

AAU Ice Hockey

August 1, 2019

Season 11 - Edition 1

AAU Ice Hockey

The 2018-2019 season in review

Ages	6U-8U	9U-18U	Junior	Adult	Totals
League Teams	180	120+	32	??	400+
AAU Members	5,266+	13,964	1,700+	9,075	30,010+

During 2018-2019, AAU Hockey grew to more than 400 league-based teams and more than 500 teams overall throughout the United States and Canada across age classification ranging from 6U through 18U (Youth), as well as Scholastic, Junior and Adult leagues. It is important to note that all AAU Hockey age classifications have continued to grow each season.

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Sports for all, Forever



Editor

Keith Kloock

409 4th Place
Merritt Island, FL 32953
(321) 794-0222

AAU Leagues, Administrators, as well as Team Coaches and/or Managers are encouraged to submit articles and notices to:

keith@hockey-florida.org

Published quarterly for the benefit and interest of AAU Ice Hockey participants.



Publishing date	Article Deadline	The primary emphasis for each edition.
August 1	July 15	Pre-season announcements for leagues, tournaments & Nationals.
November 1	October 15	Articles & Updates submitted by Leagues, Tournaments & Teams.
February 1	January 15	Pre-Nationals edition. As well as any Notices about the Spring Season. Also including more Articles, Standings and Updates submitted by Leagues, Tournaments & Teams.
May 1	April 15	Season's wrap-up, plus discussions and plans for the next season.

The 2018-2019 season was an important landmark for AAU Hockey, because we finally found significant membership and participation numbers at all ages. AAU has truly become the fastest growing ice hockey program within the United States. Currently licensing Leagues, Tournament and Clubs from coast to coast within most states, as well as Alberta, Ontario & Quebec Canada. Classifications include Mini-Mites (6U) through Midgets (18U), as well as Adult, College, Junior and Scholastic (including High School, JV and Middle School) leagues. Fulfilling the AAU motto: Sports for All, Forever!

Beginning our 11th season, since our re-birth

Of course, most of our AAU Hockey youth hockey members would consider 2019-2020 to be only our 9th season. That is because our youth and junior programs began with the 2011-2012 season when **Hockey Michigan (AAU)** began offering the 7U and 8U full-ice “**Real Hockey**” program and during that same season that the **Western States Hockey League (WSHL)** juniors also came to AAU, forming the UHU.

However, in point of fact it was the scholastic (High School) leagues from New York who formed our first modern-era AAU Ice Hockey programs. The **Western New York High School Club Hockey League (WNYHSHL)** in 2009-2010 and the Nassau County High School Hockey League (now renamed as the **NY Islanders High School Hockey League**) in 2010-2011,

Of course, we shouldn't forget that AAU Ice Hockey actually became during the 1920's. In fact, AAU became the very first National Governing Body (NGB) for the sport of Ice Hockey in 1930, even forming our early Team USA national programs to compete within the early Olympic Games, bringing home medals from the 1932 (Silver) and 1936 (Bronze). Therefore, technically AAU Ice Hockey is 95 years old.



The 1932 Olympic Final in Lake Placid, New York between Teams USA (blue) and Team Canada (white)

AAU Hockey — Coaching Education from the Positive Coaching Alliance (PCA) by the AAU Hockey - National Chairperson: Keith Noll

Yes, AAU certainly does require that all of our AAU Hockey coaches (including Head Coaches, Assistant Coaches, Trainers, etc.) must participate within our FREE online coaching education program. Our program is administered by the Positive Coaching Alliance (PCA).

Please remember to enter the system through the AAU national website PCA page at: https://site3865.goalline.ca/page.php?page_id=102337. In addition, please make sure that you are already an AAU member. You'll need your membership number in order to receive the course free of charge.

This coaching education program is called **Double-Goal Coach**. A Double-Goal Coach has two primary goals: the first of these goals is of course to win, yet without the typical **"Win At All Costs"** mentality, which is often found elsewhere. And the second (more important) goal is to teach life lessons through sports.

For the 2019-2020 season, any coach who is just arriving at AAU will likely be required to take **Double-Coach course Part 1: Coaching for Winning and Life Lessons**. Returning AAU coaches, who have already taken and passed Part 1, must take either **Double-Coach course Part 2: Culture, Practices and Games** or the **Double-Goal Coach course Part 3: Developing Triple-Impact Competitors**. Coaches are only required to take one course per season.

These courses will take about 60 minutes or less to complete and are followed by a short test (maybe 90 minutes if you happen to watch all of the videos). Coaches will need an 80% or better score in order to pass. You can save your progress during the course and return to complete it later. However, it's a good idea to allow yourself enough time to take the entire course and test all in one setting.

When **Hockey Michigan (AAU)** formed our first 7U program in 2011, the idea was to change the **"win at all cost and win by any means"** culture that had been ruining hockey. It's important to note that from 2000-2011 alone, Michigan had lost over 12,000 (28%) of it's youth hockey players. During the 5 seasons prior to the creation of AAU Real Hockey, Michigan had been witnessing an exodus from the 6U, 7U and 8U classifications.

Since the creation of AAU "Real Hockey" and its roll-out of the PCA Double-Coach concept this trend has been reversed and these classification are growing again in Michigan (yet that growth is within AAU).

Within AAU Hockey we have always been are fond of saying:

"We aren't merely trying to create just another Ice Hockey program. We're trying to create the World Class program Ice Hockey program that children deserve".





AAU Coaching Page

by : Mike Hartman

AAU Ice Hockey - On-Ice and Off-Ice Director

Mike brings his experience of 17-years as a Professional hockey player (including with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and New York Rangers), as a 1994 Stanley Cup Champion and of course as a youth player to now donate his time for the betterment of AAU youth hockey and coaching.

<http://imotivators.com/>



How to Avoid Negative Thoughts in Sports

In sports, there is so much external pressure coming from family, coaches, the team, and ultimately yourself (at any scale). In order to approach that pressure properly and allow yourself to remain in control of the outcome, one must avoid negative thoughts.

Although sports are unique for how blatant external negativity can be (you could be in a stadium with thousands of booing sports fanatics, or on a high school field with angry parents), the relationship with negativity and yourself as an athlete begins within. If you can master your relationship with yourself, those external forces that have the potential to bring you down will melt away.

