

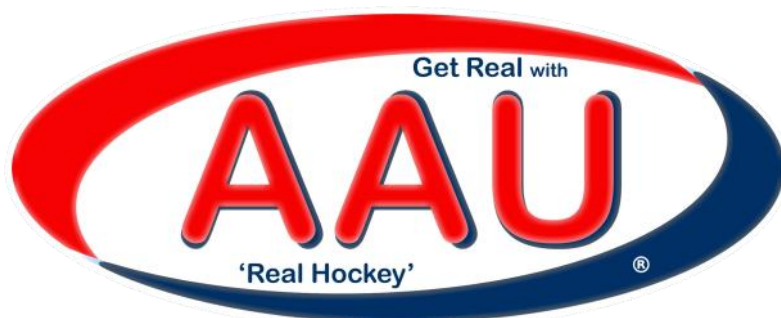
# AAU Ice Hockey

July 1, 2015

Volume 3, Issue 1

## Get Real with AAU for the 2015-2016 'Real Hockey' season

Entering into our 5th season of offering AAU full-ice **Real Hockey** opportunities for 7U, 8U and Mite House athletes, we've managed to develop a new AAU Hockey logo.



Of course, as many already know during recent years the AAU has often been called **the Real AAU**. Similarly, it is extremely common within the youth ice hockey community for participants to call conventional full-ice methods **Real Hockey**. So now we have it all within one logo and with a simple one line phrase **Get Real with AAU Real Hockey**.

Of course, within AAU Hockey our teams are still welcomed and even encouraged to utilize Small Area Games within their practices, leagues or tournaments. It's just that they aren't being forced upon our teams.

### AAU Hockey Growth (as of 6-25-15)

AAU Memberships Changes 2013-14 -vs- 2014-15				
Hockey Programs	2014	2015	Diff.	%
Illinois	348	2,490	2,142	615.52%
Michigan	3,035	3,041	6	0.20%
New York	5,845	7,437	1,592	27.24%
3-state sub-total	9,228	12,968	3,740	40.53%
United States Totals	28,638	37,763	9,125	31.86%

Please be aware that the average AAU athlete participates within 2.5 AAU sports for only 1 membership fee of \$14/16, which allows participation with 40+ sports and some Hockey players may be register within another sport and therefore may not be included within the chart shown above.

Sports for all, Forever



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Published quarterly for the benefit and interest of AAU Ice Hockey participants.

AAU Leagues, Administrators, as well as Team Coaches and/or Managers are encouraged to submit articles and notices to:

[keith@hockey-michigan.org](mailto:keith@hockey-michigan.org)



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## AAU announces former NHL athlete MIKE HARTMAN as National Hockey Director for Player & Coach Development

AAU National Hockey Chair, Keith Noll is pleased to announce that Mike Hartman, former NHL New York Ranger athlete and Stanley Cup winner as the AAU On and Off Ice Hockey program director for Coaches, Athletes and Parents. Hartman stated, "My main purpose and objective is to help the athletes develop their skills and have fun playing hockey". Hartman's NHL Career included stops with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and the New York Rangers where the Rangers won the Stanley Cup in 1994.

The program will be online at: [www.auicehockey.org](http://www.auicehockey.org) within the next few weeks and will include the following:

- Within the platform the coach, player or parent may ask questions 24/7
- Focus will be on skill development for our coaches, players and parents.
- The first 25 videos teaching skills off ice that a player can do in his or her driveway to develop their skills.
- Nutrition will also be provided to our members.
- There will be on ice training that will also focus on skating, puck handling, passing and shooting.
- All members have free access to the platform that is included as part of their AAU membership.

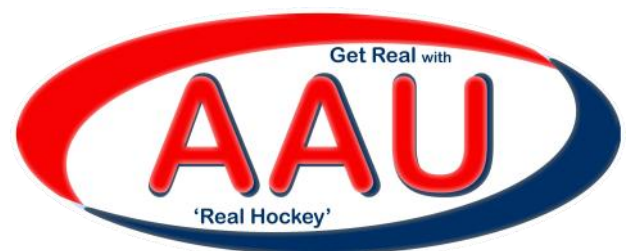


### The outline of the program will include:

1. Off Ice training with Hartman will have more off ice videos through other notable hockey players.
2. Skating
3. Passing
4. Puck-handling
5. Shooting
6. Battling

### About AAU

The Amateur Athletic Union (AAU) is one of the largest non-profit volunteer sports organizations in the United States. Est. 1888. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. [www.ausports.org](http://www.ausports.org)





★ ★ National Collegiate Hockey Association ★ ★

## St John Fisher Cardinals win the 2015 National Championship

The National Collegiate Hockey Association (NCHA) joined the United Hockey Union (UHU) this season, bringing 20 collegiate teams from around the US (with teams from CA, OH, NY, PA & WA) into AAU Hockey. On March 6-7, 2015 the final four teams met in Ohio. On Friday the St John Fisher defeated the Le Moyne College Dolphins 5-2 and the University of Pittsburgh Bobcats defeated the State University of New York at Buffalo Bulls 5-4 setting up Saturday's final. Where the Cardinals defeated the Bobcats 8-5.

