



NEWS RELEASE

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GRILLO, DOYLE NAMED REGIONAL MANAGERS FOR USA HOCKEY'S AMERICAN DEVELOPMENT MODEL

COLORADO SPRINGS, Colo. – **Roger Grillo**, head men's ice hockey coach at Brown University, and Major Joe Doyle, former assistant men's ice hockey coach at the U.S. Air Force Academy, have been named the first two regional managers of USA Hockey's new American Development Model, it was announced today.

"We feel like we've hit two home runs in hiring Roger and Joe to be part of our team that will help affiliates and local associations implement the American Development Model," said **Dave Ogrean**, executive director of USA Hockey. "They truly care about development and helping improve the overall experience for our players."

"It's exciting to have Roger and Joe on board," said **Ken Martel**, director of USA Hockey's American Development Model. "They are quality individuals who bring a passion and knowledge base that will be extremely beneficial to our programs around the country."

USA Hockey expects to hire four additional regional managers of the American Development Model in the coming months, each who will be responsible for a specific area of the country.

NOTE: The American Development Model, with support from the National Hockey League, is a nationwide initiative that was announced by USA Hockey in January. It will provide local associations across the country – for the first time ever – a blueprint for optimal athlete development that focuses on age-appropriate training utilizing long-term athlete development principles.

ABOUT GRILLO

Grillo, a native of Apple Valley, Minn., recently finished his 12th season as the head men's ice hockey coach at Brown. His tenure was highlighted by three straight winning seasons (2003-05) and an appearance in the ECAC Hockey Championship weekend, the first time for Brown since 1994. Previously, Grillo served seven seasons as assistant men's hockey coach at the University of Vermont (1990-97), where he helped coach the squad to the 1997 ECAC Hockey regular-season title and NCAA tournament appearances in 1996 and 1997.



USA Hockey, the national governing body for the sport of ice hockey, is a member of the International Ice Hockey Federation and the United States Olympic Committee





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Prior to his stint at Vermont, Grillo was the top assistant at Norwich University for one year (1989-90).

Grillo has been widely involved in USA Hockey initiatives over the course of his career, including serving as a coach at USA Hockey player development camps over the past 17 years and sharing his wealth of knowledge with up-and-coming coaches as a lecturer at USA Hockey coaching clinics. In addition, he was the head coach of the 2006 and 2007 U.S. Under-18 Select Teams that competed in the Memorial of Ivan Hlinka Tournament.

A 1983 National Hockey League draft choice of the Vancouver Canucks, Grillo was a member of the University of Maine hockey team for two seasons (1982-84) and was the Black Bears' top-scoring defenseman as a freshman. During his junior and senior years at Maine, Grillo got his start in coaching, serving as an assistant at Old Town High School in Orono. After graduating from Maine in 1986, Grillo made his mark in coaching at Yarmouth High School, leading the team to three consecutive Maine state championships and being named Maine's High School Coach of the Year all three years (1987-89).

ABOUT MAJOR DOYLE

Major Doyle is a 20-year veteran of the United States Air Force and has been involved as a player, coach, evaluator and volunteer with USA Hockey for 35 years.

A native of Boston, he attended the U.S. Air Force Academy in Colorado Springs, Colo., where he played hockey for four years. Doyle is among the top 25 all-time point getters in Air Force history with 126 points (57-69) in 110 career games.

After graduation in 1989, Doyle remained at the Academy as a graduate assistant coach for the men's ice hockey program. He also served as an assistant hockey coach at Air Force on two different occasions – from 1994-98 and from 2002-06.

When not coaching, his duties with the U.S. Air Force have been in leadership roles surrounding officer-training programs.

He most recently spent time as the director of training for the Air Force ROTC at Oklahoma State University in Stillwater, Okla., which included a stint in downtown Baghdad, Iraq, where led the effort to train Iraqi men at Camp Rustamiyah.

Doyle will retire from an esteemed career with the U.S. Air Force this summer, one that included multiple Officer of the Year awards.