Internal negative thoughts come in the form of idealism, blame, and doubt. In a sport, it is easy to imagine the trophy, blame a teammate, and doubt yourself. The real game, and what it truly means to be an athlete, is the ability to combat that with your own inner strength.

1. Idealism can be beat by realism. Instead of seeing the trophy (it is ok to be ambitious, but don't let the image consume you), see the next goal you are going to score, the skills you want to perfect, the running time you want to beat.
2. Blame can be beat by responsibility. If you miss a pass by your teammate because the pass could have been better, don't rush to blame the teammate. Don't blame the screaming fans. Instead, take responsibility and prepare your reaction. How will you handle that situation next time? What skill can you work on that will allow your muscles to memorize what to do in that situation? How can you better yourself?
3. Doubt can be beat by pride. Instead of doubting your abilities on the field, track, court, etc... take pride in the things that you can do well and take pride in yourself for having the mental capacity to want to work on and fix some of the things that you can do better. Recognizing faults is ok and necessary when it comes to sports. But you are allowed to take pride in your strengths and ability to work on your weaknesses. That is a major part of confidence

Like a skill in a sport, if you work on these daily and focus to apply them, they will become integrated into your nature. Positivity will come with ease and you will be able to support yourself and your teammates. When your internal confidence is mastered with positivity, you unknowingly begin to radiate and touch others that may need it as well, thus advancing you as a team and a force.

You will become better and mentally tougher. Being equipped to face external negativity with internal positivity will allow you to focus. And like mentioned in the paragraph prior, will inevitably change the tune of those external forces. Coaches will be more understanding if they see effort, teammates will be more supportive if they feel support in return. Your athletic environment as a whole will flourish.



AAU Ice Hockey Nutrition Page

by : Cheryl Buckley
AAU Ice Hockey: Nutritional Consultant
*Cheryl is a registered dietitian with an
MBA, MS, RDN & CDN*

www.cherylbuckley.com

Educational Background & Certifications

I hold multiple degrees in Nutrition, Health and Wellness:

- MBA from University of Rochester Simon School of Business
- MS degree in Nutrition Total Quality Management from Rochester Institute of Technology
- BS degree in Food and Nutrition from Buffalo State College
- Registered Dietitian Nutritionist
- Certified Dietitian Nutritionist
- Functional Nutrition Specialty

Strategic Eating For Athletes

by Cheryl Buckley MBA, MS, RDN, CDN

There is a strategic way for athletes to eat that allows them to maximize potential for individual sports. Below you will find see my conclusions around this topic.

In the world of athletics, there are several factors that contribute to the players' needs. For example, most athletes sweat profusely throughout a game. Additionally, some sports like hockey, soccer, and lacrosse require players to think and move quickly, demonstrate a high level of agility, and endure various physical movements at very intense speeds. Believe it or not, there are strategic foods and shakes that can be eaten to fuel these exact needs for performance and recovery.

Because of the intense movements in the sport, hydration is of utmost importance. Before a workout (game or practice), players should be hydrated via water or a natural and organic powder mix that is complimented with vitamins, electrolytes and water/coconut water so they can keep their bodies hydrated and fueled. This allows players to play at a high performance level with the ability to recover fast.

A good way to see if you are hydrated is to talk to your registered dietitian professional.

Sports drinks can be OK at times; however, water is always the best option. Caffeine and sugary drinks should be a hard no as they deplete energy while they take effect on the body.

Due to the quick movements and bursts of high intensity intervals, athletes need to focus on their ability to recover quickly. The foods that lend themselves to aiding this are those that have the primary job of providing good calories to burn (energy). This energy can be found in protein, fat, and carbs (which will make up most of your diet).

When it comes to protein, an athlete must remember that they need to consume the recommended amount of protein per body pound daily via their professional registered dietitian.

Proteins contain amino acids which are the foundation of the ability to recover. Because of this, athletes should incorporate lean proteins into every single meal. This can include lean meats, cottage cheese, Greek yogurt, eggs, or beans. Fattier proteins can negate some of the great effects of the proteins themselves, so

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Strategic Eating For Athletes (continued)

sticking to lean is important as high fat proteins take longer to digest. While fats can be damaging in large quantities, they are not the enemy for athletes. In fact, good fats should be incorporated. There is not a set amount of fat that a player should have unless they are looking to lose or gain weight. Good fats include nuts, seeds, avocado, olive oil, etc.

As aforementioned, carbs are going to be the focus of the athlete's meal plan. Like fats and proteins, there are types of carbs that are better than others. A good rule of thumb is to go for whole grainy breads rather than white breads or brown rice over white rice. The white carbs are much harder to process and are lacking fiber as well. In addition, good carbs can include dairy (such as milk, Greek yogurt) and fruit/vegetables. When it comes to fruit and vegetables, at least 5 servings a day is necessary to obtain the correct vitamins and minerals needed.



Carbs and protein should be the focus of a pre-game or pre-practice meal and should be eaten about 3 hours beforehand. The effects of healthy carbs and proteins will last and do their jobs despite the fact that your stomach does not feel overly full after 3 hours. When recovering, go for something that is carb-heavy.

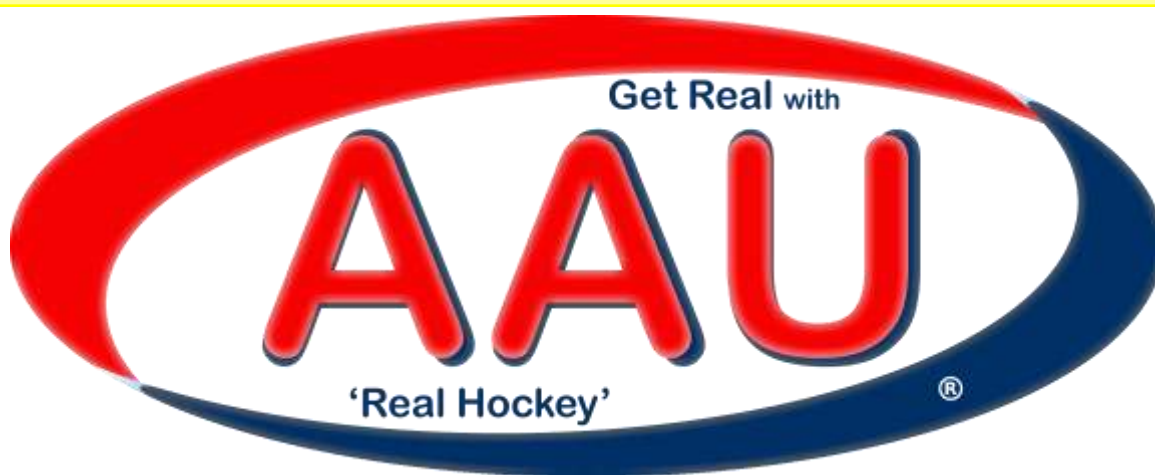
Athletes are constantly on the go, a great tip to get these nutrients in is with a great shake! A clean shake is one that is chemical free and natural as they can be helpful in obtaining the correct amount of protein.

