

League Format

Choice League is a skill based program. The focus will be on skating, edge work, and stickhandling. It takes an increased level of ice time and high repetition to develop the fine muscle and motor skills needed to possibly achieve an elite level. At the squirt level team concepts are introduced into the training plan.

Squirts - 7/1/15 to 12/31/17

Squirts will receive 136-140 hours of training over the course of the season including 40 games (with 17 minute stop periods), 3 tournaments, on-ice practices and dryland sessions at the NEW Invicta Training Center. Squirt practices are a combination of shared and solo team practices.

Gold Mites - 7/1/17 to 12/31/18

Silver Mites - 2018 & 2019 birth years

Gold and Silver Mites will receive 95 hours of training over the course of the season. Teams share the ice with one other team when on the full size sheet in Edina. They have solo practices at the SLP facility. They play full ice 5v5 Squirt style games. Games are 17 minute periods and line changes are on the fly. Teams also will compete in some 3v3 and 4v4 games at our St Louis Park facility. Gold and Silver Mites compete in an end of season tournament. They also have dryland training sessions at the Invicta Training Center.

Bronze Mites - 2019 & 2020 birth years

Bronze Mites will receive about 85 hours of training including 16 games over the course of the season. They will be on the ice 2-3 times per week. Teams share the ice with one other team, have some solo practices and compete in a season ending jamboree.

Tykes and Rookie Hockey

Check out our Tykes and Rookie brochure for our Choice Hockey Leagues designed for the youngest athletes!



Minnesota Made Hockey

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Edina, MN 55439
952-746-9033



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Edina, MN 55439

Address Return Requested

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PERMIT NO. 6293

2026-2027



WINTER HOCKEY MITES & SQUIRTS

• 2015 to 2020 birthyears •



• SW & NE METRO BASED TEAMS •



CHOICE FOR WINTER HOCKEY

You already know when it comes to options for the development of your child as a hockey player during the winter season there are few choices. Development depends on the strength and policies of the local association.

This may be good for some parents and players, but is rarely a good fit for the passionate hockey families, elite or potentially elite players. This is due to very limited amount of ice time, a shortage of quality coaches, lack of competition and especially the wide gap in ability between the top and bottom players on the same team.

HOCKEY IS BEHIND

When you look at other skilled sports like gymnastics, figure skating or even the performing arts hockey is behind. These sports and arts identify potentially elite children at a young age and start their training early.

When the athlete reaches the age of 15 they are world class or are well on their way. How do they do this? By using a focused methodology and including an incredible amount of quality repetition.

Where hockey falls short is that there is not the kind of program in place for the athlete that wants to or has the potential to one day become world class. Instead, most players go along without the direction they need to have a real chance to reach their goals. Then when the players reach the age of 15, they are separated over one summer through the Select 15 Program. The hope is that then they can be developed into world class players. But, with the right training, these players could already be world class.



ONE LEAGUE - TWO LOCATIONS

The Choice League has always drawn athletes from all over the Twin Cities Metro. To encourage and support participation by making the Choice League more logistically convenient for hockey families there are teams located both in the Northeast and Southwest regions. Northeast teams are based out of Ramsey County Rinks primarily Aldrich Arena. Southwest teams practice primarily at the Minnesota Made ice Centers in Edina and St Louis Park.

All teams have the same focus on skill development. League and tournament games are played at both locations.

LEAGUE DATES

The Choice League typically starts in late September and runs through early March.

Evaluations begin in May and are held until the leagues are full at each level.

GOALIE TRAINING PROGRAM

Minnesota Made Hockey offers Choice League goalies a training program specific for their needs and development. We have full time dedicated on-staff goalie coaches.

Goalie equipment is provided if needed except for helmets, skates and breezers.

Level Directors:

Squirt - Craig Johnson - 952-641-6972
craigj@mnmadehockey.com

Gold - Noel Karl - 952-641-6885
noelk@mnmadehockey.com

Silver - Chad LaRoche - 952-641-6973
chadl@mnmadehockey.com

Bronze - Jad Ramsay - 952-641-6873
jadr@mnmadehockey.com

*check out our Tykes and Rookies brochure for information on our hockey for the youngest athletes!

PLAYER ELIGIBILITY

All athletes must skate in an evaluation to determine placement in the leagues. Because this is a program for potentially elite athletes all players must meet a certain level of play that will not slow down the team's progression throughout the season.

We are attempting to greatly narrow the gap between the top and bottom skaters on each team. This will allow for the greatest level of improvement and development by each athlete throughout the season.

Once all athletes are graded there will be a player draft to assemble teams to make sure the teams are balanced.

Players that are not selected for the league will be refunded their registration deposit.

REGISTRATION PROCESS

- Online registration is required on the choice-hockey.com website
- Required \$395 deposit with registration

*All fees are non-refundable except if a player is not selected for the league, in which case, a full refund will be issued.

WE INVITE AND ENCOURAGE YOU TO CALL WITH ANY QUESTIONS - 952-746-9033

PROGRAM COST:

LEVEL	DEPOSIT	SKATER BALANCE	GOALIE BALANCE
Squirt	\$395	\$2900	\$1200
Gold Mite	\$395	\$2200	\$ 700
Silver Mite	\$395	\$2200	\$ 300
Bronze Mite	\$395	\$1930	\$ 300

*Great value at about \$26/hour per athlete

choice-hockey.com