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8 & Under (Mites)

50 - 60 ice sessions per year
2 - 3 ice per week, 1 off-ice session per week
50 minute ice sessions
20 weeks per season
9 - 13 skaters per team; no full-time goalies
4+ teams per ice session
Minimum of 16 cross-ice/half-ice games and 34 practices
Maximum 20 cross-ice/ half-ice games and 40 practices
Players grouped: Top 1/3, Middle 1/3, Bottom 1/3

10 & Under (Squirts):

95 - 100 ice sessions per year
3 - 4 ice per week, 2 off-ice sessions per week
60 minutes ice sessions
7 month season
10-12 skaters & 1 goalie per team
3 teams per practice session
75 to 80 practices and 20 to 25 games
Players grouped: Top 1/2, Bottom 1/2

12 & Under (Peewees):

105 - 120 ice sessions per year
4 ice per week, 2 off-ice sessions per week
60 minutes ice sessions (min)
7 month season
15 skaters and 2 goalies per team
2 teams per practice twice a week, 1 single team practice
80 to 90 practices and 30 to 35 games
Players grouped: 2 teams at highest level

13-14 & Under (Bantam):

120 ice sessions per season
3 - 4 ice sessions per week
60 to 80 minutes per session
7 - 8 month season
80 - 85 practices, 35 to 45 games
16 skaters and 2 goalies per team
Appropriate off-ice training for LTAD stage

15-16 & Under (Midget):

120 ice sessions per season
3 - 4 ice sessions per week
60 to 80 minutes per session
7 - 8 month season
80 - 85 practices, 35 to 45 games
16 skaters and 2 goalies per team
Appropriate off-ice training for LTAD stage

18 & Under (Midget):

125 total ice sessions
3 - 4 ice sessions per week
60 to 80 minutes per session
7 - 8 month season
80 - 85 practices, 40 to 50 games
18 skaters and 2 goalies per team
Appropriate off-ice training for LTAD stage



13-14 & Under (HPC, Bantam):

160 ice sessions per year
4 to 5 ice sessions per week
80 minute practice sessions
Combined and separate practices for team and position
9 month training and competition season
16 skaters and 2 goalies per team
120 - 130 practices and 40 to 50 games
16 skaters and 2 goalies per team
Appropriate off-ice training for LTAD stage

15-16 & Under (HPC, Midget):

160 ice sessions per year
4 to 5 ice sessions per week
80 minute practice sessions
Combined and separate practices for team and position
9 month training and competition season
16 skaters and 2 goalies per team
120 - 130 practices and 40 to 50 games
16 skaters and 2 goalies per team
Appropriate off-ice training for LTAD stage

18 & Under (HPC, Midget):

200+ total ice sessions
5 - 6 time per week
Combined and separate practices for team and position
10 month training and competition season
130 - 140 practices and 50 to 60 games
18 skaters and 2 goalies per team
Appropriate off-ice training for LTAD stage



