



Alaska All Stars 19 Girls Team  
Cristy Hickel 907-351-5545  
Tier 1 19U Girls

## 2022-23 Tier 1 Application Alaska All Stars 19U Tier 1 Girls

With an unparalleled track record of success developing and advancing female student hockey players in the state of Alaska, no one is better equipped, experienced, or more successful than our female led staff and program, to guide players to the next level (regional, national Level play, college, national team, professional & overseas). As the only team in Alaska to win a 2022 Pacific District Championship (5-0-0), advancing to the tier 1 National Championships, we believe we have more than earned the privilege to lead next season's Girl's 19U Tier I team. Our student athletes enjoy excellent college placement, realize leadership opportunities on those teams and boast a 99% graduation rate from the preparedness we continue to provide involving skills, nutrition, travel comportment, physical strength and speed in addition to prevention and care of injuries, mental support and building a resilient team culture that will assure success when on their own in college.

**HEAD COACH: Cristy Hickel** Level 5 USA Hockey Coach CEP#235571

- Modules completed: Midget, Bantam, PeeWee, Squirt, Mite, Disabled
- USA Hockey CEP (Coaches Education Program) instructor, teach Levels 1-4
- Selected USA Hockey Coach Developer 2022, USA Hockey National Player Development, and Regional Camp staff -multiple years, Safe Sport, Background check

**-45 plus years coaching and directing programs:**

12 hockey National Championship appearances (2 Gold, 3 silver, 3 bronze). Hockey experience coaching mite thru college, Direct college showcase camps 10 years. **20 plus year relationship with hundreds of NCAA, ACHA Women's College coaches, 240 plus girls placed in college (D1,D3, ACHA), 50 plus players advanced to National player development camps.** Directed and coached programs for over 10,000 youth. On Staff for 3 Olympics ('84,'92,'96), On Staff for World Cycling championships

**-Education:** B.ed, M.S, M.A., Nutrition Certified, Fire Fighter level 2, EVO Certified

**-Awards:** UAA Humanitarian Award, Alaska Hall of Fame, USST Russell Wilder

**-Athletics:** UAA Div 1 Full Scholarship Alpine Ski Racer, International FIS, World Cup, Track Sprinter Cycling Nationals, Provincial Champion, and World Games. Olympic Hockey Trials USA Women's Team 1998

**-Personal:** Daughters Zoe and Tori played 5 years pro with 4 championship titles between them. Both were captains on full ride NCAA Division I scholarships (UMD & NEU) as athletes that played U8-U19 for Alaska programs. Zoe won 2 world

Championships and 1 silver with team USA. Zoe is currently an NCAA Division I coach for OSU -2022 National Champions. Both Tori and Zoe have coached our U14, U16, U19 girls teams through the years and at many Regional and National Championships for the Alaska All Stars Tier 1 & Tier 2. Brother, Steve Olympic Gold and Silver Medalist.

**ASSISTANT COACH: Tori Hickel** Level 4 USA Hockey Coach CEP #424238

Modules completed: Midget, Bantam, Safe Sport, Background

-4 Years NCAA Div 1 NEU (scholarship athlete) Assistant Captain 2 years

-4 years professional Hockey. Swedish Champions MVP, CWHL Champions (SDHL Djurgarden 2 yrs Stockholm, SDHL Linkoping, CWHL Calgary Inferno) Asst Coach for Alaska All Stars 7 years -Regionals, Nationals etc, current 21-22.

**SPEED/STRENGTH COACH : Cameron Stones** 2x Olympian, Bronze medalist in 4 man bobsleigh 2022 Olympics, World Cup Champions St Moritz, Overall World Cup Globe 2nd and 3rd place. 2 and 4 man bobsleigh 2022 Olympics, Canadian Jr Hockey, College Football and Rugby.

**GOALIE COACH:** Tanor Bradison, USA Hockey Level 4 Midget, Bantam modules, Safe sport, background check, Seven years coaching with program. Dedicated goalie coach at practices.

**OTHER COACHES:** Blake Parent, Zoe Hickel, Ethan Schutt, Jaden Trbojevich, Steve Macswain, Jason Beach, Pete McEnaney

**DEVELOPMENT PHILOSOPHY:** Develop the “whole” student athlete. Athlete management, 4-1 practice to game ratio in general. Provide a comprehensive and consistent season long physical conditioning, FST (Functional Strength Training), quickness, speed work program. Continue education in nutrition, habits, injury prevention and care. Focus on Student/ Athlete, counsel and place athletes in college or profession that will maximize their potential and happiness. Teach players how to travel and organize students so they are efficient and good time managers in preparation for college and the job market. Emphasize Love of hockey, wellness, fitness, good student, good person, process over outcome, healthy habits for life. (encourage coaching, refing and giving back throughout process)

**HIGH SCHOOL HOCKEY:** Girls can play HS if they choose. We have been successful in working with girls that want or need to play both depending on regions they live in. Very good at coordinating with other team coaches in order to maximize performance and recovery of athletes that can get stretched.

**SEASON PLAN:**

-Fall Festival and showcase tourneys -about 5 Tier 1 from Late July to Feb. plus Districts/ Nationals if qualify, 2-3 In-state tourneys

-practice 4-5 times a week/ games every 3-5 practices

-In state games as schedule allows vs. girls, boys, women's teams etc,

-Aggressive off ice plan that includes 5 days of FST etc each week (combined with skates to have a more efficient schedule).

Player Cost approx: \$3,500 for regular program (covers ice, refs, dryland, coach fees, admin) for Anch kids, less for Fbks, Homer, Kodiak -about half on a percentage rate, plus tourneys, and travel (roughly \$500 per trip plus air fare). Historically our teams travel for almost half of other comp teams. We work hard to secure scholarships and sponsorships for our players that have exceeded \$40,000 in 21-22. The team cooks most meals on the road.

-Work with players to contact Colleges, provide web profile, place Seniors, Commit Juniors and work hard to match level and league so players play in college.

**ACADEMIC STANDARD:** We expect our players to hold a 3.0 GPA and above to play. Most have 3.5 and above.

**SCHOOL MISSED:** about 10-12 days a season. We are good about getting home by Sunday night from trips and we have study hall on all trips.

**2022 PACIFIC DISTRICT CHAMPIONS! 19U TIER 1** [www.Alaskaallstars.org](http://www.Alaskaallstars.org)

