

**New for the 20/21 season:**

We will be running free weekly PowerEdge Pro sessions by BYHA coaches and Power Skating sessions with ACH weekly. These sessions are free to anyone 10U and above in the organization and will be conducted @6AM on Saturday & Sunday.

FALL 2021-2022 TRAVEL Teams

**TRAVEL TEAM SPECIFICATIONS ( Starts late August)**

10U-14U– All items listed below are included in the fees:

Bi-weekly session that includes power skating and skills from ACH

2 weekly practices (potential 1 full ice practice a week)

Goalie training (12U-14U HTGoaltending and 10U Goalie World)

2 weekly off-ice sessions with Evolution Athletix (<https://evolutionathletix.com/>)– see details below of program offering

Valley League (25+ games in Mass plus playoffs) and Ejepl supplemental league ( consist of 2 Showcase Tournaments with a guarantee of 5 games per tournament and 3 home & 3 away games plus playoffs) The home and away games for the Ejepl teams would be scheduled as doubleheaders.

Season Fees \$1750.00

**New:** Evolution Athletix for travel players throughout the season:

The program aims to help develop the athleticism of each young athlete. Each session will build upon the foundations of movement and progresses each athlete using the core lifts, plyometric exercises, and conditioning methods. The program will address power, strength, speed, agility, conditioning and mobility. With two sessions per week, one day would be strength and conditioning focused with the second day being speed and agility focused.

Each athlete enrolled in the program will be administered a baseline test to assess their starting points in terms of speed, power, strength and endurance. The program would start with baseline testing for all athletes. This would allow us to track their progress and see the improvements they are making through the program.