USA HOCKEY
AMERICAN DEVELOPMENT MODEL
 Long-Term Athlete Development Principles

| Stages of Development | Ages | Objectives for Development | | | | | Training Characterized by | Other Issues (including competition) |
|---|---|--|--|--|---|--|---|--------------------------------------|
| | | Physiological | Hockey Specific | Psychological | Lifestyle | | | |
| FUNDAMENTALS Learning Fundamental movement skills | M 6-9 YRS F 6-8 YRS 8 and Under Mites 6 and Under Mites Learn to Play | <ul style="list-style-type: none"> - Basic movement skills: Agility, balance & coordination - Some basic sports skills: Running, jumping, skating, throwing, striking - Development of speed - Introductions to core stability - Principles of warm-up & cool down - Daily physical activity | <ul style="list-style-type: none"> - Emphasis on fun - Introduction to simple sports skills through hockey and other sports, especially speed, quickness and agility as well as striking skills to promote hand-eye coordination - use of structured programs | <ul style="list-style-type: none"> - Ensure motor learning issues are adopted into coaching practice - Introduction to ethics and rules | <ul style="list-style-type: none"> - Introduce the basics of: good cultural and lifestyle habits, nutrition, hydration, recovery - Sportsmanship - Begin parent education about these issues | <ul style="list-style-type: none"> - Emphasis on fun - Encourage daily activity (formal and informal) - Encourage participation in many different sports - 2-3X hockey p/w - Session Length 50 mins. - No periodization | <ul style="list-style-type: none"> - No formal competition - Encourage game play experience in a variety of sports, emphasis on learning - Some cross ice game play weekly | |
| Learn to Train Learning FUNDAMENTAL sport skills | M 9-12 YRS F 8-11 YRS 12 and Under Peewee 10 and Under Squirt | <ul style="list-style-type: none"> - Basic sports skills: Jumping, skating striking - Develop speed through agility, speed & change of direction in warm-up - Introduce flexibility & exercises for strength development - Develop endurance through activity - Generic lower body and core stability | <ul style="list-style-type: none"> - Peak skill emphasis - Development of hockey core skills - Introduction to applying core skills in decision making situations - Basic assessment for talent identification at 12 and Under Peewee | <ul style="list-style-type: none"> - Ensure motor learning issues are adopted into coaching practice - Developing basic knowledge and experience in small area game play - Applying core skills in basic hockey decision making situations - Reinforcement of ethics and rules - Introduction to mental preparation | <ul style="list-style-type: none"> - As above - Introduce principles of tapering and peaking - Continue parental education on these issues | <ul style="list-style-type: none"> - Encourage daily activity (formal and informal) - Structured to enhance learning of basic sports skills, in multiple sport environment - participate in 2-3 complementary sports - 3-4X hockey p/w - Session length 60 mins. - Double periodization to aid structuring and maintain interest | <ul style="list-style-type: none"> - Ratio of 70% training, 10% competition specific training, and 20% competition - Informal competition to encourage application of techniques in game play - Overall activity ratios: 30% hockey 30% fitness through sport 40% other sports | |
| Train to Train Building fitness and sport specific skills | M 12-16 YRS F 11-15 YRS 16 and Under Midget 14 and Under Bantam | <p>Standard Content</p> <ul style="list-style-type: none"> - Major fitness development phase for: Endurance (at major growth spurt) - Strength (at major growth spurt +18 months) Speed (M 13-16) (F 11-13) - Continued lower body and core stability development | <ul style="list-style-type: none"> - Critical sports specific skills development phase - Training reflects more realistic game pressures for application of core skills to develop decision making - Competition used to reinforce learning and refining of technique, not performance. (process driven not outcome driven) - Continued assessment for selection | <ul style="list-style-type: none"> - Motor issues continue to be adopted in coaching practice - Players exposed to more complex decision making situations - Continuing education on mental preparation - Developing appropriate attitudes to competition e.g. 'being the best you can be' not 'winning at all costs | <ul style="list-style-type: none"> - Develop understanding of good cultural and lifestyle habits, nutrition, hydration and recovery - Introduction of individual management - Parental education and involvement in lifestyle management | <ul style="list-style-type: none"> - Begin fitness training to coincide with major growth spurt - 2-3 X speed, lat/linear 2 X strength - Participation in 1-2 complementary sports - 3-4X hockey p/w - Session length 60-80 mins. - Single or double periodization | <ul style="list-style-type: none"> - Ratio of 60% training, 20% competition specific training, and 20% competition - Competition used to reinforce learning, (process not outcome driven) - Overall activity ratios: 45% hockey 35% fitness 20% other sports | |

Developed on the work of Istvan Balvi, an internationally recognized coach educator, and is based on a consensus of evidenced research about how young people develop sports abilities, linking more closely coaching and athletes' physical and psychological growth.

