

AAU Ice Hockey

December 1, 2020

Season 12 - Edition 3

Of course, COVID has altered our publishing schedule and it is highly unusual for us to be issuing a Newsletter edition during the month of December. We certainly hope that everyone has enjoyed a wonderful Thanksgiving holiday and that all of our families are safe and healthy.

Yet, publishing a December edition does present our AAU Hockey staff with nice bonus. An opportunity to wish our AAU families a safe, happy, healthy and

Merry Christmas.



All we want for Christmas is a safe and healthy world with a return to some kind of normalcy for our Children and Grandchildren to grow up in.

- Table of Contents - on the following page -

Publishing date	Article Deadline	The primary emphasis for each edition.
August 1	July 15	Pre-season announcements for leagues, tournaments & Nationals.
Dec. 1	Nov. 15	Articles & Updates submitted by Leagues, Tournaments & Teams.
February 1	January 15	Pre-Nationals edition. As well as any Notices about the Spring Season. Also including more Articles, Standings and Updates submitted by Leagues,
May 1	April 15	Season's wrap-up, plus discussions and plans for the next season.

Sports for all, Forever



Editor

Keith Kloock

995 Casa Blanca Drive
Merritt Island, FL 32953
(321) 794-0222

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

keith@hockey-florida.org

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



RECENT COVID-19 UPDATES!

Please be aware that with recent spikes in COVID-19, local and state restrictions continue to evolve. We must all be vigilant and keep well informed of current conditions within our own region.

- ⇒ On November 12th the governors from seven Northeast states including **Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, Rhode Island** and **Vermont** announced they are suspending interstate competitions for public and private schools and also youth hockey. This begins on Saturday (Nov. 14) and will exist at least through **December 31, 2020**.
- ⇒ **New Jersey** has essentially banned all non-essential persons (spectators) from indoor sports.

Status Update of our AAU Hockey Leagues

Youth Leagues:

- **Chicago United Hockey League (CUHL) - Illinois still considers hockey to be a High Risk sport, presently not allowing team functions (one on one instruction only).**
- **Elite Southeast Hockey League** - a 7U, 8U, 9U & 10U league in DC, MD, NC & VA. Presently operating within some State and Local restrictions.

Table of Contents

Headline Story:	Merry Christmas	Page 1
COVID updates & Leagues	AAU Ice Hockey - Status Update of Leagues	Pages 2-3
Coaching Education:	Mental Toughness for Athletes in Sports - Mike Hartman	Pages 4-6
Nutrition:	Inflammation in the body - Cheryl Buckley	Pages 7-10
Editorial:	AAU 7U & 8U "Real Hockey" - Practice makes Permanent	Pages 11-12
AAU Youth Leagues	Chicago United Hockey League (CUHL)	Page 13
	Elite Southeast Hockey League 7U, 8U, 9U & 10U	Page 14
	Gateway Empire Hockey League (GEHL) 8U	Page 15
	Michigan (MAYHL) expansion to 7U, 8U, 9U, 10U, 11U & 12U	Page 16
	Minnesota Made - Choice Hockey League 6U through 14U	Page 17
	New England Amateur Hockey League (NEAHL)	Page 18
	Northeast Elite Hockey League (NEHL) - 8U Tier-1 only	Page 19
	Ontario Rep Hockey League (ORHL)	Page 20
	Hockey Club of St. Louis	Page 21
	AAU Scholastics	Florida Independent Hockey League (FIHL) scholastic
NY Islanders High School League		Page 23
Western New York High School		Page 24
AAU-UHU Juniors:	Canadian Premier Junior Hockey League (CPJHL)	Pages 25
	Western States Hockey League (WSHL)	Page 26
AAU Collegiate:	Collegiate Hockey Federation (CHF)	Pages 27
AAU Adult	Michigan Sports Enterprises (MSE Hockey)	Page 28
Contacts	AAU Ice Hockey Contacts:(Leagues, plus National staff)	Pages 29-31
Tournaments	AAU Ice Hockey - Tournament Guide	Pages 32-34

