

ADM: 8U (birthdays of 1/1/2011 and younger)

- Station style practices 2 times per week designed to improve skating, passing and puck handling. (Sept-March)
 - 2 ice touches per week from 50-75 minutes per each ice touch on weekdays and weekends
 - 1 weekday practice
 - 1 weekend practice (no practice on weekends with games)
 - Practices led by USA Hockey certified coaches
- 8-10 cross ice tournament style games with optional tournaments
 - 4-5 Home games at Belmont Complex, in Kittanning PA
 - 4-5 Away games at rinks participating in PAHL (Pittsburgh Amateur Hockey League)
 - One local tournament paid for by AAHL
 - Other local or travel tournaments optional based on parent interest for each individual team
- Practices led by advanced instructors periodically during the season (new for 2019-2020)
 - Include power skating and other skills sessions
 - Led by AA Tier 2 coaches and players from Armstrong Arrows National Bound teams
 - Coaches on these teams have led a team to Nationals in 4 consecutive years at either 16U or 18U
- Multiple skill level groups
 - Teams separated according to USA Hockey Red, White and Blue criteria
 - Red – Advanced Level Players (play ½ ice games)
 - White – Intermediate Level Players (play cross ice games)
 - Blue Beginner Level Players (play cross ice games)
 - Team assignments made in October after approximately 4 or more weeks of practice
 - Skill levels separated based on players registered each season
 - The number of teams at each skill level will vary from year to year
 - Teams play in PAHL jamborees against teams of the same skill level
- Free participation in Belmont In-House Hockey Program
 - Available to all participants in Armstrong Arrows Teams at 8U, 10U, 12U, and 14U
 - One hour per week on Saturday afternoon from November - March
 - Mix of practices and games
 - Free to AAHL players (Cost was \$185 to non AAHL participants in 2018)
 - AAHL Coaches assist with In-House program
- Cost \$600.00 or three payments of \$200.00 (approximately 70 ice touches \$8.50 per touch)
 - Home and Away Jerseys required (approximately \$30 each)
 - 4-5 shifts of 3 hours in the Belmont Complex kitchen required (buyout available)
 - Additional kitchen work available to assist with fees
 - Fundraising opportunities available to assist with fees
 - Registration open throughout the summer for the season beginning in September

For more information email Jim Rearic jrearic@ppclubricants.com / 724-602-5366 cell