USA HOCKEY
AMERICAN DEVELOPMENT MODEL - Long-Term Athlete Development Principles



| Stages of Development | Ages | Objectives for Development | | | | | Training Characterized by | Other Issues (including competition) |
|---|--|--|--|---|--|--|--|--------------------------------------|
| | | Physiological | Hockey Specific | Psychological | Lifestyle | Characterized by | | |
| Train to Train Building fitness and sport specific skills | M 12-16 yrs F 11-15 yrs 16 and Under Midget 14 and Under Bantam | High Performance Content - Major fitness development phase for: Endurance (at major growth spurt) Strength (at major growth spurt +18 months) Speed (M 13-16) (F 11-13) Continued lower body and core stability development | <ul style="list-style-type: none"> Critical sports specific skills development phase Training reflects more realistic game pressures for application of core skills to develop decision making Competition used to reinforce learning and refining of technique, not performance (process not outcome) Continued assessment for selection - (U17 NTDP and Select Teams) | <ul style="list-style-type: none"> Motor issues continue to be adopted in coaching practice Players exposed to more complex decision making situations Continuing education on mental preparation Develop appropriate attitudes to competition aims e.g. 'being the best you can be' not 'winning at all costs' | <ul style="list-style-type: none"> Develop understanding of good cultural and lifestyle habits, nutrition, hydration and recovery, tapering and peaking Introduction of individual management Parental education and involvement in lifestyle management | <ul style="list-style-type: none"> Begin fitness training to coincide with major growth spurt 2-3 X speed, lat/linear 2 X strength Participation in 1-2 complementary sports 4-5X hockey p/w Session length 60-80 mins. Single or double periodization | <ul style="list-style-type: none"> Ratio of 60% training, 20% competition specific training, and 20% competition Competition used to reinforce learning, (process, not outcome driven) Overall activity ratios: 45% hockey 45% fitness 10% other sports | |
| Learn to Compete Refining skills for particular events and competitions | M 16-18 yrs F 15-18 yrs 18 and Under Midget | Standard Content - Major fitness development stage for strength - Fitness and recovery program tailored to individual - Knee stability - Hockey specific core stability maintenance | <ul style="list-style-type: none"> Maintain training in many different positions to avoid specialization (except goalies) Model training and competition needs to account for periodization Preparation under competitive conditions Emphasis on technical and tactical preparation, event and position specific as required Continued evaluation and selection | <ul style="list-style-type: none"> Refine decision making abilities in game situations Continue development of mental preparation skills for advanced preparation for competitive environment Develop appropriate attitudes to competition, becoming more outcome focused | <ul style="list-style-type: none"> Monitor and optimize understanding of performance lifestyles, nutrition, hydration recovery, tapering and peaking Use of individual management to balance demands Continued parental education and involvement in lifestyle management | <ul style="list-style-type: none"> Fitness training to account for strength development phase 4-6 fitness sessions p/w 5-6 hockey sessions p/w Session length 60-90 min Participate in 1 complementary sport Double or triple periodization | <ul style="list-style-type: none"> Ratio of 50% training, 25% competition specific training, and 25% competition Competition used to reinforce learning but becoming more outcome driven Overall activity ratios: 50% hockey 40% fitness 10% other sports | |
| | | High Performance Content - Same as standard content but frequency and intensity adjusted for high performance athletes - Fitness and recovery program tailored to individual athlete - Core stability appropriate to needs of athlete - Include active recovery determined by individual diagnostics | <ul style="list-style-type: none"> Same as standard content but frequency and intensity adjusted for high performance athletes Continued evaluation and selection | <ul style="list-style-type: none"> Refine decision making abilities in game situations Continue development of advanced mental preparation skills for competitive environment Develop appropriate attitudes to competition, becoming more outcome focused | <ul style="list-style-type: none"> Monitor and optimize understanding of performance lifestyles, nutrition, hydration recovery, tapering and peaking Use of individual management to balance demands Continued parental education and involvement in lifestyle management | <ul style="list-style-type: none"> Fitness training to account for strength development phase 4-6 fitness sessions p/w 5-6 hockey sessions p/w Session length 60-90 min Participate in 1 complementary sport Double or triple periodization | <ul style="list-style-type: none"> Ratio of 50% training, 25% competition specific training, and 25% competition Competition used to reinforce learning but becoming more outcome driven Overall activity ratios: 60% hockey 40% fitness | |

Periodization - Refers to the division of a calendar year into specific phases of preparation, competition and rest. During the preparation phase, the emphasis is on training in readiness for competition. A double periodization calendar year would have two cycles of these phases, i.e. preparation-competition-rest- preparation-competition-rest.



| Stages of Development | Ages | Objectives for Development | | | | | Training Characterized by | Other Issues (including competition) |
|--|--|--|--|---|--|--|---|--------------------------------------|
| | | Physiological | Hockey Specific | Psychological | Lifestyle | | | |
| <p>Train to Compete Refining skills for particular events and competitions</p> | <p>M 19-23 yrs F 19-21 yrs Junior, NCAA</p> | <p>High Performance Content - Major fitness development stage for strength - Fitness and recovery program tailored to individual - Knee stability - Fitness and recovery program tailored to individual athlete - Core stability appropriate to needs of athlete - Include active recovery determined by individual diagnostics</p> | <p>- Model training and competition needs to account for periodization - Preparation under competitive conditions - Emphasis on technical and tactical preparation, event and position specific as required - Same as standard content but frequency and intensity adjusted for high performance athletes - Continued evaluation and selection</p> | <p>- Refine decision making abilities in game situations - Continue development of advanced mental preparation skills for competitive environment - Develop appropriate attitudes to competition, becoming more outcome focused</p> | <p>- Monitor and optimize understanding of performance lifestyles, nutrition, hydration recovery, tapering and peaking - Use individual management to balance demands - Continue education in lifestyle management</p> | <p>- Fitness training to account for strength development phase - 4-6 fitness sessions p/w - 5-6 hockey sessions p/w - Session length 60-90 min - Double or triple periodization</p> | <p>- Ratio of 40% training, 30% competition specific training, and 30% competition - Competition used to reinforce learning but much greater emphasis placed on competition outcome - Overall activity ratios: 60% hockey 40% fitness</p> | |
| <p>Train to Win Maximizing Performance in Competition</p> | <p>M 19+ yrs F 18+ yrs Junior, NCAA, NHL</p> | <p>High Performance Content - High intensity, high volume training - Continued speed, strength and endurance development - Training tailored for individual peak performance - Physical preparation tailored to peak for major competitions - Frequent breaks in program for recovery - Daily recovery program</p> | <p>- Program tailored to needs of individual athlete - Continued development of technical and tactical skills - Technical and tactical preparation tailored to peak for major competitions - Ongoing assessment and selection</p> | <p>- Program tailored to needs of individual athlete - Advanced mental preparation modeled to account for periodization</p> | <p>- Monitored high performance lifestyle - Individual management program</p> | <p>- 4-6 fitness sessions p/w - 6-8 hockey sessions p/w - Session length 60-90 min - Double or triple periodization</p> | <p>- Ratio of 30% training, 20% competition specific training, and 50% competition - Competition becomes outcome driven - Overall activity ratios: 65% hockey 35% fitness</p> | |

