

2019-20 U8/ADM FALL/WINTER PROGRAM

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.

2019-20 Cincinnati Swords ADM Program Specifics:

Ellen Metz will continue her role as ADM Commissioner and Learn to Play Hockey Program Director. 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 2019-20 season, the Cincinnati Swords will again be emphasizing the USA Hockey ADM principles. There will be a 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 ADM sessions will run from the beginning of September through late February/early March and include an on-ice session for players to work on their skating skills, stickhandling, puck control and positioning. Additionally, there will be weekly "team" practices 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.

NOTE: New this season, we will kick off the season with a mandatory parent meeting on the first meeting date. The kids will take the ice with the coaching staff while the parents met with the ADM commissioner. We will take the first 3 weeks of the season (both Mondays and Fridays) to work with the players and get to know them. We will not form teams until after these three weeks. There will be a three-week schedule where we rotate the players and after we set teams, there will be a set schedule based on team placement.

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 have cross ice scrimmages with other local associations. The season will cap off with an end of season tournament. Teams will also receive an additional tournament event as part of their fees.

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 \$995 if registered w/deposit by May 15, 2019. Please be sure to review the refund policy which is posted on the website and also included in your registration. Your fee includes:

14-16 60-minute half ice team sessions
14-16 90-minute full ice ADM sessions
8-10 weekend game/practice sessions
League Fee/League Tournament
Additional Tournament
Jersey w/Name & Number & Sock
End of Season Award
Administrative/Membership Fee

Registration for our Fall/Winter Programs will open on April 1 when USA Hockey makes the 2019-20 membership available. To register, please go to www.swordshockey.com and click on Register Online on the left-hand side.

We are very excited about the upcoming 2019-20 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.