

2018-19 U8/ADM FALL/WINTER PROGRAM & SUMMER FUNDAMENTALS

ADM Program History and Principles:

USA Hockey launched the American Development Model (ADM) in 2009 providing a detailed blueprint for optimal athlete development. By giving your child the ADM experience, you're positioning them for long-term success. It's proven programming, built on qualitative and quantitative research from leading hockey nations, sports scientists, coaches and educators.

As the basis for youth hockey in the US, the ADM provides:

- a. Age-specific, age-appropriate skill development.
- b. An opportunity to efficiently learn and refine essential skills without an over-emphasis on winning games at the younger age classifications.
- c. A sensible practice-to-game ratio.
- d. High-performance practice and game programming that emphasizes skill development, competition, engagement and FUN.
- e. Structured training programs for coaches and qualified adult leadership.
- f. A philosophy that reduces burnout and disenchantment.

USA Hockey also has an ADM specific webpage and it can be accessed at www.admkids.com.

2018-19 Cincinnati Swords ADM Program Specifics:

Ellen Metz, our current Learn to Play Hockey program manager and lead instructor, has accepted the additional role of ADM Commissioner. Ellen comes with a strong hockey background, is a Level 4 certified coach and is also a preschool teacher. She has worked with youth on and off the ice at all age levels from mites through high school.

For the 2018-19 season, the Cincinnati Swords will be re-emphasizing the USA Hockey ADM principles. There will be a new focus on skater development and FUNDamentals. This is the time when a foundation is laid for future success. Fun competitions will also be introduced through a team environment.

Our evaluations which are tentatively scheduled for Sunday, August 19 from 12:30pm-2:00pm. We have moved to an earlier evaluation date so parents can individually size their skater for the jersey. We will provide sizers and order instructions at the evaluation.

Our ADM sessions will run from mid-October through late February/early March and include the following: a weekly 60 minute session on the inline roller rink (sneakers only) so that the players can work on their stickhandling, puck control and positioning without having to concentrate on skating/balance. An additional weekly "team" practice on shared ice with another team. We anticipate these sessions being held on Mondays and Fridays but will not be able to finalize until after the older team tryouts and our U8 evaluation session.

Finally, we will have weekend sessions that will be a combination of practices and games. All game sessions will be cross-ice pursuant to USA Hockey and MID-AM policies. For these games, teams will participate in the MYHL and have cross ice scrimmages with other local associations such as Indian Hill, Butler Co, Northern Kentucky, and others. The season will cap off with the MYHL end of season

tournament. **New this year, each team, as part of their fees, will be participating in an additional tournament.**

Financial Information:

A final cost will not be available until after the evaluations but we anticipate it will be in line with last year's fee of \$850 if registered w/deposit by 5/31/18.

14-16 60 minute half ice team sessions
14-16 60 minute inline skills sessions
8-10 weekend game/practice sessions
MYHL Tournament/League Fee
Additional Tournament
Jersey w/Name & Number & Sock
End of Season Award
August Evaluation
Administrative/Membership Fee

Summer FUNdamentals Program:

We will kick off our 2018-19 season with an optional summer FUNdamentals program which includes eight 90 minute ice sessions on Monday and Wednesday evenings from 6-7:30pm (July 23 through August 15). This is a great way to get your skater(s) back on the ice and knock off the rust before the evaluations. The cost of this program is \$150 if registered on or before April 30. After April 30, the cost is \$200.

Registration for both our Summer FUNdamentals and our Fall/Winter Programs will open on April 2 when USA Hockey makes the 2018-19 membership available. To register, please go to www.swordshockey.com and click on Register Online on the left-hand side. We will include an early registration discount to encourage early registration.

We are very excited about the upcoming 2018-19 season. If you have any questions, please feel free to reach out to Ellen Metz at emetz28@roadrunner.com or Jennie Tiemeyer at swordsoffice@gmail.com.