For more nutritional help go to <https://www.cherylbuckley.com>.

Editorial Page

by the AAU Ice Hockey editor: Keith Kloock

PLEASE NOTE: I would have very much liked to have written an editorial concerning the “**Empowering Olympic and Amateur Athletes Act of 2019**”, which is just being introduced within the US Senate as this edition is being published. The bill is being proposed in the wake of the abuse scandals within USA Gymnastics and failures of the USOC. I hope to provide some coverage of this within our next edition.



AAU 7U and 8U “Real Hockey”

SPEED: the scientific value of the Full-Ice game for skills development

During the past decade, we’ve witnessed a movement towards Cross-Ice Hockey within the younger age classifications. This concept is alleged to be more Age Appropriate and is often justified under the Skills Development mantra.

This rationale has even resulted in mandates, which prohibit younger children from playing any traditional 5v5 Full-Ice “Real Hockey”. There certainly are some benefits regarding the use of Small Area Games, as the supporters of Cross-Ice have argued. Yet, none of the Cross-Ice advocates have ever provided any reasons justifying their prohibition against younger players being permitted to enjoy traditional Full-Ice.

Michigan was the first District to issue such a prohibition, initially at 7U during the 2011-2012 season and then at 8U during the following season. Michigan also enjoyed the birth of the first **AAU “Real Hockey”** leagues in 2011-2012, clearly in response to those mandates. Yet many of us who were involved in creating the first AAU “Real Hockey” programs for 7U and 8U were concerned with developing a “**Love for the Game**” by these young boys and girls. In our opinions, this was the most important Age Appropriate skill to develop. And we often prefer the mantra of “**Let them Play**”.

Of course, the creation of Michigan’s AAU “Real Hockey” providing traditional 5v5 Full-Ice opportunities for 7U and 8U children, while at the same time other Michigan children s were being denied this opportunity

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Editorial Page

by the AAU Ice Hockey editor: Keith Kloock

AAU 7U and 8U “Real Hockey”

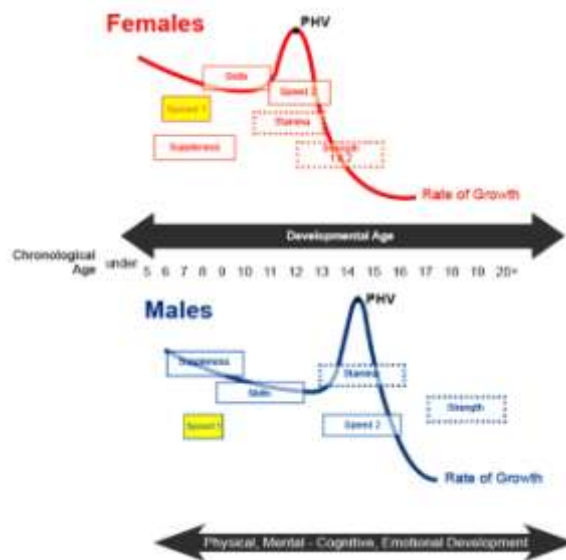
SPEED: the scientific value of the Full-Ice game for skills development

did create a real-world comparison between these two competing concepts.

The most remarkable difference seen during that first 2011-2012 season (and that has continued ever since) involved the development of skating speed. To be blunt, the AAU “Real Hockey” players generally developed some serious skating speed while those playing Cross-Ice lagged far behind. Now, why is this?

Developing Speed: Of course, Ice skating is the foundational skill needed for the sport of Ice Hockey and skating speed is by far one of the single most important skills that any child can develop.

- When we speak of the Age Appropriate concept, we should be considering the **Long-term Athlete Development (LTAD)**. LTAD is a concept that was initially developed within Canada (in 2004) and is based upon scientific studies into ages where young athletes better respond to certain kind of training. LTAD is presently being utilized worldwide as a framework for developing athletes. Not merely within ice hockey, but across a broad array of youth sports.
- The LTAD discusses two optimal windows in time, which are best suited for developing a child's speed.
- The first of these SPEED windows is listed as being between ages 6-9 (actually 6-8 for girls and 7-9 for boys). Fortunately, coinciding with both Boys and Girls for this window. These ages are more based upon maturity and can vary from child to child.
- This first SPEED window is conducive to developing short term speed and/or quickness (involving bursts of speed for 1-5 seconds duration). Or in other words, the explosive speed generally found and needed within Ice Hockey.
- Yet, the advocates of utilizing Cross-Ice only at 7U and 8U age classifications have shifted their emphasis onto developing Stick-handling.



Now back to our question of why do Michigan’s Cross-Ice players lag so far behind Michigan’s AAU “Real Hockey” players in SPEED? Essentially this occurs because in pursuing the Cross-Ice concept during 7U and 8U classifications neglects Speed development during the exact time period where developing skating Speed should be a major consideration. While AAU “Real Hockey” prefers to focus upon developing the more Age Appropriate skills of learning to “**Love of the Game**” and “**Skating SPEED**”.

AAU League Pages

America's newest AAU youth hockey leagues

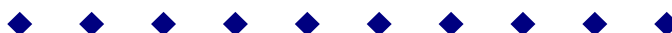
The new Greater St. Louis Hockey League

The AAU Ozark District (including St. Louis, MO) is launching their new AAU "Real Hockey" league for the 2019-2020 season.

Their league chairman states "***Our new league will be up and running the Fall of 2019 and we are expecting teams from the St. Louis area as well as teams from outside of St. Louis.***" The league will play their games out of the new state of the art ***Maryville University Hockey Center*** in Chesterfield, MO.



Please contact **Tom Kaiman** (League chairman) at: tomkaiman@gmail.com to discuss interest in joining the newly formed league.