Developed on the work of Istvan Balvi, an internationally recognized coach educator, and based on a consensus of evidenced research about how young people develop sports abilities, linking more closely coaching and athletes' physical and psychological growth.

ADM Ice Cost Estimates

Based Upon a \$400.00 per hour Ice Cost

| Age of Players | # of Players | # of Teams | Ice Touches | Average # of Practices | Hours of Practice Ice | Cost Per Player | Cost/practice touch |
|----------------|--------------|------------|-------------|------------------------|------------------------------------|-----------------|---------------------|
| 8U | 48 | 4 | 2-3 | 2 combined | 2 | \$16.66 | \$8.33 |
| 10U | 36 | 3 | 3-4 | 3 combined | 3 | \$33.33 | \$11.11 |
| 12U | 34 | 2 | 4 | 1 team, 2 Combined | 2 team, 2 combined 9 hours/week | \$47.05 | \$15.68 |

Based on \$400 per hour - Computed on a per week average

| Games | Season length: on Practice Cost | Totals |
|----------------------|---------------------------------|-------------------|
| 8U - 1 hour games | 16 | \$466.53 |
| 10U - 1 hour games | 25 | \$1,454.07 |
| 12U - 1.5 hour games | 35 | \$2,037.99 |
| | | \$1,342.97 |

| Games | Game hours | Game hours per week | Practices | Total Touches | ADM |
|----------------------|------------|---------------------|-----------|---------------|---------|
| 8U - 1 hour games | 16 | 0.8 | 40 | 56 | 50-60 |
| 10U - 1 hour games | 25 | 37.5 | 84 | 109 | 95-100 |
| 12U - 1.5 hour games | 35 | 52.5 | 84 | 119 | 105-120 |
| | | 4-5 hours per week | | | |

Based on \$400 per hour for ice, \$100 for refs

Assumptions for Ice Utilization:

- Mites - 4 teams at a practice session, 4 teams involved in each game slot - 12 skaters per team
- Squirts - 3 teams at a practice session, 1 team per game slot - 11 skaters + goalie per team
- Peewee - 2 teams at a practice session, 1 team per game slot - 15 skaters + 2 goalies per team

HPc Program Practice Ice

| Teams | Players | Team Composition | Ice Touches | Average # practices | Practice Breakdown |
|--------------|-----------|------------------|-------------|---------------------|---|
| 18U | 20 | 12-6-2 | 5 to 6 | 4 | 2 Team, 1 Combined, 1 Position |
| 16U | 18 | 10-6-2 | 4 to 5 | 4 | 1-2 Team, 1-2 Combined, 1 Position |
| 15U | 18 | 10-6-2 | 4 to 5 | 4 | 1-2 Team, 1-2 Combined, 1 Position |
| 14U | 18 | 10-6-2 | 4 to 5 | 4 | 1-2 Team, 1-2 Combined, 1 Position |
| 13U | 18 | 10-6-2 | 4 to 5 | 4 | 1-2 Team, 1-2 Combined, 1 Position |
| Total | 92 | | | | 9 3 3 15 Practice Slots on Average |

80 minute practice slots = 15x80 1200 divide by 60 min = 20 hours/week of HPc practice ice

This equals 5.33 hours of practice ice per player per week

At \$300 per hour for ice the average ice cost per week per player = 20 hours x \$300 = \$6000/92 players

September through March for a 30 week regular season would = 30 weeks x \$65.22 = **\$1,956.60**

This estimate is a bit high based upon practical utilization over a 7 month period
This estimates each player would get about 160 hours of practice time during the 7 months

