

WCYH - 12U Program

Prospective Weber County Youth Hockey players and parents,

We welcome you with open arms to the inaugural season of Weber County Youth Hockey. We recognize the complex times that we currently live in. We will do our best to keep everyone informed as we navigate these uncharted waters. Our program believes strongly in providing our young athletes a place to develop their Hockey Skills and Sense as well as their Whole Person. Our Program will be based on USA Hockey's American Development Model (ADM).

USA Hockey ADM

GOALS/DESIRED OUTCOMES:

- Focus on skill development and fun.
- Continue development of physical literacy and general athleticism.
- Prepare players for 14-and-Under hockey where body-checking is permitted.

AGE-APPROPRIATE TRAINING

- 7-month training calendar.
 - September - March/April
- 105-120 ice sessions per season (4 sessions per week).
 - 2-3 Practices + 1 Game (D1 will play tournaments if permitted)
- Increase off-ice training (Dryland)
 - August-September - 2 Practices @ Uintah Park (Monday & Wednesday: 6-7PM)
 - October-February - 1 Practice @ Weber Ice Sheet (Day/Time - TBD)

12-and-Under level Practices

- A proper practice-to-game ratio (at least 2.5 practices to every one game).
- Heavy emphasis on skill development.
- Training plans and schedules that build all-around athletes first, then hockey players.
- Increased emphasis on decision-making skills.

Jr. Mustangs Player Exclusives

- Regular access to and instruction from Ogden Mustang players
- Free Tickets to Ogden Mustangs home games (regular season, Players to be accompanied by an adult ticket holder)
- Premium practice and game times (rest is just as important as training)

Parents, thank you for entrusting us with your young athletes. We will do our best to build them up.

Sincerely,

Aaron Shimmel (12U Director)

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