Status Update of our AAU Hockey Leagues (*continued*)

- **Gateway Empire Hockey League** - an 8U development league in CT, DE, NJ, NY & PA. **New York is presently non-contact practice only (no games or scrimmages).**
- **Michigan Amateur Youth Hockey League (MAYHL)** - **Michigan has suspended amateur hockey. Status is to be re-evaluation in early December.**
- **Minnesota Made Hockey - Choice** - **Minnesota has paused all hockey through 12-18-20.**
- **NE Amateur Hockey League (NEAHL)** - Presently operating with games beginning Oct 3rd. **However, these states have suspended travel for interstate competitions.**
- **Northeast Elite Hockey League (NEHL)** - (8U Tier-1 league) - **New York is presently non-contact practice only (no games or scrimmages).**
- **Ontario Rep Hockey League (ORHL)** - **The US-Canadian border is still closed and Ontario still has their programs restricted to their local area (ending the Travel concept at present).**
- **St. Louis Hockey League** - Presently operating within some State and Local restrictions.

Scholastic Leagues:

- **Florida Independent Hockey League (FIHL)** - **League games began play in October & continue.**
- **New York Islanders High School Hockey League** - **New York is presently non-contact practice only (no games or scrimmages).**
- **WNY High School Club Hockey League (WNYHSCHL)** - **New York is presently non-contact practice only (no games or scrimmages).** Rinks are all closed in Buffalo, Christmas tournament is being cancelled and their season may be shifted into the Spring.

Junior Leagues:

- **Canadian Premier Junior Hockey League (CPJHL)** - **Quebec and Ontario have banned travel across their Provincial borders.** Re-opening with separate Ontario and Quebec divisions (governments have disallowed play across their provincial borders).
- **Western States Hockey League (WSHL)** - **Suspended play for the entire 2020-21 season.**

Collegiate Leagues:

- **Collegiate Hockey Federation** - Clearly the CHF operates within a great many States and Locales with a variety of restrictions.

Adult Leagues:

- **Michigan Sports Enterprises (MSE Hockey)** - **Michigan has suspended amateur hockey. Status is to be re-evaluation in early December.**



AAU Coaching Page

Written by : Mike Hartman

AAU Ice Hockey - On-Ice and Off-Ice Director

Mike brings his experience of 17-years as a Professional hockey player (including with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and New York Rangers), as a 1994 Stanley Cup Champion and of course as a youth player to now donate his time for the betterment of AAU youth hockey and coaching.

<https://www.hartman.academy/>



Ready To Play: Mental toughness for “Athletes” in Sports

In sports psychology and performance coaching, mental toughness is probably the most widely used term, but still, most athletes and coaches are unaware of its importance. Mental toughness is about having awareness, resilience, and determination. It is the characteristic that is both innate and can be developed over time, so if you are an athlete who does not appear to be born with it, no worries! You can certainly learn how to develop mental toughness in sport.

Sport is a combination of physical training and mental strength. Both of these skills help the athletes to pull through competitive pressure and consistently perform at their optimum skill level. But building mental toughness takes time, and athletes find ways to grow their mental strength on the field and off the field. In other words, improving the weaker part of your mental game toughness is just like building muscle- if you want to make it vigorous, you would have to be persistent and consistent.

Many athletes search for the answer to how to become mentally tough or how to cultivate it. To make things easier for them, we have done comprehensive research and outline the topic. So let's get straight into it to learn the importance and how an athlete can build mental toughness.

Definition of Mental toughness

Mental strength is often known as the ability to produce consistent results under pressure and regardless of the situation. In a seminal study, researchers Sheldon Hanton, Declan Connaughton, and Graham Jones determined mental toughness to be an athlete's ability to outperform their competitors in managing demand and demonstrating consistency, drive, focus, confidence, and control under pressure.

Importance of Mental toughness

Mental toughness is one of the top qualities of elite athletes. It is the factor that usually determines the winner or loser in sports. The success or failure of the athlete is multifunctional. It depends on the combination of various factors including, skills level, Physical training, mental strength, and psychological factors. In any sport, effective performance requires not only the necessary skills or high-level physical-training, but also, one must be mentally tough to cope with pressure and difficulties that are causing hindrance in the way of his success.