St John Fisher College is located in Pittsford, NY (near Rochester).





## ***Identifying the need for change***

Before the SDDHL was established, there were two types of youth programs available to middle school and high school aged kids who wanted to play ice hockey. The first was travel hockey, which was comprised of elite club teams. Travel hockey cost families several thousand dollars per season and required extensive time commitments. It also did not come with a guarantee that all who were interested could play as it required interested players to tryout in order to make a team. Given the expense, the time commitment required, and the need for tryouts, travel hockey clubs were not a feasible option for many families.

Unfortunately, the only other option, rink-based in-house programs, did not provide an attractive alternative. In the fall season of 2012, there were only three bantam (14 and under) teams and two midget (18 and under) teams in all of San Diego County. These teams had small rosters and played each other all the time. For families involved with in-house, families who were enthusiastic about hockey, it was a very disappointing situation.

The SDDHL as it now exists began with early discussions about what could be done to help these kids on bantam and midget in-house teams.

## ***Finding Solutions***

The primary questions early on were “How can we get more kids playing hockey in the bantam and midget age groups?” and “How do we go from 8-10 peewee teams to 2-3 bantam and midget teams?”

Looking outside of hockey, we found that 11-15 is the age range that people tend to explore less traditional sports (water polo, track, lacrosse, etc.) and a time when kids become more independent and follow their peer group.

However, for this same age group the numbers of kids playing hockey in our area had been declining. The main reason for this decline was the introduction of checking at the bantam level. Many of the kids who were new to hockey were required immediately, or soon after starting, to play full-check games. This was a significant factor driving players away from hockey between the peewee and bantam levels. More experienced players were also driven out of in-house leagues due to conflicts with travel hockey schedules. In addition, many of the kids who were left found that much of their peer group had disappeared and chose to leave the in-house leagues as well.



The strategy to attract players in the 11-15 age group consisted in removing the push factors driving people away while drawing on the tendency of kids to follow their peers when trying new activities. The core elements of the emerging SDDHL, thus, included the following components:

- **Community-based, peer-based organization:** Kids would play for the same school or district and recruit their classmates and neighborhood friends to come play too.
- **Opportunity for checking and non-checking divisions:** The league would offer middle school and high school junior varsity divisions as non-check but would include a full-check high school varsity division. This would allow kids to play non-check through high school while providing an opportunity for them to progress up to full-check should they feel comfortable.
- **Combination roller and ice:** Roller teams would require less initial investment for new players and would operate both as a fun and exciting activity in its own right and as a bridge to ice hockey once kids met new people and became more experienced.
- **Flexible scheduling:** The league would be scheduled to allow players to play on both roller and ice teams simultaneously. For those who would not want to play as often, each team would have one practice and one game per week, so it would not require too much commitment on the part of busy families. In addition, the schedule would reduce the conflict with the travel league so that these players would have the opportunity to have fun playing with their friends and classmates as well.

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## ***Building and growing the league***

The SDDHL launched in the fall of 2013 with four districts (North, South, East, and West) and ten ice hockey teams (four middle school and six high school). That number was double the number of in-house teams offered the previous fall. In addition to these regular-season teams, the league hosted 14U and 12U tournament teams for Thanksgiving and Memorial Day tournaments. From the beginning, the league also strived to add value to the playing experience by outfitting players with nice jerseys, playing music during events, making announcements during the games, keeping accurate stats, and offering playoffs and championships.

The league continued to grow in the summer of 2014 with the addition of an additional district (Central), an influx of travel players, and the inaugural roller hockey season. The ice hockey season fielded a staggering nineteen team (seven varsity, four junior varsity, and eight middle school), and the first roller season boasted sixteen teams (eight high school and eight middle school) as well as four 10U teams. The roller 14U SD Selects took gold at the Jr. Olympics in the 14AA division, and the league fielded ice hockey tournament teams over Labor Day Weekend in the Bantam A, Bantam B, and Midget 16A divisions. As predicted, many players in the league played both roller and ice, and the kids themselves were driving growth by inviting their friends to come play.



The current ice season is up to fourteen teams, a nearly three-fold increase from the 2012 fall in-house season, and the roller pre-season, which is expected to double for the November season, is up to twenty-two

teams (seven varsity, five junior varsity, seven middle school, and three 10U). Once again, the league also plans to offer tournament teams as well as an elite varsity team to play high-level exhibition games for a fraction of the cost of travel hockey.



In general, the response from the community to the establishment of the SDDHL has been overwhelming. A District game is an event: When you show up to a District game, you will see lots of people you know standing around the rink or sitting in the stands; you will hear music and announcements; and you will see kids everywhere having fun before, during, and after the game. We believe that the fun, excitement, and sense of belonging generated by the SDDHL will help ensure its continued success into the future.



## Long Beach Bombers and the Western States Hockey League

In September of 1994, in Anaheim California, a Southern California businessman by the name of Don Thorne, founded the Western States Hockey League (WSHL). Who would have guessed at the time, that 22 years later the WSHL would not only be one of the oldest Junior Leagues in the United States, but also one of the largest?

