

U13 FEMALE DEVELOPMENT

JUNE 2021



Development Team



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About GHC

JR. INFERNO COMMUNITY

GHC's Jr. Inferno Community teams play in Hockey Calgary's main competitive stream. GHC has 50+ female teams from U7-U18 in both co-ed and female divisions. Any female players in Hockey Alberta's "Calgary Region" are eligible to register with GHC.

CALGARY FIRE ELITE

GHC's Calgary Fire AAA/AA stream is the largest AAA/AA female hockey club in Alberta, with five elite female hockey teams. The Calgary Fire hosts the Annual Calgary Firestarter, Alberta's Premier U18 AAA/AA and U15 AA Female Hockey Tournament.



Female Focus

An optimal performance atmosphere must consider the unique physical and psycho-social needs of female athletes.

**ACCEPTANCE
LEADS TO
EFFORT.**

**EFFORT
LEADS TO
PERFORMANCE.**



- ✓ PRIORITIZE SOCIAL CONNECTION AMONG ATHLETES
- ✓ EXPOSURE TO POSITIVE ROLE MODELS
- ✓ PROMOTE GENDER EQUITABLE POLICIES AND PRACTICE
- ✓ ENCOURAGE THE MULTI-SPORT ATHLETE

U13 Female - Goals

01. Promote player performance, engagement and enjoyment.

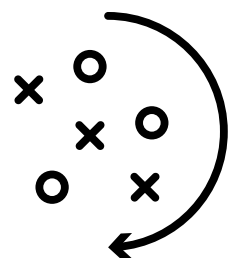
02. Provide all athletes the opportunity to play with like-skilled players to support their development and confidence.

03. Prepare all players and parents for the next level of hockey.

04. Progress the "all-around athlete" with exposure to skill instruction, support training and mental development.

U13 Female - Development

COACHING



- All coaches must meet Hockey Alberta Coaching Requirements
- All coaches must complete "Keeping Girls in Sport"
- U13 AA Coaches require minimum Development I Certification

SKILL DEVELOPMENT

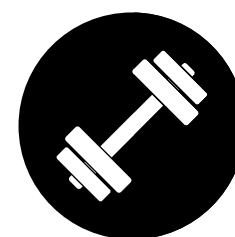


- Technical & Tactical Skill Development Sessions
- Athlete Accountability (Training, Prep, Performance and Recovery)
- Coach Feedback (Performance, Mental and Social Engagement)

GOALTENDING



- Bi-Weekly Development sessions with Top Prospects Goaltending (TPG)
- Five 30 min. private session credits with GDI or World Pro Goaltending
- Certified Goalie Coaches & Goalie Coach Training Opportunities
- Registration Rebate, Training Rebate & Equipment Loans



SUPPORT TRAINING

- Dry-land (Aerobic, Speed and Strength Training)
- "Chalk Talk" Sessions
- Mental Skills Training (Coping, Goal-Setting, Imagery, Self-Awareness)



FEMALE COMPETITION

- GHC "Sizzle Sticks" Tournaments
- Exhibition Game Series with Okotoks U13 Female AA
- Exhibition Game withy RMFHL Teams
- "Wickfest" World Girls Hockey Festival
- ATB Hockey Alberta Provincial Championships

CAMPS & CLINICS

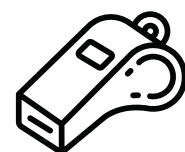


- U13 Prep Camp: August 23, 24, 25, 26 (ECTAS)
- U13 Xmas Camp: December 2021
- Skill-Specific Workshops (TBD)

U13 Female - Intro to "AA"

U13 FEMALE AA THEMES

- "Elite" skill development
- Advanced hockey strategy and tactics
- High-performance strength and conditioning
- Position-specific training and coaching .
- Individual assessments and development planning



BRUCE CURLOCK

Head Coach, GHC U13 AA White



U13 Female - League Overview

	U13 FEMALE AA	U13 FEMALE A	U13 FEMALE B
TEAMS	2	1-3	5-6
LEAGUE	Hockey Calgary	Hockey Calgary	Hockey Calgary
STREAM	Community (Competitive)	Community (Competitive)	Community (Competitive)
DIVISION	U13 1-3 (Co-ed)	U13 5-6 (Co-ed)	U13 Female
DETAILS	<ul style="list-style-type: none">• 16+ league games & tournaments, playoffs and exhibitions• 50+ hours practice ice• 8-9 additional on-ice sessions• 12-14 dry-land training sessions• 5-6 "chalk talk" sessions• 2-4 mental prep sessions• Other events / tournaments determined by the team	<ul style="list-style-type: none">• 16+ league games & tournaments, playoffs and exhibitions• 50+ hours practice ice• 3-4 practices with skills coach• 2-3 dry-land training sessions• 2 "chalk talk" sessions• 2 mental prep sessions• Other events / tournaments determined by the team	<ul style="list-style-type: none">• 16+ league games & tournaments, playoffs and exhibitions• 50+ hours practice ice• 3-4 practices with skills coach• 2-3 dry-land training sessions• 2 "chalk talk" sessions• 2 mental prep sessions• Other events / tournaments determined by the team
COST	Registration Fee + "AA" Fee	Registration Fee	Registration Fee

Registration



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- All female players in the Calgary Region (Zone 9) are eligible to register with Girls Hockey Calgary Association (GHC).
- All players wishing to evaluate for U13 Female teams must register with Girls Hockey Calgary Association (GHC).
- Players selected to U13 Female AA teams pay additional fees to cover the cost of additional practice ice, games and off-ice training (approx. \$600-800).

Elite "Quadrant" U13 AA Try-Outs:

- Players will see an option on the registration form to indicate that you are trying out for an Elite "Quadrant" U13 AA team

2021-22 U13 Registration Fee

July 1-31 (Early Bird)	Aug 1-15 (Regular Fee)	Aug 16-31 (Late Fee)
\$1275	\$1425	\$1525

Evaluations

AUGUST 28 - SEPTEMBER 15, 2021
EAST CALGARY TWIN ARENAS (ECTAS)

- Selection will begin in late August with a total of five evaluation sessions.
- All players are expected to attend evaluations.
- Players must declare their position at the time of registration and will be evaluated according to their position.
- Players will be assigned to a specific ice time for each evaluation session. As evaluations proceed, player groupings in each session will change based on varying group sizes and player's performance.
- Players released from U13 AA Quadrant try-outs and who have chosen GHC as their designated Community association will proceed with our Community Evaluation process.
- First practices for U13 are scheduled for September 16, 2021.



GIRLSHOCKEYCALGARY.COM/EVALUATIONS

Questions



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