

U8 / U10

2008-2010

NGH – NYHL House League

- Play on an all girls house league team!
- Weekly practices + Games
- Off ice training
- 10 extra bonus practices at The Lab
- 10 extra ADM dryland sessions
- NGH Sweatshirt, T-Shirt and Decal

NGH Selects

- Play in 2-3 tournaments/Jamboree's against other girls
- Play with girls from AL, GA and KY
- All girls clinic before each tournament

U12

2006-2007

NGH – NYHL House League

- Play on an all girls house league team!
- Weekly practices + Games
- Off ice training at Breakaway
- 25 extra bonus practices at The Lab
- 20 extra ADM dryland sessions.
- NGH Sweatshirt, T-Shirt and Decal

NGH Selects

- Play in 4 tournaments against other girls
 - Labor Day 4- Affiliates Cup
 - Christmas 3v3 at The Lab
 - MLK
 - Presidents Day
- Play with girls from AL, GA and KY
- All girls clinic before each tournament

U14

2004-2005

- ADM Train to Train Stage
- Will compete in NYHL Bantam House
- 80 on ice practices
 - 35 at Centennial
 - 45 at The Lab
- 7 Blitz weekends
 - Guest Coaches
 - Skating Clinics
 - Position Specific Ice
 - Team Building Events
- Off Ice Training
- 4 tournaments
 - Labor Day 4 – Affiliates Cup
 - Christmas 3v3 at The Lab
 - MLK
 - Presidents Day
- Equipment package
 - 2 K1 Jerseys + socks
 - T-Shirt and Shorts
 - Warm-Ups
 - NGH Bag
 - Shell
- Sponsored Events + Team Meals

U16

2001-2003

- ADM Learn to Compete Stage
- NYHL Midget House (non-checking)
- 110 on ice practices
 - Weekdays will be split with Varsity team
- 25 Training Sessions
- 20 Off Ice Training Sessions
- 7 Blitz weekends
 - Guest Coaches
 - Skating Clinics
 - Position Specific Ice
 - Team Building Events
- 4 tournaments
- Equipment package
 - 2 K1 Jerseys + socks
 - T-Shirt and Shorts
 - Warm-Ups
 - Sweatshirt
 - NGH Bag + Travel Bag
 - Shell
- Sponsored Events + Team Meals

U17 NTB

- ADM Learn to Compete Stage
- Eastern Junior Elite Prospects League
 - 17 Game Season
 - Showcase Weekend
 - Season Playoffs
- 135 on ice practices
 - Weekdays will be with JV team
- 30 Training Sessions
- 15 Off Ice Sessions
- 9 Blitz weekends
 - Guest Coaches
 - Skating Clinics
 - Position Specific Ice
 - Exhibition Games
 - Community Service
 - Team Building Events
- Off Ice Training at Breakaway

U17 Continued

- 4-5 tournaments
 - Labor Day Weekend – 4 Affiliates Cup
 - North Carolina
 - November 9-11 – CCM Invite
 - Detroit, MI
 - December – TPH Music City Invite
 - Nashville
 - ***Pending Ice Availability***
 - Presidents Day at Warwick
 - Warminster, PA
 - March – Districts
 - CAHA



U17

Continued

- Equipment package
 - 2 K1 Jerseys + socks
 - 2 T-Shirts, Shorts, Pants + Hat
 - Warm-Ups
 - Sweatshirt
 - NGH Gear Bag + Travel Bag
 - Shell
 - Training Book
- Sponsored Events + Team Meals