Hockey Florida (AAU) - Seeking Teams for AAU leagues

Hockey Florida (AAU) has been created to encourage the formation of AAU Ice Hockey teams, leagues and tournaments within the state of Florida. Hockey Florida will help to form AAU programs at the Youth, Scholastic (HS & JV) and/or Adult classifications.

We especially wish to begin offering **AAU "Real Hockey"** opportunities at the foundational 6U, 7U & 8U age classifications. FYI, "Real Hockey" generally means traditional Full-Ice 5v5 hockey, played using a regulation-weight Black Puck, with Delayed (tag-up) Off-Sides and using a 9-Dot Face-Off system. Most AAU youth leagues utilize National Federation of State High School Associations (NFHS) playing rules.



Please contact **Keith Kloock** for additional information at: keith@hockey-florida.org

or: (321) 794-0222

QUESTION: How do you create an NHL player? Well lets act a little like Socrates by answering a question with yet another question, "***should it ever be the goal of any youth sport program to develop professional players?***"

To use an ancient medical adage, simply "***first, do no harm***". We should be trying to foster, develop and/or allow children to find their own "***love for the game***". Then simply get out of their way, let them play and watch the cream rise to the top, naturally.

AAU League Pages

America's largest AAU youth hockey league

Chicago United Hockey League (CUHL)

chicagounitedhockey.com

2019-2020 TRAVEL DIVISIONS-SEASON SCHEDULE

- Thursday, August 1 – Expected Team Counts and Season Fees Due (Send to Tom Gullen)
- Friday, August 30 – Final Team Declarations Due (Send to Steph Arkus)
- Wednesday, September 4 – Seeding Round Grids Released
- Sunday, September 8 – Grids Due Back to League (Send to Steve Glickman)
- Friday, September 13 - Sunday, October 20– Six Game Seeding Round
- Saturday, October 26 – Scheduling Meeting (Location TBD)
- Saturday, October 26 – Mandatory Manager Meeting (In conjunction with Scheduling)
- Sunday, October 27 – Last Day for Roster Adjustments (Requires BOD petition after)
- Friday, November 1 - Sunday, February 16–Eighteen Game Regular Season
- Friday, November 8 – Playoff Hosting Responsibilities (Club Pairs) Released
- Sunday, December 1 – Playoff Ice Due Back to League (Send to Jordan Mann)
- Wednesday, January 1 – Roster Freeze Date (No Exceptions Beyond This Date)
- Monday, February 17- Wednesday, February 19 – 8th vs 9th Play-In Games (8thPlace Hosts)
- Friday, February 21 - Tuesday, February 25 – Playoff Round Robin (Pre-Determined Sites)
- Sunday, March 1 – Super Sunday Championships (Northbrook Sports Center)

2019-2020 HOUSE DIVISIONS-SEASON SCHEDULE

- Monday, September 23 – Final Team Declarations Due (Send to Steve Glickman)
- Tuesday, September 24 – Seeding Round Grids Released
- Thursday, September 26 – Grids Due Back to League (Send to Steve Glickman)
- Friday, September 27 – Seeding Round Schedules Announced
- Friday, October 4-Sunday, October 27–Four Game Seeding Round
- Sunday, October 27 – Last Day for Roster Adjustments (Requires BOD approval after)
- Monday, October 28 – Regular Season/Playoff Primer Grids Released
- Wednesday, October 30 – Grids Due Back to League (Send to Steve Glickman)
- Friday, November 1 -Sunday, February 9–TenGame Regular Season
- Friday, November 8 – Playoff Hosting Responsibilities (Club Pairs) Released
- Sunday, December 1 – Playoff Ice Due Back to League (Send to Jordan Mann)
- Wednesday, January 1 – Roster Freeze Date (No Exceptions Beyond This Date)
- Monday, February 10-Sunday, February 23–Two Game Playoff Primer*
- Monday, February 24-March 6– Playoff Round Robin Games (Pre-Determined Sites)
- Saturday, March 7 – Super Saturday Championships (Twin Rinks Ice Pavilion)

*Playoff Primer Games are league games, but do not count towards the standings

AAU League Pages

The original AAU youth league and largest within Michigan

<http://mayhl.rsportz.com/>



MAYHL (AAU Hockey) FALL 2019-2020 MEETING NOTICE

This seasons pre-season meeting is being held at:

Farmington Hills Ice Arena

35500 W. 8 Mile Rd. in Farmington Hills, Michigan 48335

on

August 10, 2019 @ 1:00 PM



This pre-season meeting is open to current, new and prospective teams from throughout Michigan, Ohio and the greater Windsor Ontario area.

This meeting is also where AAU members can get their questions answered, talk about any new rules and work out divisional alignments.

TEAMS NEED TO HAVE A REPRESENTATIVE AT THE MEETING !!!

MAYHL IS ADDING REQUIRMENTS THAT NEED TO BE EXPLAINED !!!

AAU Hockey is open to all ages. During our 9th Michigan **AAU "Real Hockey"** season, the MAYHL already has a great many 7U and 8U teams committed from throughout Michigan and northern Ohio. Additional 7U and 8U teams who are interested in joining AAU and the MAYHL should contact us now.

League Contact information:

MAYHLINFO@gmail.com

PLEASE NOTE: In addition, for this season the MAYHL is looking to add divisions for:

10U (Squirt-Atom) as well as Junior Varsity (JV) High School

AAU League Pages

The largest AAU youth league within Minnesota

Minnesota Made - Choice Hockey League

MINNESOTA CHOICE AAU WINTER HOCKEY 2019-2020

In Minnesota when it comes to options for the development of your child as a hockey player during the winter season there are few choices. Development depends on the strength and policies of the local association.

This may be good for some parents and players, but is rarely a good fit for the passionate hockey families, elite or potential elite players. This is due to very limited amount of ice time, shortage of quality coaches, lack of competition and especially the wide gap in ability between the top and bottom players on the same team.

HOCKEY IS BEHIND - CHOICE CAN CHANGE THAT

When you look at other skilled sports like gymnastics, figure skating, or even the performing arts hockey is behind. These sports and arts identify potential elite children at a young age and start their training early. When the athlete reaches the age of 15 they are world class or are well on their way. How do they do this? By using a focused methodology and including an incredible amount of quality repetition.

