

HCF 10u Program

10u Minor/Major:

- Registration
 - Registration for the 10u Minor/Major team will be on the HCF website. There will be an assessment fee that will be charged through a separate portal at the time of the assessment.
- Assessments:
 - The HCF 10u Minor/Major team will have an assessment period of 4 weeks. There will be two skates per week on the following dates:

| Date | Day | Start | End | Rink |
|-----------|-----|---------|---------|--------|
| 8/14/2018 | Tue | 5:30 PM | 6:30 PM | UAF |
| 8/16/2018 | Thu | 5:30 PM | 6:30 PM | UAF |
| 8/20/2018 | Mon | 5:30 PM | 6:30 PM | UAF |
| 8/24/2018 | Fri | 5:30 PM | 6:30 PM | UAF |
| 8/27/2018 | Mon | 5:30 PM | 6:30 PM | Dipper |
| 8/29/2018 | Wed | 5:30 PM | 6:30 PM | Dipper |
| 9/4/2018 | Tue | 5:30 PM | 6:30 PM | UAF |
| 9/6/2018 | Thu | 5:30 PM | 6:30 PM | Dipper |

- These assessments are open to 10u players of all skill levels. The 10u Minor/Major team will be selected from these assessment ice sheets.
- Assessment ice will consist of station based drills, cross ice games, half ice games, skating instruction from Jordan Hendry (former NHL Player and Stanley Cup Winner), small area games.
- Assessment fee will be \$50.00
- Team Composition
 - The team composition will be 11-13 skaters and 1-2 goalies based on the USA hockey recommended model for this age group.
- On-Ice Practice
 - On-ice practice will follow the USA Hockey ADM model of a 3:1 practice to game ratio. There will be approx.. 2 practices, plus a station based practice per week, with 1 game on the weekend. 75-80 practices total for the season.
- Off-Ice Dry-land Training
 - There will be 1-2 off-ice dry-land training sessions per week.
- Games
 - As per the USA hockey model; games will be scheduled 1 per week, except for, league weekends and tournaments/jamborees.
 - Games will be played against the following:
 - Alaska League Opponents
 - Skill Appropriate Tier III and Tier IV teams
- Cost for the season
 - Cost for the season will be a base charge of \$625.00 plus additional costs for team specific equipment, ice, travel, tournament fees, etc.. A budget will be presented to the parents by the September 5th.

- Fundraising
 - There will be multiple opportunities for fundraising with this team:
 - Chuck-a-puck
 - 50/50
 - Concession Stand
 - Raffle
 - Sponsorship Opportunities
 - Other Opportunities will be added as the season progresses
- Season Conclusion:
 - The 10U Minor/Major state tournament is Feb. 22-25 in Anchorage

10U Tier III Team:

- Team Composition
 - The team composition will be 11-13 skaters and 1-2 goalies based on the USA hockey recommended model for this age group.
 - This team will be selected by December 31st. This team will be comprised of players from the Tier IV program.
- On-Ice Practice
 - On-ice practices will consist of 1 station-based practice per week, 1 shared practice per week and one additional practice per week once the team is selected.
- Off-Ice Dry-land Training
 - Off-ice dry land training will be as directed by the coaching staff.
- Games
 - As per the USA hockey model; games will be scheduled 1 per week, except for, tournaments and jamborees.
 - Starting Jan. 1st the Tier 3 team will play the majority of their games full ice
 - Games will be played against the following:
 - Skill Appropriate Tier III and Tier IV teams
- Cost for the season
 - Once this team is announced an additional \$200.00 above the Tier IV base fee will be charged to each player.
- Season Conclusion:
 - Tier 3 state tournament for 10u is March 8-11th in Kenai

10U Tier IV Team:

- Registration
 - Registration for the 10u tier IV teams will be on the HCF website. There is no assessment fee
- Assessments:
 - The HCF 10u division will have an assessment ice on the following days:
 - September 8th
 - September 9th
 - These assessments are open to 10u players of all skill levels.
- Team Composition
 - The team composition will be 11-13 skaters and 1 goalie based on the USA hockey recommended model for this age group.
 - The teams will be selected by October 1st.
- On-Ice Practice
 - On-Ice practices will start the week of October 6th.
 - On-ice practices will consist of 1 station based practice per week, 1 shared practice per week and starting on Jan 1st, there will be an optional 3rd shared practice that families may participate in per week at an additional cost.
- Off-Ice Dry-land Training
 - Off-ice dry land training will be optional as directed by the coaching staff.
- Games
 - As per the USA hockey model; games will be scheduled 1 per week.
 - Games will be half ice from the beginning of the season till December 31st. After December 31st games will be rotated between half ice and full ice.
 - Games will be played against the following:
 - 10U Tier IV teams
 - Skill Appropriate 8u
 - HCF Girls 10u
 - Thanksgiving Jamboree
- Cost for the season
 - \$625.00
- Season Conclusion:
 - The end of the season will be the city-wide tier IV tournament approximately the last week in February.
 - State tournament is the 8-11 of March in Anchorage