

2017-17 ALASKA ALL STAR SEASON PLAN FOR 16 & 19 GIRLS TEAM

Look and compare the cost and quality of our programs. Our value is incomparable

- Complete Professional **Athlete management** -experienced and proven to give what is needed, when it is needed. Skill, strength, travel, school, etc
- Injury prevention, comprehensive season long strength, conditioning, nutrition
- The most extensive college coach contacts and placement. Personalized care
- Website support for Colleges (profiles, pictures, etc) www.alaskaallstars.org
- Cost effective: Run like an academy program for a fraction of the cost
- School support, small number of missed days, staff follow up with athletes
- The best showcases for level of play to maximize exposure and development

Our coaches are the heart and soul of our program bringing expertise, passion and a love for the game of hockey to our players. Besides seeking excellence in our performance, our goals include complete athlete development and management to maximize results, balanced with injury prevention, strength and speed work, student mentoring and guidance, nutrition counseling, and college placement. We have long time relationships with college coaches around the country and we spend many hours on the phone talking to and promoting our athletes as well as keeping updated profiles and web pages for our athletes. www.alaskaallstars.org girls U19 or U16 “roster”

Our history of success placing athletes at National Development camps (over 50 kids), providing support and follow through to play hockey in college (95 kids to date) as well as more trips to National Championships than any other Alaska girls team, along with a path to the national team and professional play, is second to none.
www.alaskaallstars.org -see 19 girls site for history on main page

Our athletes are well rounded, balanced, strong, skilled, composed, and prepared when they graduate from our programs. With our personalized help, they manage their school, training, conditioning, healthful eating and travel in a way that still allows for social and family time. This “whole student” approach to athlete development has been key in achieving success once athletes leave home to attend college. Our completion rate at college, so far, is remarkable.

COACHING STAFF:

Cristy Hickel:

- Level 5 Coaching Certificate (MT, SQ, PW, BA, MD, DA modules)
- USA Hockey CEP Instructor level 1-4, coach USA hky development camps
- USA Hockey Alaska Associate Coach-in-Chief -Girls & Women
- B.Ed Education k-12 and coaching minor
- M.A and Master of Science- Courses in Sports psych, management
- EVO Certified, EMT-D, Firefighter II, Advanced Athletic Injury Care
- Certified Int'l Level Yoga instructor, Strength certified, Nutrition Certified PN-1
- 30 Years Coaching and directing programs including 3 Olympics, founded and

- directed the SPYDER program over 20 years, and coach hockey -from learn to skate to midget level (men and Women), soccer, cycling, conditioning, and Alpine Ski racing
- 4 year Varsity NCAA D1 scholarship Athlete at UAA (Alpine skiing/ 1 yr Rifle)
- 10 years bike racer National/ Int'l level track and road,
- Tried out for 1998 Women's Hockey Olympic team, National 30 over champs
- Humanitarian Award Winner UAA Alumni 2015

Zoe Hickel:

- Level 4 USA Hockey Coaching Cert -current USA Hockey National Team
- As a current USA Hockey National Team member and two time World Champion, she brings a wealth of current information and inspiration to the girls in our programs.
- 4 year hky scholarship at NCAA DI UMD -Degree in Communication & Coaching
- 2 years pro hockey NWHL -Isobel Cup Champions 2016
- NCAA top 5 Finalist for Humanitarian Award
- Strength Certified CFSC -Runs summer programs for athletes and on ice when home Zoe has been coaching for 9 years and spends time with the athletes developing strength and conditioning and on ice clinics during the summer; Trained under Mike Boyle. During the summer she directs and coaches the Lithia Great Alaska Showcase bringing in National team members and DI coaches to volunteer their time coaching Alaska's brightest prospects from all the teams around the state. Coached the Alaska All Stars 19 Tier I team at National Championships, U16's silver at Regionals

Tori Hickel:

- Level 3 Coaching Cert -Current Pro Athlete Djurgarden Womens Hockey
- Swedish National Champions 2017, Champ Game MVP Stockholm, Sweden
- Interned with the Boston Bruins 2016
- 4 yr hky scholarship NCAA DI NEU, Asst Captain, Communications
- Tori has been coaching for 7 years, and assists Zoe in running summer showcases and coaching conditioning and on ice. Coached 2016 All Star U16 to Silver Medal at the National Championships 2016

Nic Cohen, Logan Huppert and Tanor Bradison will also be assistant coaches with our program with others to be named later. Tanor is a goalie specialist and Nic and Logan both played college hockey. Our program also utilizes the Goalie coaching from **Steve Thompson**, local goalie expert.

