



Squirt ADM Program *(09 Birth Year Only)*

The AHAI ADM Program by CYA is a partnership with AHAI and the Chicago Young Americans to maximize player-development for youth hockey in Illinois. It's based on age-appropriate, age-specific competition and training for young athletes. This Program places a heightened emphasis on skill development and long-term athlete development principles, by enhancing athleticism and skill development. Will encourage station-based practices and small-area games to deliver more repetitions, more puck touches and more skill development per hour of ice time in the first 13 weeks. This program encourages a 3:1 practice-to-game ratio, making hockey more family-friendly, and keeping the athlete both in the game and on a path toward their full potential. CYA has partnered with AHAI to provide age-specific training and competition proven to produce Olympic and NHL-caliber players.

Program Details

- ◆ Practices run by the CYA Coaching Staff and Skills Instructors
- ◆ 65+ skills based on ice practices (3-4 Days a week) @ The Orbit Ice Arena in Palatine IL
- ◆ 2 weekly off ice sessions
- ◆ 5 Tournaments including (CCM World Invite - Chicago, Vaughn Kings AAA Classic - Toronto, The Cup Buffalo - NY)
- ◆ Limited to less than 15 players
- ◆ Cost of the Program \$3,150.00 (September—March)
- ◆ FREE Evaluation Clinic @ Glacier Ice Arena 08/22/2018 7:20pm-8:30pm *(All selections will be made by CYA Staff)*

REGISTRATION LINK BELOW

<https://cyahockey.sportngin.com/register/form/830530071>

Questions Please Contact:

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