Where hockey falls short is that there is not the kind of program in place for the athlete that wants to or has the potential to one day become world class. Instead, most players go along without the direction they need to have a real chance to reach their goals. Then when the players reach the age of 15, they are separated over one summer through the Select 15 program. The hope is that then they can be developed into world class players. But, with the right training, these players could already be world class. Well that is the dream and the goal.

CHOICE LEAGUE IS ABOUT DEVELOPMENT

From Mites to Bantams the Choice league is a skill based program. The focus is on skating, edge work and stick-handling. It takes an increased level of ice time and high repetition to develop the fine muscle and motor skills needed to someday achieve an elite level.

CHOICE LEAGUE OWNS THE RINK

That's right! We own our own rink. All play take place at the Minnesota Made Ice Center. The rink is located on the border of Edina and Bloomington. We have two and soon to be three full size sheets of ice.



We're looking forward to a great 2019 -2020 Season

AAU League Pages

The largest AAU youth league within North East US

NorthEast Amateur Hockey League

www.NEAHL.org

Maine, New Hampshire, & Massachusetts

AAU Full-Ice Hockey for 9U, 8U, & 6U (Mites)

The 2018-2019 Season found us with another growth year in the NEAHL, doubling in size from the previous season. The NEAHL had twenty-two (22) teams competing in four skill-level Mite Divisions including the new "Recreational" division. The "Full-Ice" concept was a welcomed change for several new teams joining.

We started the season in October with a "Parity Jamboree" for all teams entering the league. With some programs new to the league this past season, those teams had the chance to play various skill level teams. By assessing the talent of each team at the "Jamboree," teams are not playing in games that are not competitive during the season. This past season saw six teams in the "A" division, six in the "B" division, with four in the "C" division, and six in the newly formed "Rec." division. The season ended in a "League Championship Series" in March where a re-alignment of teams into five divisions occurred. Courtesy of AAU, divisional winners were awarded "AAU Championship Rings" with 2nd place finishers receiving AAU "Silver Medals." Over 300 players participated in the Championship Series!

NEW for the 2019-2020 season An invitational "holiday" tournament - December 27-29 for AAU Mite teams. To be held at the Everett Arena, Concord, NH. THIS WILL BE A FULL-ICE TOURNAMENT open to the first eight mite teams registered and rostered with AAU Ice Hockey – "NEAHL" League Membership is NOT required. More details to follow.

We also have new programs joining the league for the coming season. Additional teams from NH, Massachusetts, and Maine have signed on. We expect over 30 mite teams in the travel divisions with an additional 8-10 teams in the "Rec" division. Travel Divisions in the "A," "A/B," & "B" divisions are Oct – March Full-Ice Game Seasons. Division "C" and "Rec League" are "split season full-ice games" beginning in December and ending in March. Game counts can range from a minimum of 12 league full-ice games to a maximum of 28 during the regular season.

The "NEAHL" is a not-for-profit league and only charges for operational expenses. Player fees include "AAU Registration/Membership." Team fees are based on participation in League Tournaments, Jamborees, or other sanctioned "League" events and done so at a cost basis. **THERE ARE NO PROGRAM FEES or INITIATION FEES!!**

League entry and registrations for the 2019-2020 season begins August 1. For more information on joining the Northeast Amateur Hockey League (NEAHL), contact League Administrator, **Wes Riley**, at **603-496-0146** or by email at: uraa@aol.com We would welcome your inquiry!

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AAU Ice Hockey

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AAU League Pages

The largest AAU youth league within North East US

AAU HOCKEY, and the **"NEAHL"** make full-ice Mite Hockey a fun and rewarding experience. And as for "skill development" . . . **Practices make the player!!**



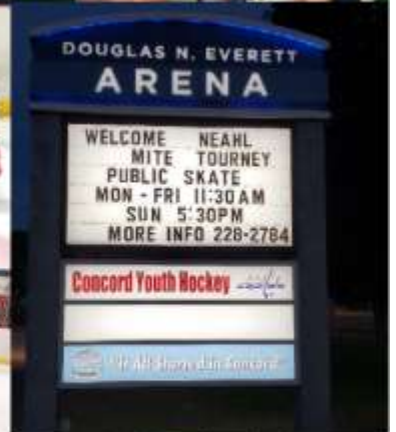
NorthEast Amateur Hockey League

2018-2019 Season Fun!

www.NEAHL.com



For information on joining
Contact League Administrator
Wes Riley - URAA@aol.com
or at: 603-496-0146



AAU League Pages

The largest AAU youth league within Ontario



Ontario Rep Hockey League (ORHL)

The Ontario Rep Hockey League, "ORHL", is in high gear launching its 5th successful season. Last season, we had approximately 80 teams participate in various events the ORHL hosted. There were 40 member teams and 40 guest teams from various states and provinces including Michigan, New York, Vermont, Pennsylvania, Ontario, Quebec and Alberta.

Our league is expanding with more teams becoming members and more clubs expressing interest in being guests at our events. Please see the schedule below for our events.

Kickoff Klassic Showcase	Sept. 27-29, 2019	London, ON, CANADA
7U - 16U - Travel A-AA (non-contact)	12 x 12 x 12 min periods	4-game minimum
Halloween Hat Trick Showcase	Oct. 25-27, 2019	Brampton, ON, CANADA
7U - 16U - Travel A-AA (non-contact)	12 x 12 x 12 min periods	4-game minimum
Powerade Classic Tournament	Nov. 22-24, 2019	Brampton, ON, CANADA
11U - 16U - Travel A-AA (non-contact)	12 x 12 x 12 min periods	4-game minimum
Buffalo Outdoor Air Tournament	Jan. 2-5, 2020	Buffalo, NY
7U - 10U - Travel A-AA (non-contact)	12 x 12 x 12 min periods	4-game minimum
St. Catharines Classic Showcase	Jan. 31 - Feb. 2, 2020	St. Catharines, ON, CANADA
7U - 16U - Travel A-AA (non-contact)	12 x 12 x 12 min periods	4-game minimum
London Light the Lamp	Feb. 28th - Mar 1st	London, ON, CANADA
7U - 16U - Travel A-AA (non-contact)	12 x 12 x 12 min periods	4-game minimum

For more information please visit our website at www.orhl.net

Please feel free to contact us at:

League Related – commissioner@orhl.net

Event Related – diane@orhl.net

AAU League Pages

CPJHL Junior <http://www.cpjhl.com/>

CPJHL growing, expanding for 2019-2020 season

By Matt Mackinder/CPJHL Communications Director



The Canadian Premier Junior Hockey League has announced the addition of another franchise in Quebec, Le Bécard De Senneterre, for the upcoming 2019-20 season.