Additional out of season training should be at a reduced rate to this as all sessions would be combined club training sessions

At \$200 per hour for ice the average ice cost per week per player = 20 hours x \$200 = \$4000/92 players

September through March for a 30 week regular season would = 30 weeks x \$43.48 = **\$1,304.40**

At \$400 per hour for ice the average ice cost per week per player = 20 hours x \$400 = \$8000/92 players

September through March for a 30 week regular season would = 30 weeks x \$86.95 = **\$2,608.50**

ADM Ice Cost Estimates

Based Upon a \$200.00 per hour Ice Cost

| Age of Players | # of Players | # of Teams | Ice Touches | Average # of Practices | Hours of Practice Ice | Cost Per Player | Cost/practice touch |
|----------------|--------------|------------|-------------|------------------------|------------------------------------|-----------------|---------------------|
| 8U | 48 | 4 | 2-3 | 2 combined | 2 | \$8.33 | \$4.17 |
| 10U | 36 | 3 | 3-4 | 3 combined | 3 | \$16.67 | \$5.56 |
| 12U | 34 | 2 | 4 | 1 team, 2 Combined | 2 team, 2 combined 9 hours/week | \$23.52 | \$7.84 |

Based on \$200 per hour - Computed on a per week average

Season length: on Practice Cost

| | | | | |
|-----|----------|----------|--------|------------|
| 8U | 20 weeks | \$166.60 | Totals | \$234.88 |
| 10U | 28 weeks | \$466.76 | | \$779.26 |
| 12U | 28 weeks | \$658.56 | | \$1,070.32 |

| Games | | Game hours | Game hours per week | Practices | Total Touches | ADM |
|----------------------|----|------------|---------------------|-----------|---------------|---------|
| 8U - 1 hour games | 16 | 16 | 0.8 | 40 | 56 | 50-60 |
| 10U - 1 hour games | 25 | 37.5 | 1.34 | 84 | 109 | 95-100 |
| 12U - 1.5 hour games | 35 | 52.5 | 1.875 | 84 | 119 | 105-120 |

Based on \$200 per hour for ice, \$100 for refs

Assumptions for Ice Utilization:

- Mites - 4 teams at a practice session, 4 teams involved in each game slot - 12 skaters per team
- Squirts - 3 teams at a practice session, 1 team per game slot - 11 skaters + goalie per team
- Peewee - 2 teams at a practice session, 1 team per game slot - 15 skaters + 2 goalies per team

Total hours of ice per week 13 hours

ADM Ice Cost Estimates

Based Upon a \$300.00 per hour Ice Cost

| Age of Players | # of Players | # of Teams | Ice Touches | Average # of Practices | Hours of Practice Ice | Cost Per Player | Cost/practice touch |
|----------------|--------------|------------|-------------|------------------------|------------------------------------|-----------------|---------------------|
| 8U | 48 | 4 | 2-3 | 2 combined | 2 | \$12.50 | \$6.25 |
| 10U | 36 | 3 | 3-4 | 3 combined | 3 | \$25.00 | \$8.33 |
| 12U | 34 | 2 | 4 | 1 team, 2 Combined | 2 team, 2 combined 9 hours/week | \$35.29 | \$11.76 |

Based on \$300 per hour - Computed on a per week average

| | Season length: on Practice Cost | Totals |
|-----|---------------------------------|-------------------|
| 8U | 20 weeks \$250.00 | \$350.00 |
| 10U | 28 weeks \$700.00 | \$1,116.66 |
| 12U | 28 weeks \$988.12 | \$1,554.30 |
| | | \$1,033.36 |

| Games | | Game hours | Game hours per week | Practices | Total Touches | ADM |
|----------------------|----|------------|---------------------|-----------|---------------|---------|
| 8U - 1 hour games | 16 | 16 | 0.8 | 40 | 56 | 50-60 |
| 10U - 1 hour games | 25 | 37.5 | 1.34 | 84 | 109 | 95-100 |
| 12U - 1.5 hour games | 35 | 52.5 | 1.875 | 84 | 119 | 105-120 |

4-5 hours per week

Based on \$300 per hour for ice, \$100 for rets

Assumptions for Ice Utilization:

- Mites - 4 teams at a practice session, 4 teams involved in each game slot - 12 skaters per team
- Squirts - 3 teams at a practice session, 1 team per game slot - 11 skaters + goalie per team
- Peewee - 2 teams at a practice session, 1 team per game slot - 15 skaters + 2 goalies per team