



Prospective LHA Tier II U14 Girls Players,

The Littleton Hockey Association is excited to continue our commitment to development female athletes. The following information is for the LHA Tier II U14 Girls Team.

### **Mission Statement**

The Littleton Hockey Association Hawks (LHA) is a non-profit, 501(c)(3) corporation, which enjoys an affiliation agreement with the Colorado Competitive Youth Hockey League (CCYHL), the Colorado Amateur Hockey Association (CAHA), and USA Hockey. LHA conducts its programs primarily at South Suburban Ice Arena and The Ice Ranch in Littleton, Colorado. All teams are registered with CAHA and USA Hockey. In partnership with the parents, coaches and South Suburban Parks and Recreation, we strive to ensure that children are provided a meaningful, enjoyable, challenging and safe hockey experience. We are an athlete-centered organization that places the needs of children first. We give each Member the opportunity to participate to the best of their ability and to develop as a young athlete.

Together, we will nurture the physical and emotional well-being of all Members in an environment that fosters and promotes a sense of community. We are guided by the values of good sportsmanship, honesty, respect for all individuals and personal integrity. The Hawks are committed to the long-term growth and development of all levels of developing ice hockey players. Our success will be measured by more children who enjoy playing and participating in hockey in the future.

### **Coaching Staff**

#### *Eric Mayhew – Head Coach*

- Coach Eric has been coaching female hockey in Colorado for the past seven season both at the Tier I and II levels. Most recently, Eric has been brought on as the LHA girls program Coordinator and head coach of the 14U Tier II Team. His previous coaching tenure was with the Colorado Select where he coached for 6 seasons. In the 2011-2012 season he served as an assistant coach for the 14U AAA. The following season was promoted to Head Coach for the 14U AAA for two seasons from 2012-2014. Then was named Head Coach of the 16U Tier 1 team for three seasons from 2014-2017. In Eric's time with Colorado Select he has taken multiple teams to the USA Hockey National Championships. In the 2014-15 season, his 16U AAA team finished 3rd in the JWHL (Junior Women's Hockey League). The following season he guided the team to a 2<sup>nd</sup> place finish. The JWHL is the premier league for women's hockey in North American for moving players on to college hockey. Eric's previous coaching includes his time at LHA as a coach at the Bantam and Midget levels. Eric also spent two years with the Colorado Thunderbird AAA Hockey Association as an Assistant Coach at the 15/16U level from 2008-2009. In addition to his Tier II and Tier I experience, Eric was Director and Lead Instructor at SSSIHL Hockey Camp in Centennial, CO from 2001-2008.
- Eric holds a Level IV certification and is a certified USA hockey director in the USA Hockey Coaching Education Program. He also has certifications as a personal trainer and performance enhancement specialist from the National Academy of Sports Medicine. Serving at Sports

Performance coach at Stanford University from 2009-2011, helping train multiple National championship teams.

- Eric played three years of Junior hockey before attending college. The majority of his junior career was played in the now defunct Continental Elite Hockey League (CEHL) for the Traverse City Enforcers (MI), Youngstown Phantom Rockets (OH) and finished his juniors career in the Western States Hockey League (WSHL) for Bay City Bombers (CA). Following his time in junior hockey Eric attended and played four years of varsity NCAA hockey the Fitchburg State College, located in Fitchburg. MA.

#### *Taylor Kreiling*

- Coach Kreiling has 12 years of playing experience at the Tier I and NCAA Division 3 level at Lake Forest. She made it to the USA Hockey National Camp in 2010 and 2011.
- Taylor was an Assistant coach with the Highland Park Falcons (IL) from 2015-2018 at the U12 and U14 levels. In 2017, Taylor's U14 team won the Illinois State Championship at the Tier II Level.
- Taylor holds her Level 3 USA Hockey Coaching Certificate.

