (AVBHA)
- Kelly Jo Powerstorm (AVBHA)
- Mindy English (AVBHA)

Any questions or concerns can be sent to Valkyries Coordinators.

Email addresses are found on Valkyrieshockey.org.



Valkyries Information

- The Valkyries website is the main source of information for off-season, tryout, and regular season information:
 - <https://www.valkyrieshockey.org/home>
- Secondary document found [HERE](#) that contains a lot of information on what to do next and general information (link found on Valkyrieshockey.org)
- Important Updates throughout the season can be found on both the Valkyries and home association websites.
- It is highly recommended you subscribe to calendars for updates and accurate information.



Association Responsibilities

- Team Hosts for 2025-2026 Season:
 - 10U / 12U / 15U = Eastview Hockey Association
- Tournaments:
 - All Valkyries coordinators are involved in booking tournaments for all levels for the 2025-2026 season.
- Jerseys / Socks / Apparel
 - Uniform orders have been placed and are currently being processed.
 - If you have not yet placed a jersey or sock order and you need to, please contact a Valkyries coordinator.



Valkyries 2025-2026 Teams & Levels

- Team numbers and leveling decisions are made by player development from both EVHA and AVBHA.
- 2025-2026 Team Leveling:
 - 10U (4 Teams) = A / B1 / B2 / B2
 - 12U (3 Teams) = A / B1 / B2
- Teams designated at the same level are skill-balanced teams per district and association policies and recommendations.



TRYOUTS - 10U & 12U

- Try out schedules are found at WWW.VALKYRIESHOCKEY.ORG → Pre-Season → Click on applicable level.
 - **Subscribe to calendar!**
 - Goalie specific tryout → 9/29/2025
 - 10U → 9/28/2025 - 10/8/2025
 - 12U → 9/27/2025 - 10/8/2025
- It is expected every player will be at every try-out session. For extreme circumstances please contact a Valkyries coordinator.
- Players will wear pinnies for tryouts with an assigned number. Please remove any name identifying information from helmets or other branded gear (ex: “AAA” team labels, stickers, or player names). Wear Valkyries socks or neutral socks.
- REMEMBER = TRYOUTS ARE CLOSED TO SPECTATORS!
- Check-in will be available 45 minutes prior to each ice session.



TRYOUTS - 10U & 12U

9/27/2025	9/28/2025	9/29/2025	10/2/2025	10/2/2025	10/3/2025	10/3/2025	10/8/2025	10/8/2025
Saturday	Sunday	Monday	Thursday	Thursday	Friday	Friday	Wednesday	Wednesday
BIC 2	HAYES	BIC 1	HAYES	HAYES	BIC 1	BIC 1	HAYES	HAYES
1015 AM	1030 AM	545 PM	430 PM	700 PM	430 PM	700 PM	430 PM	700 PM
1230 PM	1245 PM	645 PM	645 PM	915 PM	645 PM	915 PM	645 PM	915 PM
12U Tryout	10U Tryout	10U + 12U Goalies Only	10U Tryout	12U Tryout	10U Tryout	12U Tryout	10U Tryout	12U Tryout
Last Names A-K (1015)	Last Names A-K (1015)	All Goalies 10U + 12U	Last Names A-K (1015)	Last Names A-K (1015)	GOLD 430	GOLD 700	GOLD 430	GOLD 700
Last Names A-K (1015)	Last Names A-K (1015)		Last Names A-K (1015)	Last Names A-K (1015)	BLUE 545	BLUE 815	BLUE 545	BLUE 815



TRYOUTS - 10U & 12U

- The first 2 days of all-player Try Outs are split by LAST NAME
- 3rd day of Try Outs:
 - 12U → Split into Gold and Blue Groups
 - 10U → Split into Gold and Blue Groups
- 4th (final) day of Try Outs:
 - 12U → Split into Gold and Blue Groups
 - 10U → Split into Gold and Blue Groups
- Gold/Blue group assignments will be posted to Valkyries site after day 2 for 10U and day 3 for 12U
- Team assignments will be posted to Valkyries site after final day of Try Outs



Tournaments

- 10U: 3 tournaments
- 12U: 4 tournaments
- All tournaments are still subject to change based on final confirmation and any other adjustments.
- Each team will have a minimum of 1 away-tournament.
 - Watch for communication from team manager on hotel blocks and make sure to book early.
 - Tournaments schedule is subject to change.
 - 10U teams can add an additional tournament for additional cost.