Don Thorne presided over the WSHL for five years; growing the league from the original six, to fifteen teams. During the growth spurt, five teams in Alaska and ten teams in the western United States were added. By year five, the logistics and finances caused the Alaskan teams to branch off on their own, and many of the original six teams had terminated operations. Don Thorne, a very good businessman, but not a "hockey guy" realized it was time to bring in the necessary hockey expertise to operate the league in the West. Don contacted Ron White, a local Southern California ice rink executive and Coach in Chief for USA Hockey – Pacific District, to take on the position of league President and Commissioner. White's initial impact was to reduce the number of teams in the league, focusing on including those with strong operators, and bid farewell to the others. At one point, in early 2004, the league was left with three strong operators, looking to add teams led by experienced hockey people. At that point, White began to contact various rink owners and experienced hockey coaches, who became the nucleus of the current WSHL and leading mentors within the league, as it took on a steady path of growth. Five of the seven franchises that participated in the 2004 season, are still members of the WSHL.

Since 2004, the WSHL has continued on its path to populate the Western U.S. with quality Junior Teams. From seven teams in 2004, the league grew to 14 teams in 2012. By 2012, the WSHL had been a member of USA Hockey for 12 years and was seeking more growth opportunities in the Western U. S.; primarily to bring high-level ice hockey and opportunities to players in the 17-20 year-old age brackets. Most important to the league's growth, was developing players who could then move up into the college hockey ranks. Also, due to significant increases in operating expenses, growth and expansion in the league was a paramount concern, if the teams were to eliminate traveling 18-24 hours each weekend. The business model of the WSHL required expansion to reduce expenses.

In 2012, the Board of Governors of the WSHL voted to transition from USA Hockey to the Amateur Athletic Union (AAU). White formed the United Hockey Union to facilitate the move and AAU/UHU set forth the operating policies and protocol that their full-contact Midget and Junior Leagues would operate under. At this time, the WSHL had 14 teams.

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Three years later, with the start of the 22<sup>nd</sup> season just around the corner, the WSHL has grown to 29 operating teams, in addition to two dormant teams who were displaced when their home ice rinks closed down in 2014. Those teams are seeking new venues to play their home games.

The business model by joining the AAU has seen a significant improvement due to the leadership at the AAU and National Hockey Director, Keith Noll. The self-governing features the WSHL gained, and the significant expansion, which has doubled the size of the league in three years, is directly related to the transition to the AAU. Expanding by 15 teams in three years, travel expenses have been cut in half, which has made each team financially stronger.

Competition within the WSHL is stronger than it as ever been. Currently, the WSHL is placing over 50 players per season into collegiate NCAA or ACHA teams, along with several into the minor professional ranks. Over the last three seasons, the WSHL has seen a tremendous growth in players from Europe and Canada who are seeking college or professional opportunities. The 2014-2015 season saw over 275 players on WSHL team rosters who were from Europe or Canada. That number will likely increase for the 22<sup>nd</sup> season. The WSHL and AAU have been recognized as a major opportunity in the sport of ice hockey, internationally.

As the WSHL begins its 22<sup>nd</sup> season, it wouldn't be here today if it weren't for the team operators that paved the way. The only founding member in the league is the Long Beach Bombers, who will commence their 22<sup>nd</sup> season, in September. In 2003-2004, the Bombers were joined by the Valencia Flyers, San Diego Gulls, Ogden Mustangs, and Phoenix Knights. All of whom, have all helped build a strong foundation, for the new owners who have joined in recent years.



The WSHL business model includes added expansion into certain communities in the Western U.S., with emphasis on establishing teams in major community venues with seating up to 5,000 spectators. The look, feel, and level of competition within the WSHL, is growing daily and that is directly responsive to the WSHL transition to AAU Sports.



## Long-Term Athlete Development -v- Composite Youth Development Model

Many coaches already know of the Long-Term Athlete Development (LTAD). LTAD is a rather interesting model, which presents a theory that there is a linear timeline for the development of skills and athletic abilities. Very briefly it asserts that athletes tend to develop certain types of skills and athleticism along a rather general timeline.

Many within youth sports have interpreted this support the idea of developing rigid age specific training methods. Some have advanced the hypothesis that if young athletes tend to develop certain skill sets at specific ages then any youth training model should conform to those trends. This has led to the creation of sport-specific development models that are somewhat strictly based upon these interpretations of the LTAD timeline. This has even led to some very rigid developmental mandates being created within some sports.

Others have rejected these one-size-fits-all notions, as well as the rigid developmental mandates. Observing instead that not all children develop on the same specific age-based timeline.

More recently the United States Olympic Committee (USOC) has chimed in on the subject with an article published in Olympic Coach Magazine titled "Taking a Long-Term View of Youth Physical Development: A Summary of an Invited Review of Long Term Athletic Development (LTAD)" (written by Rick Howard, Mid-Atlantic Regional Coordinator of the National Strength and Conditioning Association). You may wish to view the entire Winter 2015 edition at:

[www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/Coach-E-Magazine.aspx](http://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/Coach-E-Magazine.aspx)

The article presents a newer concept called the Composite Youth Development Model (CYDM).

