

## Selection Process

The selection process will be based on both objective and subjective player evaluations. Team Head Coaches and their assistant coaches approved by PWHC's Executive Director of Coaching Development through consultation and the Executive Director of Ice Travel Programs, will conduct these player evaluations for their respective teams at each age level. All players must attend tryouts unless the prior permission is obtained from the Executive Director of Ice Travel Programs and arrangements are made for an alternate means of evaluation. This permission will be given only in rare circumstances.

The evaluation may consist of any or all of the following three parts: (i) off-ice conditioning evaluation; (ii) skills evaluation, and; (iii) the scrimmage evaluations. The off ice conditioning evaluation will be a series of tests to check each players physical condition. The skills evaluation will consist of a series of drills that will primarily evaluate speed and puck control. The scrimmage evaluation will be subjectively evaluated by placing the players in a game environment.

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**PWHC also offers an Ice Hockey House Program and an Inline Hockey League that includes both House and Travel Programs**

## About PWHC

The Prince William Hockey Club (PWHC) is a nonprofit, 501(c)(3) youth sports organization working to develop and grow youth ice and in-line hockey programs at all age levels. Our hockey programs are very competitive and our coaches are some of the most committed in the area.

The purpose of PWHC is to provide youth the opportunity to learn and play the games of ice and inline hockey in a healthy developmental and competitive environment that instills the ideals of team play and sportsmanship

### Age Classifications for the 2005-2006 Season

Birth Date	AGE	DIVISION
87	18 Years	Midget
88	17 Years	Midget
89	16 Years	Midget
90	15 Years	Midget
91	14 Years	Bantam
92	13 Years	Bantam
93	12 Years	Pee Wee
94	11 Years	Pee Wee
95	10 Years	Squirt
96	9 Years	Squirt
97	8 years	Mite
98	7 years	Mite
99	6 & under	Mini Mite



## Prince William Hockey Club

[www.pwhockey.com](http://www.pwhockey.com)  
[info@pwhockey.com](mailto:info@pwhockey.com)

## Ice Hockey Travel Program Information

If you have questions about our programs please visit our web page at [www.pwhockey.com](http://www.pwhockey.com) and check our Frequently Asked Questions page or e-mail us at: [info@pwhockey.com](mailto:info@pwhockey.com)

PWHC's ice hockey travel program participates in the Capital Beltway Hockey League (CBHL) as a Tier II club. CBHL is sanctioned by USA Hockey, and a member of the Southeastern Amateur Hockey Association (SEAHA), an affiliate within the Southeast District of USA Hockey

## PWHC Philosophy

PWHC's philosophy is to concentrate on fun, fundamentals, and focus. These will be the guiding principles for both the travel and house programs of PWHC.

First the programs must be fun for the players, parents, and coaches. Without being fun we would quickly lose the very people that PWHC was established to support. At the travel level of hockey the basic hockey fundamentals of skating, stick handling, passing, shooting, and checking are very important. A higher level of skill is expected from each player in these hockey fundamentals. Each player should strive to develop these fundamentals during team practices and games.

Our focus will remain on skill and player development both on and off the ice. The safety of players will remain paramount in our concerns. While there will be an increased focus on competition in the travel program, it will not be to the detriment of player development and safety.

## Differences from House Program

- Players and parents should note the following differences from PWHC 's house program.
- *Level of Commitment* - The travel program requires a high level of commitment of time from both the players and their parents, and it is more expensive.

The season consists of 80 to 82 ice slots. There is additional information about commitment required in section 10 of the Travel Program Guide.

- *Body Checking* - At this level of play body checking is part of the game except for Squirts. This inherently increases the risk of injury. Some players may not be ready for checking against the best hockey players other clubs can field.
- *Amount of Ice Time* - In the travel program, players are not guaranteed equal ice time. Coaches will make an attempt to even out the amount of ice time each player gets over the course of the season; but based upon the game situation, the coach may have to consider other factors such as the use of power play units, penalty killing units, etc.
- *Greater Focus on Competition* - The teams in the CBHL are in the league to play competitively and win. Thus, we will focus on winning through strong player skill, development, integrity, and good sportsmanship. We will not abandon our club's philosophy nor jeopardize the safety of our players with this change in focus.

## Overview of Season Schedule

Player Evaluations	Mid April
Practices (Summer*)	April – July
Practices (Regular **)	August – 1 <sup>st</sup> March
Start NL Games	Mid September
Start League Games	Mid October
CBHL Playoffs	End Feb – Early March
End of Season	Mid Mar – Early April

\*Summer practices are generally once a week for the younger levels and once every other week for the older levels

\*\*Regular practices are generally twice a week

\*\*\*Regular Season includes one or two games each weekend. (With Exceptions)

## Travel Requirements

Participation in the Travel program will require traveling to other clubs that participate in the CBHL. The typical season would include 20 League games (10 Home, 10 Away) and 12 Non League games (6 Home, 6 Away). The average travel time for the away games is typically less than 1 ½ Hours, although there are a couple of exceptions such as Hampton Roads, VA and Hagerstown, MD. In addition, we will play in Non-League games, and in tournaments, against teams outside the CBHL. These games may take place even further away. For additional information on the Travel Program please refer to the PWHC Travel Program Guide available on the website

## Cost

Generally speaking, the fees for the Travel program are approximately double the house fees. This is in large part because the Travel teams get roughly double the Ice Time. This fee varies based on the total number of players on the team.

FOR ADDITIONAL INFORMATION about any PWHC program, please see our website, [www.pwhockey.com](http://www.pwhockey.com), or send an e-mail to [info@pwhockey.com](mailto:info@pwhockey.com).