10U Tournaments

TEAM:	WEEKEND:	TOURNAMENT NAME:
10U-A	3 - Nov 7-9	NSC All American Girls - Blaine, MN
10U-A	7 - Dec 5-7	Bemidji Youth Hockey Tournaments
10U-A	14 - Jan 23-25	Girls Raspberry Jam Cup - Hopkins, MN
10U-B1	5 - Nov 21-23	Owatonna Tournament
10U-B1	13 - Jan 16-18	St. Michael / Albertville Riverhawks Rumble
10U-B1	15 - Jan 30 - Feb 1	Bloomington Cupid Classic
10U-B2 BLUE	4 - Nov 14-16	St. Paul Capitals Hockey Association Girls Capital Cup
10U-B2 BLUE	7 - Dec 5-7	Sartell Battle by the River Tournament
10U-B2 BLUE	13 - Jan 16-18	Inver Grove Heights Tournament
10U-B2 GOLD	7 - Dec 5-7	Anoka Girls Classic 2025
10U-B2 GOLD	9 - Dec 19-21	Albert Lea Tournament
10U-B2 GOLD	14 - Jan 23-25	Minneapolis Winter Storm Tournament



12U Tournaments

12U-A	Nov 7-9	NSC All American Girls - Blaine, MN
12U-A	Nov 28-30	Grand Rapids - Star of the North Tournament
12U-A	Dec 19-21	Warroad Hockey Tournament
12U-A	13 - Jan 16-18	Stillwater Skate for the Roses
12U-B1	Nov 7-9	NSC All American Girls - Blaine, MN
12U-B1	Dec 5-7	Hastings Sugar & Spice
12U-B1	Jan 9-11	Moundsview Tournament
12U-B1	Jan 23-25	Moorhead Tournament
12U-B2	Nov 14-16	St. Paul Capitals Hockey Association Girls Capital Cup
12U-B2	Jan 16-18	St. Michael / Ablertville RiverHawks Rumble
12U-B2	Jan 23-25	Hopkins Youth Hockey Girls Raspberry Jam Cup
12U-B2	Jan 30 - Feb 1	Mora Mustang Showdown



Game Day Duties

- Parent assistance is necessary for all home games/scrimmages:
 - Clock
 - GameSheet
 - Penalty boxes
 - Locker room monitors
 - Music (if team chooses)
- Team manager will likely assign duties on a rotation as evenly as possible.



Locker Room Rules/Monitors

- Girls teams must have female locker room monitors for **EVERY** practice and game (before and after ice time).
- Monitors must be registered with USA Hockey, complete a background check, and complete SafeSport Training.
 - USA Hockey Registration: <https://membership.usahockey.com/>
 - On-ice (coaches) = \$53
 - Volunteers and managers = NO COST!
- SafeSport: <https://www.usahockey.com/safesporttraining> = NO COST!
- Background check: <https://www.usahockey.com/backgroundscreen> = \$30

REMINDER - No dads/males in girls locker rooms at traveling team levels*

*Male coaches allowed with female adult coach or LRM present

REMINDER - No cell phones allowed out in locker rooms (BOTH players and LRM's)



Parent Coaches

- Valkyries are always looking for new coaches to help and make a positive impact on teams and players.
- Apply through EVHA site
 - “Resources” → “Coaches”
- [Coach Requirements \(eastviewhockey.net/coaches\)](http://eastviewhockey.net/coaches) explains all steps necessary to become a rostered coach.



DIBS

- AVBHA: 7.5 hours per family
- EVHA: 8 hours per family
- Refer to your home organization for specific questions regarding DIBS



Questions?