**Please note:** within the Physical Development sections of the charts located to the right, the larger and bolder fonts call for greater emphasis than the smaller fonts.

The CYDM, is essentially an updated revision to the LTAD, which I would suggest both clarifies and softens the notions being advanced by those who have been promoting rigid development models. Models responsible for mandates in some sports. The new CYDM also brings more attention to the psych-socio aspects and presents a more holistic approach. This appears to lean towards a more inclusive model.

It is also important to be aware that the newest model places far more emphasis upon maturity and less upon chronological age. Recognizing that not all children mature on the same chronological clock.

Composite Youth Development (CYD) Model for Males																					
Chronological Age (Years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+	
Age Periods	Early			Middle Childhood						Adolescence						Adulthood					
Maturational Status	Years Pre-PHV									← Peak Height Velocity (PHV) →						Years Post-PHV					
Talent Development	Investment Years						Sampling Years						Recreation Years						Specialization Years		
Psych-social Development	Exploration and Social interaction						Peer relationships, empowerment, self-esteem						Self-worth, self confidence						Sport-specific psychological skills		
Physical Development	← Motivation for lifetime engagement in sports and physical activity →																				
	FMS			FMS			FMS			FMS (Fundamental Movement Skills)									SSS (Sport Specific Skills)		
	sss			sss			SSS												SSS		
	Mobility			Mobility			Mobility			Mobility									Mobility		
	Agility			Agility			Agility			Agility						Agility					
	Speed			Speed			Speed			Speed						Speed					
	Power			Power			Power			Power						Power					
Strength			Strength			Strength			Strength						Strength						
Hypertrophy			Hypertrophy			Hypertrophy			Hypertrophy						Hypertrophy						
Endurance & MC			Endurance & MC			Endurance & MC			Endurance & MC						Endurance & MC						

Composite Youth Development (CYD) Model for Females																					
Chronological Age (Years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+	
Age Periods	Early			Middle Childhood						Adolescence						Adulthood					
Maturational Status	Years Pre-PHV									← Peak Height Velocity (PHV) →						Years Post-PHV					
Talent Development	Investment Years						Sampling Years						Recreation Years						Specialization Years		
Psych-social Development	Exploration and Social interaction						Peer relationships, empowerment, self-esteem						Self-worth, self confidence						Sport-specific psychological skills		
Physical Development	← Motivation for lifetime engagement in sports and physical activity →																				
	FMS			FMS			FMS			FMS (Fundamental Movement Skills)									SSS (Sport Specific Skills)		
	sss			sss			SSS												SSS		
	Mobility			Mobility			Mobility			Mobility									Mobility		
	Agility			Agility			Agility			Agility						Agility					
	Speed			Speed			Speed			Speed						Speed					
	Power			Power			Power			Power						Power					
Strength			Strength			Strength			Strength						Strength						
Hypertrophy			Hypertrophy			Hypertrophy			Hypertrophy						Hypertrophy						
Endurance & MC			Endurance & MC			Endurance & MC			Endurance & MC						Endurance & MC						

## Mite hockey - the skill development myth

During recent years, almost anytime that a Parent or Coach has sought out information about Mite level ice hockey they've been confronted with pressure concerning Cross-Ice and/or Half-Ice and by zealous opposition to the idea of Mites playing any full-ice Real Hockey whatsoever. Discussions generally focus upon the phrase Skills Development and the need for more puck touches.

Actually, the puck touches mantra came along in response to Parents and Coaches asking why it was so harmful for Mites (8U) to play full-ice. Puck touches became the standard response. Of course, puck touches may justify more thought into designing station-based drills or for the inclusion of small area games into practices or even to justify the inclusion of some Cross-Ice or Half-Ice games into a season's mix. Yet it never did answer the why no full-ice question. Presumably because there is no legitimate answer.

I've recently read some comments online, where individuals have been touting the value of a video on NHL Analytics Tracking of 8U Hockey Players. The video utilizes a group of Mite (8U) players as a backdrop, while tracking certain details such as puck touches. Tracking in very much the same manner as the methods used by NHL teams. Within the comments section, one parent then argues ***"It's simple math, closer games more touches, better skills. How much more data do you need. It seems like common sense to me"***. Keep in mind that the video itself spends a great deal of time discussing puck touches. As do those who are fanatically devoted to the notion that full-ice hockey is somehow harmful to Mites.

Of course, these arguments and the video imply that the only skill that matters in the development of 7 or 8 year old ice hockey players is stickhandling. And that by simply touching the puck as often as is possible, this would somehow equal improved skills. Simply put, this isn't simple math. This isn't even very good logic (sorry, I had to mention logic because the passing of Leonard Nimoy was announced on the same day that I started writing this article). If puck touches were all that mattered then members wouldn't need to spend so much time, money and effort on the ice.