- continued on the following page -



AAU Coaching Page

Written by : Mike Hartman

AAU Ice Hockey - On-Ice and Off-Ice Director

Mike brings his experience of 17-years as a Professional hockey player (including with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and New York Rangers), as a 1994 Stanley Cup Champion and of course as a youth player to now donate his time for the betterment of AAU youth hockey and coaching.

<https://www.hartman.academy/>



Ready To Play: Mental toughness for “Athletes” in Sports (continued)

Mental strength also encourages athletes to go an extra yard and make impossible things possible. It is the habit of being able to suffer the longest and willing to do what most other athletes do not do. It is also the mental toughness that motivates an athlete to make a last-minute shot that everyone thought was impossible or to win a race after falling and knowing it is just about finishing.

How to build mental toughness in athletes

Sports psychologists, athletes, and performance coaches have always considered mental toughness as one of the core psychological characteristics that are directly proportional to the outcomes and success in sport. To become an athlete with high mental toughness or strength few things can be implemented. Try one or all of the following to start building mental toughness.

Find a way, not an excuse

A strong sense of self-belief is the best way to kick start any practice session or tournament. Mentally tough athletes always keep a winning attitude, and they do not make excuses when the thing does not seem to be going in the right way. So if you are looking to cultivate mental toughness, instead of playing a blame game, keep on focusing, and try hard every time until you achieve the goal.

Pressure management

Pressure management is arguably the cornerstone of any impressive performance. If an athlete does not manage the pressure well and tumble at the most crucial stages, he will not be able to outsmart his competitors.

In order to grow pressure management and handling skill, self-awareness is the key, moreover developing strategies beforehand and simulation training can also help the athlete to behave well under pressure.

Confidence in abilities

Having confidence in the ability will not scare the seasoned athletes. They will welcome upcoming challenges with open arms. It is the unshakeable belief of an athlete that they can meet any challenge they

- continued on the following page -



AAU Coaching Page

Written by : Mike Hartman

AAU Ice Hockey - On-Ice and Off-Ice Director

Mike brings his experience of 17-years as a Professional hockey player (including with the Buffalo Sabres, Winnipeg Jets, Tampa Bay Lightning and New York Rangers), as a 1994 Stanley Cup Champion and of course as a youth player to now donate his time for the betterment of AAU youth hockey and coaching.

<https://www.hartman.academy/>



Ready To Play: Mental toughness for “Athletes” in Sports (continued)

are facing. If an athlete is high on confidence, he will feel a strong sense of meaning and will not take competition personally. Even if he does not perform well, he will take it as a learning curve and will not get disappointed.

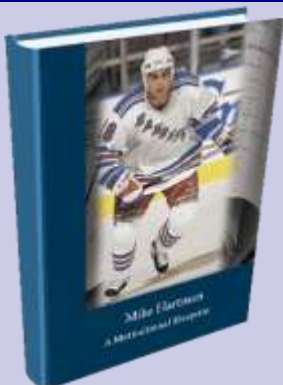
Use imagery

Imagery is one of the skills that increase mental toughness, and many great athletes relied on the most. It involves engaging all your senses to visualize the actual action you would like to execute.

Imagery is a strategy that can positively influence athlete self-efficacy and performance. It may not be one of the easy skills to develop, but if you master it and execute it well, it can prove out to be the most useful skill you ever have.

Adapt quickly

In general, people can be resistant to change, and they would not like to get out of their comfort zone. If you want to build mental strength or toughness, do not feel comfortable with your routine and learn to adapt to different situations quickly. It will enable you to handle unexpected training challenges, new-routines, different weathers, and facing new threats and opportunities.



Resources for AAU Hockey members

AAU Hockey members may download a free copy of Mike Hartman's book in PDF format at: <https://www.hartman.academy/>

In addition, Mike also hosts a Facebook page at: <https://www.facebook.com/groups/Hartman.Academy>

Mike will also answer questions for our AAU Hockey members.