Season Plan:

In State Development (Opponents & Practices)

We utilize training with our 16 & 19 team to save money (share ice- increase puck touches) and to take advantage of unique ops for advanced skill development on and off the ice. We train 4-6 days a week in season and they will play a primarily Bantam boys schedule of games and shared practices. Depending on the make up of Tier III 16 boys teams, we would also utilize games against that group along with games

vs. applicable girls teams. The practice to game ratio is held around 3:1 with Christmas holiday off -40-50 games/150 practices plus dryland. We apply off ice flexibility, strength, quickness components at most every ice practice -either before or after practice to 1) prepare and recover bodies and 2) to make small gains throughout the season where travel and school work can make it tough to add Dryland only nights to the schedule.

Generally we participate in local tourneys 4 times a season so as to reduce travel and compete at home. (Termination Dust, Thanksgiving, Polar Bear and Presidents Day) Away travel is detailed below.

Conditioning, strength, speed, agility, flexibility and quickness are important components of developing the “whole athlete” and preventing injury so athletes can improve at the fastest rate for their body. We have a precise approach to this training which includes phases that incorporate intervals, HIIT training, weight work, yoga, plyometrics, mtn work etc.

In the off season we skate once a week and have organized dryland 1 time a week at Elite with shooting practices encouraged along with weekly team activities, hikes, bikes, runs etc. Kids can have a personalized program or just follow the basic program which includes training logs and instruction and tracking through the summer. Zoe runs a functional training class (3x a week...2 -6 week sessions) aside from that for kids in town that will learn wt training and other strength and conditioning skills. Track workouts twice a week for speed and form training begin in June-July

In June, we host the Lithia Great Alaska Showcase, bringing up DI coaches from around the country along with National Team members who volunteer their time to help Alaska Athletes learn new skills and get scouted for college. This year we have Harvard, BU, Merrimack, Maine, University of Minnesota, Duluth so far. Many National Team members have expressed interest in returning again and we will know more after Olympic Trials in May.

In August prior to Showcase departures, we hold a 4 day overnight camp in Palmer for practice, team bonding, games, dryland, nutrition and college information seminars so athletes are well prepared to have a good showing at the early college scouted events.

Out-of-State Trips 16 and 19 teams

The trips below are confirmed and these are the top Tier I showcases in North America and on the college scout calendar. There is a waiting list for these tourneys in most cases and are very hard to get into. If a team does not plan well and have the right team, entry will be denied in future years.

1. North American Hockey Academy Labor Day Showcase Sept 1-3, 2017
2 days missed school. **19 team**

2. Two Nations Cup Detroit Oct 27-29, 2017
1 day missed school. **19 team**
3. CCM International Tourney Nov 10-12, 2017
2 days missed school. **16 team**
4. Two Nations Cup -Toronto Dec 1-3, 2017
2 days missed school. **19 team**
5. Regional Championships -Anchorage, March, 2018
2 days missed school **16 and 19 team**

OFF ICE DEVELOPMENT

As outlined above in “In- State Development” We prioritize our off ice development with dryland, wt work, speed work, shooting, agility, yoga, nutrition, school counseling, college guidance and preparation, and sport psych sessions. (mental concentration and relaxation) These components are built into season long blocks. All of our athletes have training logs, individual meetings and planning sessions for school and training. We have built in team shooting, dryland (at Elite and other locations) and nutrition sessions and also encourage individual work with guidance in these areas. We utilize the outdoors consistently with runs, hikes, canoeing or other such sessions (during the fall we do stair work at Hilltop etc...) Once a week, we have some type of team talk that hits on and reinforces these subject areas along with chalk talks and team building activities that all become part of developing the “whole student athlete”. See our current schedule used for U9 team www.alaskaallstars.org u19 girls “schedule”

POTENTIAL SEASON COST PER PLAYER (In-State, Off Ice, & travel)

For the past few seasons we have held our base costs to about \$3,500 plus tourneys and trips. We do fundraising as well to support trip costs. This number has been tried and true and we believe we have the most comprehensive elite girls hockey program while keeping costs affordable and well below our competitors for same services and more offered -by sharing ice, coaches donating time, donating dryland and utilizing great travel habits.

- Base cost: \$3,500 refs, ice, coaches dues
- Trips: Average \$450-\$550 per trip plus airfare (this can vary as some use mileage)
We reserve group tickets in March to have a great rate available for air
- In Town Tourneys about \$70 per athlete x4 = \$280
- Jerseys if needed/ track suit if needed/ practice jersey and socks if needed
- Miscellaneous -yearbook, coaches coats, banquet etc... \$100

PLAY HIGH SCHOOL HOCKEY

We are not opposed to players participating in High school hockey depending on their situation. Generally, most prefer not to but it can be managed if it is important to the player/family.

THANK YOU

Contact Info: Cristy Hickel 907-351-5545 crusher@gci.net www.alaskaallstars.org