Yet, contrary to this erroneous theme being fostered throughout the United States, simply having more puck touches does not equal better skills. At best, more puck touches may improve 1 skill, in some cases. However, it is helpful to remember a quote from arguably the best stickhandling coach in recent memory who states ***"Practice doesn't make perfect, practice makes permanent"***. His point being that how children are taught and how they practice a skill really matters. Simply counting puck touches does nothing to improve skills and it may very well be harming their skills by ingraining poor techniques into muscle memory.

In addition, stickhandling is still only one of many skills needed within hockey. Some would insist that stickhandling isn't even the most important physical skill, certainly not for 7 and 8 year olds. The foundational physical skills associated with ice skating are far more important and age appropriate. Focusing upon stickhandling while players are still struggling to develop basic ice skating skills is very much like the old metaphor of placing the cart before the horse. Not particularly age appropriate.

Focusing only upon physical skill development within younger players ignores the important consideration such as psychosocial development. Between the ages of 6 and 10 children learn through peer interaction and hopefully they build their self-esteem. This is the time when they can develop a long-term desire to play games and interact with their friends while developing their own love of the game.

## Hockey Michigan (AAU) — Annual Meeting Saturday July 25, 2015 at the Farmington Hills Ice Arena

The fourth annual Hockey Michigan (AAU) meeting has been scheduled to be held:

**Noon until 3:00pm**

**Saturday July 25, 2015**

**at the Farmington Hills Ice Arena (FHIA)**

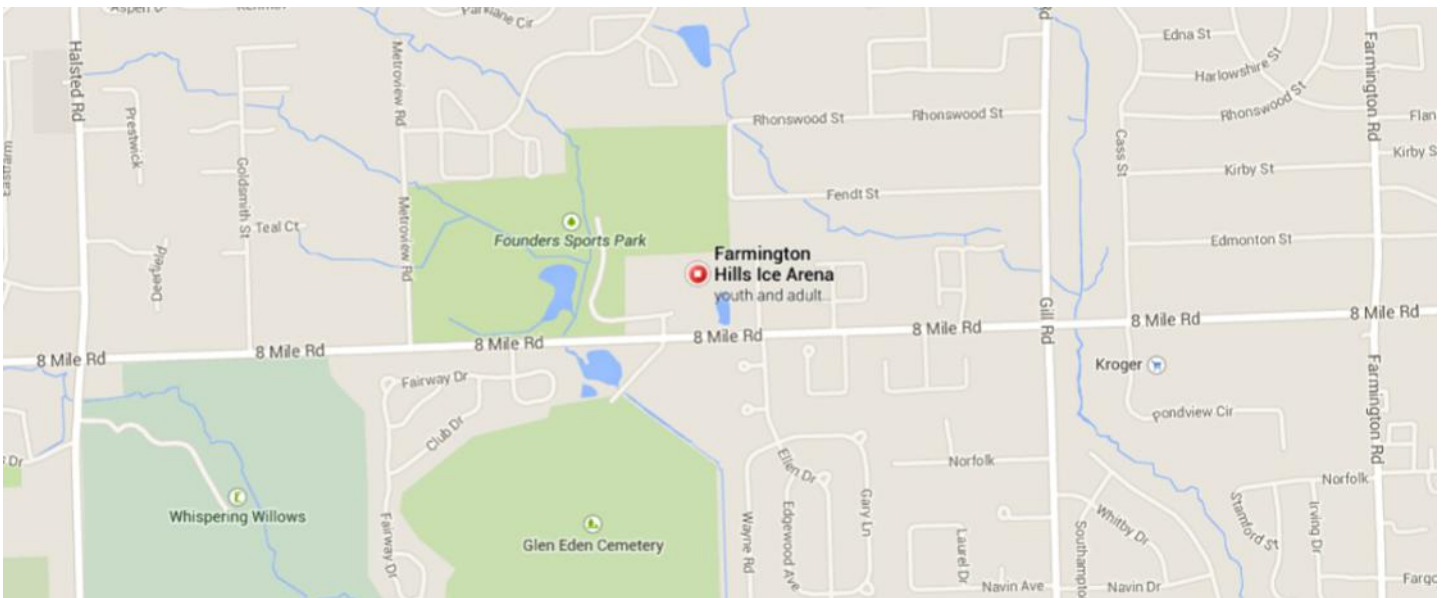
(which is located at **35500 W.8 Mile Rd in Farmington Hills, MI.**)



**Agenda:** Annual Reports (Financial & General), Updates going into 2015-2016, Voting (if needed) and (of course) finishing with open discussions about the coming year. This happens to be a non-election year and therefore we will attempt to breeze through our regular business as quickly as possible and then move on to discussions about any league operations, offering an orientation for new coaches and managers, etc.

Proposals for any **Hockey Michigan (AAU)** changes to our **Bylaws** must be submitted in writing to [keith@hockey-michigan.org](mailto:keith@hockey-michigan.org) no later than **Tuesday May 26, 2015**. Proposed changes may be submitted by any AAU member in good standing from Michigan. If any matters are to be voted upon, each Hockey Michigan (AAU) club will possess 1 vote (controlled by their club representative of record).