Le Bécard will join the Maniwaki Mustangs and Shawville Express as Quebec-based teams. Senneterre is a town of approximately 3,000 in the Abitibi-Témiscamingue region of northwestern Quebec.

"We are extremely excited to add a third team in Quebec," said CPJHL president Barry DeGray. "As our league grows, we look to keep increasing opportunities for towns like Senneterre to have a junior hockey franchise. The CPJHL's future is looking brighter and brighter."

Eric Chantal will serve as Le Bécard's team president and cannot wait to get started.

"We were approached by Mr. Eric Gauthier of the Maniwaki Mustangs and he told us about the league and the expansion they wanted to take," Chantal said. "We see an opportunity for our young players to be able to pursue hockey after their minor hockey. We're going to have a dynamic and competitive team. For our fans, they will be faithful and passionate."

Senneterre is currently searching for the team's first coaching staff.

"I have nine other passionate members who complete my team," said Chantal. "We are also recruiting players for the moment, and we will be signing our first player soon."

AAU League Pages

WSHL Junior <http://www.wshl.org/>

WSHL beginning our 26th season

by: Manny Brizuela

The Western States Hockey League will be starting its 26th season of excellence, this October, with a more robust Provincial Division and with the addition of new U.S. based teams.

Last season, the Edson Aeros proved to be the top team in the WSHL's Provincial Division. The Aeros inaugural season topped off at the Thorne Cup Semi-Finals. This year, the road to the postseason will be a little steeper with a total of five teams (six potential) in Canada. With the addition of the Barrhead Bombers and Cold Lake Hornets, the Provincial Division will see new competition for the Aeros. WSHL Commissioner Ron White has tirelessly worked to expand the division resulting in new and invested groups taking interest in Junior-A hockey for their communities.

Of the additions made to the league for 2019-20, the Pueblo Bulls have entered the fold as well as the Las Vegas Thunderbirds bringing the total number of teams to 24. Pueblo will be skating out of the **Midwestern Division** and Las Vegas out of the Western Division.

The Bulls are set-in-stone to instill a winning mentality and culture as three former Thorne Cup Champions are at the helm of management. With that said, they are arguably in the toughest division with the last three champions coming out of the Midwest, qualifying 2/6 Thorne Cup teams last year, and finishing the 2018-19 regular season with three Top-10 teams.

Good thing Pueblo's coaching staff has played and won under El Paso Rhino's bench boss, Cory Herman: <http://www.wshl.org/news/from-rhinos-to-bulls>

The Thunderbirds are looking like an early top team out of the Western Division, or, at least are on a more level playing field. The Top-3 teams in the division (Long Beach, Fresno and San Diego) have undergone head coaching/management changes. Furthermore, Valencia has also named a new head coach which means Las Vegas won't be the only team trying to find its groove with new leaders.

Based on published player signings, the Thunderbirds are ahead of their Western Division rivals as far as filling out their roster—the location doesn't hurt either. Las Vegas will be playing out of the Sobe Ice Arena, which is a familiar venue for many WSHL teams that get to play there for the annual Western States Shootout (College Showcase) in December.

2018-19 resulted in the opportunity for many players to move up the hockey ranks. For a complete list of college and pro signings visit:

<http://www.wshl.org/college-commitments>

and

<http://www.wshl.org/professional-commitments>



AAU Ice Hockey

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AAU Ice Hockey - Youth Leagues

This page will continue to be updated as additional league information becomes available.

Chicago United Hockey League (CUHL) chicagounitedhockey.com	Northern Illinois & Wisconsin 8U Vice President: Tom Gullen - tom@winnetkahockey.com
Michigan Amateur Youth Hockey League (MAYHL) www.mayhl.com	Michigan & Ohio 6U - 18U Director: Lee Shifflett - mayhinfo@gmail.com
Minnesota Made - Choice Hockey League www.minnesotamadehockey.com	Minnesota 6U - 12U Director: Todd Blackstone - toddb@mmadehockey.com
North East Amateur Hockey League (NEAHL) www.neahl.org	Maine, Massachusetts, New Hampshire & Vermont 6U - 18U Administrator: Wes Riley - uraa@aol.com
Ontario Rep Hockey League (ORHL) https://www.orhl.net/	Ontario & New York 6U - 17U Director: Diane MacGougan - diane@orhl.net Commissioner: Kevin McKinnon - kevin@orhl.net
Hockey Florida (AAU) www.hockey-florida.org	Florida 6U - 18U Keith Kloock - keith@hockey-florida.org
Hockey Club of St. Louis	Missouri 8U President: Tom Kaiman - tomkaiman@gmail.com

- leagues continued on the following page -

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AAU Ice Hockey - Youth Leagues

This page will continue to be updated as additional league information becomes available.

Great Lakes Hockey League www.greatlakeshockeyleague.com/	Illinois, Iowa, Michigan, Wisconsin 10U and 12U Tom Creal - tom@greatlakeshockeyleague.com
Rapid Fire Hockey League rapidfirehockey.com	Wisconsin & Minnesota 6U - 14U
Redline Metros (RLAC) www.rlacmetros.com	Maryland, Virginia & greater Washington DC 6U - 18U
Rochester Jr Grizzlies Hockey League	New York 7U - 8U sjdomvil@mail.naz.edu

AAU Ice Hockey - Scholastic Leagues

This page will continue to be updated as additional league information becomes available.

High School Hockey League of Nassau County (HSHLNC)	Metropolitan NY http://www.hometeamsonline.com/teams/default.asp?u=HIGHSCHOOLHOCKEYLEAGUEOFNASSAUCOUNTY&s=hockey&p=home
I-69 High School League jwainio51@gmail.com or mayhlinfo@gmail.com	Michigan http://i69hockeyleague.rsportz.com/
Western New York High School Club Hockey League (WNYHSCHL)	Western NY www.wnyhschl.com

AAU Ice Hockey - UHU (Junior & College) Leagues

Ron White, United Hockey Union (Juniors) Director - (714) 502-9029

This page will continue to be updated as additional league information becomes available.

