



2018-'19 MASS/CONN UNITED GIRLS PROGRAM

U14 Tier 1 *STATE & NATIONAL-BOUND*

Head Coach John Birmingham

Spring and Summer

Weekly Skills
3v3 Spring/Summer Hockey League
August Training Camp
Beantown Classic Tournament
NAHA Labor Day Tournament

Fall and Winter

Two practices per week
Skills sessions
Guest coaches from area Prep School
Prep School consultations
Two tournaments
Goalie instruction by the CT Crease
Weekly dryland training
New England Girls Hockey League

14 Tier 2 *STATE & NATIONAL-BOUND*

Head Coach Bill Wright

Spring and Summer

Weekly Skills
3v3 Spring/Summer Hockey League
August Training Camp
Beantown Classic Tournament

Fall and Winter

Two practices per week
Skills sessions
Guest coaches from area Prep School
Prep School consultations
Two tournaments
Goalie instruction by the CT Crease
Weekly dryland training
New England Girls Hockey League



2018-'19 MASS/CONN UNITED GIRLS PROGRAM

U16 Tier 1 *STATE & NATIONAL-BOUND*

Head Coach Mike Traggio

Spring and Summer

Weekly Skills

August Training Camp

Beantown Classic Tournament

NAHA Labor Day Tournament

Fall and Winter

Sunday Only Games

New England Girls Hockey League

U16/U19 Tier 2 Full Season Team *STATE & NATIONAL-BOUND*

Head Coach Chris Eitel

Spring and Summer

Weekly Skills

August Training Camp

Beantown Classic Tournament

Fall (prior to high school season)

Two practices per week

Two games per week

Prep School/College consultations

One tournament (minimum)

Goalie instruction by the CT Crease

Weekly dryland training

New England Girls Hockey League

Winter (during high school season)

One practice per week

One game per week

Prep School/College consultations

Goalie instruction by the CT Crease

Weekly dryland training

New England Girls Hockey League