Proposals for any **Hockey Michigan (AAU)** changes to our State Rules and Regulations may be submitted in writing at any time by any AAU member in good standing from or participating within Michigan.



Please be aware that the **Perani's Hockey World - Annual Clearance Sale** will also be going on at FHIA so you may wish to show up early or plan to stay after the meeting.

## AAU Tournaments

<b>Summer Showdown</b> 6U, 7U & 8U (2008, 2007 & 2006)	<b>July 3-5, 2015</b> \$1500 (4-game min)	<b>Carlsbad, California</b> <a href="mailto:mdunaev@icetown.com">mdunaev@icetown.com</a>
<b>CanAm Tier 1 Showcase - Chicago</b> 7U, 8U & 9U (2008, 2007 & 2006)	<b>Sept 11-13, 2015</b> \$1000 (4-game min)	<b>Chicago, Illinois</b> <a href="mailto:director@aaucanamaaa.com">director@aaucanamaaa.com</a>
<b>Cobra EarlyBird Classic</b> 7U (2008) & 8U (2007)	<b>Sept 18-20, 2015</b> \$900 (4-game min)	<b>Brownstown, Michigan</b> <a href="mailto:worz71@yahoo.com">worz71@yahoo.com</a>
<b>Glacier Pointe - Halloween Classic</b> 7U (2008), 8U (2007) & Mite House	<b>Oct 9-11, 2015</b> \$500 (4-game min)	<b>Port Huron, Michigan</b> <a href="mailto:glacierpointe@iwarp.net">glacierpointe@iwarp.net</a>
<b>CanAm Tier 1 Showcase - Toronto</b> 7U, 8U & 9U (2008, 2007 & 2006)	<b>Oct 9-11, 2015</b> \$1000 (4-game min)	<b>Burlington, Ontario</b> <a href="mailto:director@aaucanamaaa.com">director@aaucanamaaa.com</a>
<b>Blue Collar - Aurora Borealis</b> 7U (2008), 8U (2007) & Mite House	<b>Oct 16-18, 2015</b> \$865 (4-game min)	<b>Detroit, Michigan</b> <a href="mailto:info@mybbt.biz">info@mybbt.biz</a>
<b>Blue Collar - Gale Force 5</b> 7U (2008), 8U (2007) & Mite House	<b>Oct 16-18, 2015</b> \$865 (4-game min)	<b>Chicago, Illinois</b> <a href="mailto:info@mybbt.biz">info@mybbt.biz</a>
<b>Pekin Flyers Invitational</b> 7U (2008) & 8U (2007)	<b>Oct 23-25, 2015</b> \$1350 (6-game min)	<b>Pekin, Illinois</b> <a href="http://www.nextgen-hockey.org">www.nextgen-hockey.org</a>
<b>Blue Collar - Little Dog</b> 7U (2008), 8U (2007) & Mite House	<b>Nov 6-8, 2015</b> \$865 (4-game min)	<b>Grand Rapids, Michigan</b> <a href="mailto:info@mybbt.biz">info@mybbt.biz</a>
<b>Dells Water Park Classic</b> 8U (2007) & Mite House	<b>Nov 6-8, 2015</b> \$945 (4-game min)	<b>Wisconsin Dells, Wisconsin</b> <a href="mailto:john@ultimatetournaments.net">john@ultimatetournaments.net</a>
<b>St. Louis Blast</b> 8U (2007) & Mite House	<b>Nov 6-8, 2015</b> \$945 (4-game min)	<b>St. Louis, Missouri</b> <a href="mailto:john@ultimatetournaments.net">john@ultimatetournaments.net</a>
<b>Rochester Invitational</b> 7U (2008) & 8U (2007)	<b>Nov 11-13, 2015</b> \$1350 (4-game min)	<b>Rochester, New York</b> <a href="mailto:patti@invitationaltournaments.com">patti@invitationaltournaments.com</a>
<b>Thanksgiving Shootout</b> 8U (2008-2007 mixed CUHL D3 and lower)	<b>Nov 24-29, 2015</b> \$1095 (4-game min)	<b>Vernon Hills, Illinois</b> <a href="mailto:kjohnson@glacierskate.com">kjohnson@glacierskate.com</a>
<b>Northbrook-Winfield Wishbone</b> 8U (2008-2007)	<b>Nov 25-29, 2015</b> \$825 (4-game min)	<b>Northbrook &amp; Winnetka, Illinois</b> <a href="mailto:tgullen@sbcglobal.net">tgullen@sbcglobal.net</a>
<b>2nd Annual Thanksgiving Classic</b> 7U (2008) & 8U (2007)	<b>Nov 27-29, 2015</b> \$895 (4-game min)	<b>Oak Park &amp; Berkley, Michigan</b> <a href="mailto:ziskie05@sbcglobal.net">ziskie05@sbcglobal.net</a>