Western States Hockey League (WSHL)	AZ, CA, CO, ID, KS, MO, MT, NM, NV, OK, OR, TX, UT, WA, WY and Alberta, Canada www.wshl.org
Canadian Premier Junior Hockey League (CPJHL)	Ontario & Quebec, Canada http://www.cpjhl.com/



AAU Ice Hockey

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AAU Ice Hockey - National Committee

National Support Staff

AAU National Hockey Chairperson Keith Noll 2409 Stout Rd., Suite #1 Menomonie, WI 54751 (715) 231-4000 (office) (715) 829-2346 (cell) slapshot@wwt.net	AAU Membership Services AAU PO Box 22409 Lake Buena Vista, FL 32830 (407) 934-7200 www.aausports.org
AAU-UHU National Junior Hockey Ron White 17621 Irvine Blvd., Suite 201 Tustin, CA 92780 (714) 502-9029 RRWGlacial@aol.com www.wshl.com	Minnesota Bernie McBain 7300 Bush Lake Rd. Edina, MN 55439 (952) 746-9033 Bernie@mnmadehockey.com
AAU High School Director Tony DeMayo - New York tdcoach1@optonline.net	National staff member Timothy Meyer (407) 828-2723 tmeyer@aausports.org
AAU National On/Off Ice Program Director Mike Hartman (704) 752-8101 mikehartman100@gmail.com http://imotivators.com/	National staff member Conner Meredith (407) 828-3459 cmeredith@aausports.org

AAU Ice Hockey - Websites & Media

www.aauicehockey.org

on Twitter twitter.com/AAUIce

on YouTube

www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSg39cqmKrb-nvT

Sports for all, Forever



Editor

Keith Kloock

1260 Potomac Drive
Merritt Island, FL 32952
(321) 794-0222

AAU Leagues, Administrators, as well as Team Coaches and/or Managers are encouraged to submit articles and notices to:

keith@hockey-florida.org

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AAU Inline Hockey

Keith Noll

National Hockey Chairperson
(715) 829-2346

keithn@aausports.org

www.aauhockey.org



A single low cost AAU membership will provide benefits and opportunities for events in over 40 sports including:



AAU Ice Hockey

2019-2020

Tournament Guide

Please be aware that age classification birth-years for 2019-2020 season are as follows:

rev: 7/25/19

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10U= 2009 (birth-year or later), 11U=2008 (birth-year or later), 12U=2007 (birth-year or later), 13U=2006 (birth-year or later),

14U=2005 (birth-year or later), 15U=2004 (birth-year or later), 16U=2003 (birth-year or later), 17U=2002 (birth-year or later) and 18U=2001.

Name / Age - Competition Level	Dates	Cost	Location	Website
Mitey Badgers Fall Kickoff 7U & 8U Travel A-AA	Sep 6, 2019 Sep 8, 2019	\$750	Madison (Oregon), WI 12x12x12 - 3-gm min	miteybadgers@gmail.com
Erie Ice Cup (TCS Hockey) 8U & 10U - Travel A-AA-AAA & House	Sep 13, 2019 Sep 15, 2019	\$1200=8U \$1300=10U	Erie, PA 8U=11m 10U=12m 4-gm	www.tcshockey.com
AAU Early Bird - (Grinder Hockey) 7U & 8U - Travel A-AA-AAA	Sep 20, 2019 Sep 22, 2019	\$995	Fraser, MI 12x12x15 - 4-gm min	www.grinderhockey.com
Derby City Ice Cup (TCS Hockey) 8U & 10U - Travel A-AA-AAA & House	Sep 20, 2019 Sep 22, 2019	\$1175 8U \$1275 10U	Louisville, KY 8U=11m 10U=12m 4-gm	www.tcshockey.com
Kickoff Classic Showcase - (ORHL) 7U through 16U - Travel A-AA (non-contact)	Sep 27, 2019 Sep 29, 2019	\$1395 CDN	London, ONT 12x12x12 - 4-gm min	www.orhl.net
Chicago Early Bird Challenge (Canlan) 8U House, Travel A-AA		\$1,175	Romeroville, IL 12x12x12 - 4-gm min	
Boo in the Soo (The Show Series) 7U & 8U - Travel A-AA-AAA & House	Oct 18, 2019 Oct 20, 2019	\$1,100	St. Ignace, MI 12x12x12 - 4-gm min	https://eliteamsports.com/portfolio/boo-in-the-soo/
Gale Force 5 - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Oct 18, 2019 Oct 20, 2019	\$1,155	Chicago, IL 11x11x14 - 4-gm min	www.littlebeartournaments.com/
AAU Grinder Goblin (Grinder Hockey) 7U & 8U - Travel A-AA-AAA	Oct 18, 2019 Oct 20, 2019	\$995	Grand Rapids, MI 12x12x15 - 4-gm min	www.grinderhockey.com
Halloween Hat Trick Showcase - (ORHL) 7U through 16U - Travel A-AA (non-contact)	Oct 25, 2019 Oct 27, 2019	\$1395 CDN	Brampton, ONT 12x12x12 - 4-gm min	www.orhl.net
Little Dog - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Nov 1, 2019 Nov 3, 2019	\$900	Grand Rapids, MI 11x11x14 - 4-gm min	www.littlebeartournaments.com/
AAU Fall Shootout (The Show Series) 7U & 8U - A-AA-AAA & House	Nov 1, 2019 Nov 3, 2019	\$900	Kalamazoo, MI 12x12x12 - 4-gm min	https://eliteamsports.com/aau-2018-19/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 1, 2019 Nov 3, 2019	\$1,095	St.Louis, MO 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 8, 2019 Nov 10, 2019	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
AAU Medal of Honor (Grinder Hockey) 7U & 8U - Travel A-AA & House	Nov 9, 2019 Nov 11, 2019	\$995	Fort Wayne, IN 12x12x15 - 4-gm min	www.grinderhockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 15, 2019 Nov 17, 2019	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Powerade Classic Tournament - (ORHL) 11U through 16U - Travel A-AA (non-contact)	Nov 22, 2019 Nov 24, 2019	\$1595 CDN	Brampton, ONT 12x12x12 - 4-gm min	www.orhl.net
Jr.Spartans-Jr.Warrior Wishbone Invitational 8U - House, Travel A-AA	Nov 27, 2019 Dec 1, 2019	\$950	12x12x12 - 4-gm min	www.northbrookjuniorspartans.org
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 29, 2019 Dec 1, 2019	\$1,250	Chicago, IL 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
AAU Grinder Gobbler (Grinder Hockey) 7U & 8U - Travel A-AA & House	Nov 29, 2019 Dec 1, 2019	\$1,095	St. Clair Shores, MI 12x12x15 - 5-gm min	www.grinderhockey.com
AAU Capitol Cup - (LEGACY Global Sports) 7U & 8U - Travel AA-AAA	Dec 6, 2019 Dec 8, 2019	\$1,050	Lansing, MI 13x13x13 - 4-gm min	www.lgshockey.com/event/aaucapital-cup/
Rochester Mite Full-Ice (LEGACY Global Sports) 7U & 8U - Travel AA-AAA	Dec 6, 2019 Dec 8, 2019	\$1,395	Rochester, NY 13x13x13 & 10x12x12 4gm	www.lgshockey.com/event/mite-full-ice/
AAU Grinder Grinch (Grinder Hockey) 7U & 8U - Travel A-AA-AAA & House	Dec 6, 2019 Dec 8, 2019	\$995	Fort Wayne, IN 12x12x15 - 4-gm min	www.grinderhockey.com
Buffalo Winter Classic Cup (TCS Hockey) 8U-16U - Travel A-AA-AAA, House, HS, JV & Middle School	Dec 20, 2019 Dec 22, 2019	\$1175 - \$1375	Buffalo, NY 8U=11 10-12U=12 others=13 4gm	www.tcshockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Dec 27, 2019 Dec 29, 2019	\$1,250	Chicago, IL 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/

