

Three levels of Super Checking

The 3 levels that encompass the Choice Super Checking Winter Hockey Program are all based on the philosophy that training athletes at younger ages leads to better competency, a more confident and controlled athlete and decreased chance of injury.

A comprehensive, progressive approach is used to teach proper checking techniques at each level and throughout the entire program.

SUPER CHECKING 1

For players in their 1st season of checking. These athletes are typically born in 2015 & 2016.

The schedule is played in 2 phases:

- Non-checking
- Parallel Checking

SUPER CHECKING 2

For athletes who demonstrate the skill needed to skate at this level or in their 2nd season of checking and are typically born in 2014 & 2015.

Athletes must have strong skating and stickhandling skills to be progressing in ability to play heads-up hockey. On-going contact training is a focus throughout the entire season.

SUPER CHECKING 3

For athletes who demonstrate the skill needed to skate at this level or in their 3rd season of checking. These players are typically born in late 2012, 2013 & 2014 (late 2012 players may be accepted if they do not exceed height and weight limits).

The mastery of the physical side of the game is developed so the athletes are prepared to compete with the best Bantam, Midget and High School players in the country.



Minnesota Made Hockey

main office | 952-RinkRat
7300 Bush Lake Road
Edina, MN 55439



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Edina, MN 55439

Address Return Requested

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2026-2027

Choice
MINNESOTA Made

WINTER HOCKEY SUPER CHECKING

• SQUIRTS | PEEWEES | BANTAMS •



• SW & NE METRO BASED TEAMS •

Will your athlete be ready for the hit?

We can ignore the fact that checking is an integral and inevitable part of hockey in an attempt to shield young athletes from the physical aspect of the game. But, does this protect them? Or, does it set them up for future injuries by not preparing them fully for the sport?

Choice Super Checking winter hockey embraces the full game of hockey. The goal is to prepare athletes to be safe, confident and skilled in all aspects of the sport including checking.

WHY CHECKING NOW?

- Safety! Safety! Safety!
- Athletes are closer to the same size and weight at younger ages which reduces the chance of injury.
- At younger ages the speed of play is slower reducing the risk of injury.
- Athletes are less aggressive at younger ages which increases learning potential.
- Players get a head start on checking and angling techniques giving them an edge on future competition.
- Athletes learn to make plays faster producing quicker reaction and playmaking ability.
- Dedicated, season-long, checking training helps athletes avoid dangerous situations.



WHY CHOICE CHECKING HOCKEY?

- Expert Skill Training
- Dedicated Player Development
- High Level Competition in Games

For 19 years, the Choice Winter Hockey Program has been dedicated to offering an alternative option to winter hockey for players and families passionate about the sport and interested in excelling at it.

Players not only receive elite level competition, quality training and individual skill development, but they also can expect:

- 144-146 hours of training (based on level)
- three tournaments
- average of 1-2 games per week
- all games are 17 minute periods
- additional dryland training
- NO LATE ICE TIMES!! ALL PRACTICES WILL END NO LATER THAN 9:30 PM!!



Level Directors:

SL1 - Ryan Zuhlsdorf - 952-641-6864
ryanz@mnmadehockey.com

SL2 - Seth Ambroz - 952-641-6870
setha@mnmadehockey.com

SL3 - Matt Cottingham - 952-641-6886
mattc@mnmadehockey.com

PLAYER ELIGIBILITY

All athletes must skate in an evaluation to determine placement. This is a program for upper-end and potential 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 the 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 Choice Super Checking will be refunded their registration deposit. The evaluation ice times are at no cost.

REGISTRATION PROCESS

- Online registration is required on the choice-hockey.com website
- Required \$495 deposit with registration

*All fees are non-refundable except if a player is not selected for the league, in which case, a 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
SL1	\$495	\$3200	\$1400
SL2	\$495	\$3200	\$1400
SL3	\$495	\$3200	\$1400

*Great value at about \$25/hour per athlete