## AAU Tournaments (continued)

<b>Knights House Tournament</b> House level (8U, 10U, 12U & 14U)	<b>Nov 27-29, 2015</b> \$1500 CAN (4-game min)	<b>Barrie, Ontario</b> <a href="mailto:info@plcsports.com">info@plcsports.com</a>
<b>London Selects Tournament</b> Select & Mixed (8U, 10U, 12U, 14U & 16U)	<b>Dec 11-13, 2015</b> \$1000 CAN (4-game min)	<b>London, Ontario</b> <a href="mailto:jclancy@hotmail.com">jclancy@hotmail.com</a>
<b>OneHockey - Cincinnati Overtime</b> 7U, 8U, 9U & 10U (2008-2005)	<b>Dec 11-13, 2015</b> \$1495 (4-game min)	<b>Cincinnati, Ohio</b> <a href="mailto:sebastienf@onehockey.com">sebastienf@onehockey.com</a>
<b>Glacier Pointe - Christmas</b> 7U (2008), 8U (2007) & Mite House	<b>Dec 18-20, 2015</b> \$400 (4-game min)	<b>Port Huron, Michigan</b> <a href="mailto:glacierpointe@iwarp.net">glacierpointe@iwarp.net</a>
<b>Chicago Holiday Classic</b> 8U (2007) & Mite House	<b>Dec 26-29, 2015</b> \$945 (4-game min)	<b>Chicago, Illinois</b> <a href="mailto:john@ultimatetournaments.net">john@ultimatetournaments.net</a>
<b>Motown Showcase - AAU Regional</b> 6U (2009), 7U (2008) & 8U (House-Selects)	<b>Jan 8-10, 2016</b> \$850 (5-game min)	<b>Brownstown, Michigan</b> <a href="mailto:keith@hockey-michigan.org">keith@hockey-michigan.org</a>
<b>Blue Collar - Urban Legends</b> 7U (2008), 8U (2007) & Mite House	<b>Jan 15-18, 2016</b> \$865 (4-game min)	<b>Detroit, Michigan</b> <a href="mailto:info@mybbt.biz">info@mybbt.biz</a>
<b>Dells Water Park Classic</b> 8U (2007) & Mite House	<b>Jan 16-18, 2016</b> \$945 (4-game min)	<b>Wisconsin Dells, Wisconsin</b> <a href="mailto:john@ultimatetournaments.net">john@ultimatetournaments.net</a>
<b>St. Louis Blast</b> 8U (2007) & Mite House	<b>Jan 16-18, 2016</b> \$945 (4-game min)	<b>St. Louis, Missouri</b> <a href="mailto:john@ultimatetournaments.net">john@ultimatetournaments.net</a>
<b>Grizzly Growl</b> 8U (2007) & Mite House	<b>Jan 23-25, 2016</b> \$850 (4-game min)	<b>Rochester, New York</b> <a href="mailto:collins23k@gmail.com">collins23k@gmail.com</a>
<b>CanAm Tier 1 Showcase - Detroit</b> 7U (2008) & 8U (2007)	<b>Feb 12-14, 2015</b> \$1000 (4-game min)	<b>Hazel Park, Michigan</b> <a href="mailto:director@aaucanamaaa.com">director@aaucanamaaa.com</a>
<b>Top Tier - Cleveland Shootout</b> 7U & 8 U (2008 & 2007)	<b>Feb 13-15, 2016</b> \$995 (4-game min)	<b>North Olmstead, OH</b> <a href="mailto:TopTierHockey@gmail.com">TopTierHockey@gmail.com</a>
<b>Dells Water Park Classic</b> 8U (2007) & Mite House	<b>Feb 13-15, 2016</b> \$945 (4-game min)	<b>Wisconsin Dells, Wisconsin</b> <a href="mailto:john@ultimatetournaments.net">john@ultimatetournaments.net</a>
<b>Pekin Flyers Invitational</b> 7U (2008) & 8U (2007)	<b>Feb 13-15, 2016</b> \$1350 (6-game min)	<b>Pekin, Illinois</b> <a href="http://www.nextgen-hockey.org">www.nextgen-hockey.org</a>
<b>Buffalo NY Invitational - Holiday Twin</b> 8U (2007) & 10U (2005)	<b>Mar 4-6, 2016</b> \$895 (4-game min)	<b>Buffalo, New York</b> <a href="mailto:markg@holidayrinks.com">markg@holidayrinks.com</a>



## AAU Ice Hockey - Youth Leagues

This page will continue to be updated as additional league information becomes available.