AAU Ice Hockey

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10U= 2009 (birth-year or later), 11U=2008 (birth-year or later), 12U=2007 (birth-year or later), 13U=2006 (birth-year or later),

14U=2005 (birth-year or later), 15U=2004 (birth-year or later), 16U=2003 (birth-year or later), 17U=2002 (birth-year or later) and 18U=2001.

Name	Dates	Cost	Location	Ages & Competition
NEAHL Holiday Invitational 7U & 8U - Travel A-AA & House	Dec 27, 2019 Dec 29, 2019		Concord, NH	uraa@aol.com
Chicago Holiday Cup (Canlan) 8U House, Travel A-AA		\$1,175	Romeroville, IL 12x12x12 - 4-gm min	
Buffalo Outdoor Air - (ORHL) 7U through 10U - Travel A-AA	Jan 2, 2020 Jan 5, 2020	\$1,595	Buffalo, NY 12x12x12 - 4-gm min	www.orhl.net
New Year Ice Cup (TCS Hockey) 8U & 10U - Travel A-AA-AAA & House	Jan 3, 2020 Jan 5, 2020	\$1200 8U \$1300 10U	Jamestown, NY 8U=11m 10U=12m 4-gm	www.tcshockey.com
Northern Illinois Winter Classic (TCS Hockey) 8U & 10U - Travel A-AA-AAA & House	Jan 10, 2020 Jan 12, 2020	\$1175 8U \$1275 10U	Belvidere, IL 8U=11m 10U=12m 4-gm	www.tcshockey.com
AAU Winter Meltdown (Grinder Hockey) 7U & 8U - Travel A-AA-AAA & House	Jan 18, 2020 Jan 20, 2020	\$1,095	Fraser, MI 12x12x15 - 5-gm min	www.grinderhockey.com
Urban Legends - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Jan 18, 2020 Jan 20, 2020	\$900	Detroit, MI 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 18, 2020 Jan 20, 2020	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 18, 2020 Jan 20, 2020	\$1,095	St.Louis, MO 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
Erie MLK Ice Cup (TCS Hockey) 8U & 10U - Travel A-AA-AAA & House	Jan 18, 2020 Jan 20, 2020	\$1200 8U \$1300 10U	Erie, PA 8U=11m 10U=12m 4-gm	www.tcshockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 24, 2020 Jan 26, 2020	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
St. Catharines Classic Showcase - (ORHL) 7U through 16U - Travel A-AA (non-contact)	Jan 31, 2020 Feb 2, 2020	\$1395 CDN	St.Catharines, ONT 12x12x12 - 4-gm min	www.orhl.net
3rd Annual K-Wings Cup (The Show Series) 7U & 8U - Travel A-AA-AAA & House	Feb 14, 2020 Feb 17, 2020	\$900	Kalamazoo, MI 12x12x12 - 4-gm min	https://eliteamsports.com/kwings-cup/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Feb 15, 2020 Feb 17, 2020	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Feb 15, 2020 Feb 17, 2020	\$1,095	St.Louis, MO 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
Ice Pirates - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Feb 15, 2020 Feb 17, 2020	\$900	Grand Rapids, MI 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Harbor Center Cup 7U & 8U - Travel A-AA	Feb 7, 2020 Feb 9, 2020	\$995 \$1295CDN	Buffalo, NY Min periods - 4-gm	?? https://harborcenter.sportngin.com
Cleveland Cup - (Top Tier) 7U & 8U - Travel A-AA		\$995	North Olmsted, OH 12x12x12 - 4-gm min	TopTierHockey@gmail.com
Light the Lamp - (ORHL) 7U through 16U - Travel A-AA (non-contact)	Feb 28, 2020 Mar 1, 2020	\$1595 CDN	London, ONT 12x12x12 - 4-gm min	www.orhl.net
AAU WNY Invitational - 8th Annual 7U & 8U - Travel AA-AAA	Feb 28, 2020 Mar 1, 2020	\$945	Cheektowaga, NY 12x12x12 - 4-gm min	www.holidayrinks.com
League & State Championships - (MAYHL) League Championship - Travel Finals			Michigan	http://mayhl.rsportz.com/
Super Sunday - (CUHL) 8U League Championship - Travel Finals	Mar 1, 2020		Illinois	www.chicagounitedhockey.com
ORHL Vegas Vacation Tournament 13U - 16U - Travel A-AA (non-contact)	Mar 5, 2020 Mar 8, 2020	\$1,595	Las Vegas, NV 12x12x12 - 4-gm min	diane@orhl.net
Super Saturday - (CUHL) 8U House Championship - House Finals	Mar 7, 2020		Illinois	www.chicagounitedhockey.com
League Championships - (ORHL) 6U through 17U - Travel A-AA (non-contact)		\$1595 CDN	Brampton, ONT 12x12x12 - 4-gm min	www.orhl.net