#### *Drue Engleman – Assistant Coach*

- Coach Engleman returns to the Tier II U14 Hawks for her second season at Littleton. Drue played NCAA Division III College Hockey at St. Olaf from 2013-2017.

#### *Evan Wilday – Specialty Coach*

- Coach Evan will be helping as her schedule allows. Evan played at Littleton Hockey growing up and then played Tier I with the Colorado Select under Marnie Hill. She played 4 years of NCAA Division I College Hockey at Colgate, followed by 2 years of professional hockey in Europe.

### **Tryouts**

- Saturday, August 25, 2018 – 1:20pm-2:20pm – South Suburban Ice Arena – On-Ice
- Saturday, August 25, 2018 – 3:00pm-4:00pm – South Suburban Ice Arena – Off-Ice Testing
- Sunday, August 26, 2018 – 2:25pm-3:25pm – South Suburban Ice Arena – On-Ice

### **Practice**

LHA's U14 Team will practice on Tuesday at 6:20pm and Thursday at 6:20pm at South Suburban Ice Arena. The U14 team will practice every other Friday at 6:10pm on Full ice at South Suburban. The team will have a Saturday morning full-ice practice at 9:50am at The Ice Ranch.

This consistent practice schedule will not start until September. The schedule for August can be found on the Littleton Hockey website under the Calendar option at the top of the page. LHA offers an additional skill development session on Sunday mornings at 7:40am at South Suburban Ice Arena. There is no charge for this additional session.

### **Game Schedule**

- November 9-11, 2018 – Detroit – CCM World Invite
- November 16-18, 2018 – Aspen – 3 games minimum

- December 14-16, 2018 – Littleton – 3 games minimum
- January 11-13, 2019 – Boulder – 3 games minimum
- January 25-27, 2019 – Colorado Select – 3 games minimum
- February – Out of state – TBD
- March 1-4, 2019 – CAHA Playoffs
- April 3-8, 2019 - @ USA Hockey National Championship in Amherst, NY

The schedule is not complete. Local games will be scheduled with LHA's U14A teams as well as other CCYHL teams.

### **Team Colorado U14 Tournament Team Weekends**

- August 18-19, 2018 – Training Camp Weekend – Breckenridge Hosts
- October 5-8, 2018 – Boston, MA
- December 7-9, 2018 – Chicago, IL
- December 22-23, 2018 – Training Camp Weekend – Littleton Hosts
- December 27-30, 2018 – Exeter, NH
- February 1-3, 2019 – Detroit, MI

### **Player Development**

The U14 team will have video and/or chalk-talk before practice on Thursdays starting at 5:15pm at South Suburban Ice Arena. The coaching staff and members of the LHA Hockey Operations will lead these sessions. The focus on these sessions will be to further develop each player's understanding of ice awareness and systems.

### **Strength & Conditioning**

LHA's U14 team will have dry land with the strength and conditioning coaches at Moving Forward. These sessions will be on Saturday morning following the team's practice at 11:30am-12:30pm. Moving forward is located at 2680 E. County Line Rd, Unit K, Highlands Ranch, CO 80126.

Together with the coaching staff, Coach Brandon Kress and Coach Ed O'Connor will maximize your player's athleticism through intense functional training with an emphasis on flexibility and injury prevention.

The dry land cost is additional and will be paid directly to the team's account. The cost is \$170.00 for 15 sessions. Additional sessions can be added if the team meets their max sessions and wishes to continue.

The coaching staff will have an additional dry land session every Tuesday evening following practice at 7:40pm at South Suburban Ice Arena. The coaching staff will have a yoga instructor one time per month at these sessions. The cost is \$75.00 per session for the season.

### **Cost**

- The team fee for LHA's U14 team is \$2,500. This includes home hours for game/practice ice, the uniform package, player bag, player travel bag, apparel package, league registration fees and

referee fees. Team travel is additional. Team travel includes airfare, hotel, transportation and food for your player and the coaching staff.

**Uniforms**