<b>8U Prep League</b> 8U	<b>MA</b> <a href="http://www.nsyf.org">www.nsyf.org</a>
<b>Chicago United Hockey League (CUHL)</b> 8U	<b>Northern Illinois</b> <a href="http://chicagounitedhockey.com">chicagounitedhockey.com</a>
<b>Canadian Independent (CIHF)</b> 6U - 16U	<b>Ontario</b> <a href="http://www.cihfhockey.com">www.cihfhockey.com</a>
<b>CAN-AM (Tier 1 AAA) Showcase League</b> 6U - 16U	<b>Illinois, Michigan, Ontario &amp; New York</b> <a href="http://www.aaucanamaaa.com">www.aaucanamaaa.com</a>
<b>Empire Hockey League</b> 8U	<b>California</b> <a href="http://www.facebook.com/empirehockeyleague">www.facebook.com/empirehockeyleague</a>
<b>Greater Niagara Amateur (GNAHL)</b> 6U - 18U	<b>Western NY</b> <a href="http://www.gnahl.com/">www.gnahl.com/</a>
<b>Hockey Colorado</b> 6U - 12U	<b>CO &amp; WY</b> <a href="http://www.hockeycolorado.org">www.hockeycolorado.org</a>
<b>Hockey Illinois</b> 6U - 8U	<b>IL &amp; WI</b> <a href="http://www.aauhockeyillinois.org">www.aauhockeyillinois.org</a>
<b>Michigan Amateur Youth Hockey League</b> 6U - 18U	<b>MI &amp; OH</b> <a href="http://www.mayhl.com">www.mayhl.com</a>
<b>Mid-Atlantic Hockey League</b> 6U - 18U	<b>CT, MD, NJ &amp; PA</b> <a href="mailto:midatlantichockey@gmail.com">midatlantichockey@gmail.com</a>



## AAU Ice Hockey - Youth Leagues (continued)

This page will continue to be updated as additional league information becomes available.

<b>Minnesota Made - Choice Hockey League</b> 6U - 12U	<b>Minnesota</b> <a href="http://www.minnesotamadehockey.com">www.minnesotamadehockey.com</a>
<b>Mite Independent Hockey League (MIHL)</b> 8U	<b>Illinois</b> <a href="mailto:nmeo15@gmail.com">nmeo15@gmail.com</a>
<b>North American Select Hockey League</b> 6U - 18U	<b>Ontario</b> <a href="http://www.nashl.ca">www.nashl.ca</a>
<b>New England (NEAHL)</b> 6U - 18U	<b>MA, ME &amp; NH</b> <a href="http://www.neahl.org">www.neahl.org</a>
<b>Rapid Fire Hockey League</b> 6U - 14U	<b>WI &amp; MN</b> <a href="http://rapidfirehockey.com">rapidfirehockey.com</a>
<b>Redline Metros (RLAC)</b> 6U - 18U	<b>MD, VA &amp; greater Washington DC</b> <a href="http://www.rlacmetros.com">www.rlacmetros.com</a>





## AAU Ice Hockey - Scholastic Leagues

This page will continue to be updated as additional league information becomes available.

<b>Great Lakes Prep/JV Hockey League (GLPHL)</b>	<b>Michigan</b> <a href="http://www.glphl.com">www.glphl.com</a>
<b>I-69 Hockey League</b>	<b>Michigan</b> <a href="http://www.hometeamsonline.com/teams/?u=I-69HOCKEYLEAGUE&amp;s=hockey&amp;t=c">www.hometeamsonline.com/teams/?u=I-69HOCKEYLEAGUE&amp;s=hockey&amp;t=c</a>
<b>Long Island, NY</b>	<b>Metropolitan NY</b> <a href="http://www.longislandhshockey.net">www.longislandhshockey.net</a>
<b>San Diego District (SDDHL)</b>	<b>San Diego, California</b> <a href="http://districthockey.com/">http://districthockey.com/</a>
<b>Western New York High School Club Hockey League (WNYHSCHL)</b>	<b>Western NY</b> <a href="http://www.eteamz.com/wnyhschl">www.eteamz.com/wnyhschl</a>

## AAU Ice Hockey - UHU (Junior & College) Leagues

Ron White, UHU (Juniors) Director - (714) 231-2531

This page will continue to be updated as additional league information becomes available.

<b>National Collegiate Hockey Association (NCHA)</b>	<b>CA, OH, NY, PA &amp; WA</b> <a href="http://ncha.us/">ncha.us/</a>
<b>Western States Hockey League (WSHL)</b>	<b>AZ, CA, CO, ID, KA, MT, NM, OK, OR, TX, UT, WA &amp; WY</b> <a href="http://www.wshl.org">www.wshl.org</a>
<b>World United Hockey League (WUHL)</b>	<b>Ontario</b> <a href="http://www.wuhl.net">www.wuhl.net</a>



# AAU Ice Hockey

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## AAU Ice Hockey - National Committee

### National Support Staff

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<p><i>AAU Membership Services</i> <b>AAU</b> PO Box 22409 Lake Buena Vista, FL 32830 (407) 934-7200 <a href="http://www.aausports.org">www.aausports.org</a></p>	<p><i>AAU National On/Off Ice Hockey Program Director</i> <b>Mike Hartman</b>  (704) 752-8101 <a href="mailto:mikehartman100Ggmail.com">mikehartman100Ggmail.com</a></p>
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## AAU Ice Hockey - Websites & Media

[www.aauicehockey.org](http://www.aauicehockey.org)

on Twitter [twitter.com/AAUIce](https://twitter.com/AAUIce)

on YouTube

[www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSq39cqmKrb-nvT](http://www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSq39cqmKrb-nvT)

Sports for all, Forever



### Editor

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AAU Leagues, Administrators, as well as Team Coaches and/or Managers are encouraged to submit articles and notices to:

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### AAU Inline Hockey

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