



Alaska All Stars 19U TII Girls Team  
[www.alaskaallstars.org](http://www.alaskaallstars.org)

## 2022-23 Information Sheet

### Alaska All Stars 19U Tier II Girls

Led by the most skilled and experienced staff in Alaska, our girls 19 Tier II team has goals to develop girls ages 2004-2007 (High School) to their greatest potential while aiming for another regional title and trip to Nationals in Anaheim, in conjunction to preparing them to make the adjustment to higher level play whether that be a Tier 1 team or college. These key development years can be fun, with enhanced skill work, hockey smarts, strength, speed and quickness all while learning how to compete, win, and be humble and kind teammates and sportswomen in a close and safe team culture. Our players will be fully prepared to take care of themselves at college including nutrition, training, injury prevention and time management; all at a cost that is half of what another organization can offer for similar services. Guaranteed.

Our 19 Tier II team will often utilize training opportunities with the 19 Tier I team to increase skill level and save money by sharing ice sheet cost as often as possible, and will NEVER come second fiddle to any team in our association. We prioritize what each player needs including managing the social side of High school mixed aged groups, education support, training experience adjustments for size and current skill. We have the tools to help our players become part of the strongest 19U TII team in the Pacific District.

Our 19 Tier II teams have traditionally placed well at Nationals attending 7 times with many top 3 results. We believe Alaska has the right kids to prevail at this year's Regionals in San Jose and look forward to building the process over the season to make that goal a reality. We are grateful to have a full time Goalie Coach.

#### **Our 19U TII team will be directed and coached by Internationally renown coaches:**

**-Mike Lee:** 907-602-5722 NHL drafted Pro, USA hockey Junior Program, Juniors WHL, Alaska Aces, AHL, ECHL, Coached Bantam and Midget teams

**-Steve Macswain:** NHL Pro, IHL Pro, European Pro top league, Div I college UMN, World Championships, Team USA, 27 years coaching U10-Jrs, USA hockey National camp coach many years

**-Blake Parent:** Coached 16AA and 19AA midgets, 19AAA girls National championships

**-Cristy Hickel, Alaska All Stars Girls Program Director:** 907-351-5545

Administrative, conditioning, college recruiting, nutrition. 45 years directing & coaching, Level 5 USA hockey coach, 12 National Championship appearances.

**-Other Staff:** Pete Mcenaney, Zoe Hickel, Cameron Stones, Tanor Bradison, Tori Hickel

**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 end of August. Summers mostly off -optional skate 1x a week, direct wt training programs 3 x a week, 3 phases, Speed training at the track 1x week beginning after school is out. develop strength, conditioning over summer. Paced training. 1-2 camps (Zoe’s GAS college showcase and development camp is a good one...)

-Travel: -CCM World Invite Tourney Nov 11, 2022, Florida Rush Jan 2023,

-Tournaments in state: Term Dust, Thanksgiving, Hard Ice or similar, Presidents Day

-Districts: Feb 24-26th, San Jose, CA Nationals: March 30, Anaheim, CA

-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

-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 5-7 days a season. We are good about getting home by Sunday night from trips and we have study hall on all trips.