MikeHartman.100



AAU Ice Hockey Nutrition Page

by : Cheryl Buckley
AAU Ice Hockey: Nutritional Consultant
*Cheryl is a registered dietitian with an
MBA, MS, RDN & CDN*

www.cherylbuckley.com

Educational Background & Certifications

I hold multiple degrees in Nutrition, Health and Wellness:

- MBA from University of Rochester Simon School of Business
- MS degree in Nutrition Total Quality Management from Rochester Institute of Technology
- BS degree in Food and Nutrition from Buffalo State College
- Registered Dietitian Nutritionist
- Certified Dietitian Nutritionist
- Functional Nutrition Specialty

Inflammation in the body, types, causes, and treatment

Inflammation, a natural process, is a part of a defense mechanism that heals your body and fights against things that harm it. In this article, you will learn everything you need to know about inflammation, including its types, causes, and treatment. So let's get straight into it.

Definition of inflammation

Inflammation is a body's immune system's response to an irritant. It is a body's way to protect itself from illness, infection, and injury. When foreign invaders or germs attack your cells and damage it, your body releases chemicals that trigger a response from your immune system. This response may include the increased blood flow to the affected part and the release of proteins and antibodies.

So when the foreign invader attacks the body, it launches the biological response to try to remove it. It also serves as a system initiating the eradication of agents and damaged tissues.

Types of inflammation

Acute Inflammation (short-lived): Acute inflammation is also known as a short-lived inflammation that can disappear quickly. It often resolves in a few hours, days, or maximum in a week. Acute inflammation often causes signs such as redness, swelling, heat, or pain. But mind you, these signs are not always present. Sometimes inflammation is silent, and a person may also feel tiredness or fever without having any symptoms.

Chronic Inflammation (long-lasting): Chronic Inflammation occurred inside the body without any prior-noticeable symptoms. It can also happen when there is no injury and last for several months or years. Chronic inflammation signs are usually subtler. These symptoms include rashes, fatigue, mouth sores, chest pain, abdominal pain, or fever. These symptoms can range from mild to severe. It can also happen when people are obese or under stress.

This type of inflammation may result in autoimmune disorders & prolonged stress. It can also lead to heart disease, asthma, diabetes, cancer, and Alzheimer's disease.

Symptoms

- continued on the following page -



AAU Ice Hockey Nutrition Page

by : Cheryl Buckley
AAU Ice Hockey: Nutritional Consultant
*Cheryl is a registered dietitian with an
MBA, MS, RDN & CDN*

www.cherylbuckley.com

Educational Background & Certifications

I hold multiple degrees in Nutrition, Health and Wellness:

- MBA from University of Rochester Simon School of Business
- MS degree in Nutrition Total Quality Management from Rochester Institute of Technology
- BS degree in Food and Nutrition from Buffalo State College
- Registered Dietitian Nutritionist
- Certified Dietitian Nutritionist
- Functional Nutrition Specialty

Inflammation in the body, types, causes, and treatment (continued)

The common signs of Inflammation.

- Pain
- Redness
- Swelling
- Heat
- Loss of function

Sign of long-term Inflammation

Here are the signs that medical practitioners often associate with long-term or chronic inflammation.

- Insomnia
- Constant Fatigue
- Body pain
- Depression
- Anxiety
- Mood disorder
- Stress
- Frequent infection
- Gastrointestinal issues
- Weight gain
- Weight loss and anemia

Causes of inflammation

When a physical factor triggers an immune reaction, Inflammation happens. Inflammation does not necessarily mean that there is an infection, but infection can cause inflammation. Bacteria and infectious agents are the most common stimuli of inflammation. It is considered that viruses raise the inflammation by getting into the body and destroying the cells whereas, the bacteria release a

- continued on the following page -



AAU Ice Hockey Nutrition Page

by : Cheryl Buckley
AAU Ice Hockey: Nutritional Consultant
*Cheryl is a registered dietitian with an
MBA, MS, RDN & CDN*

www.cherylbuckley.com

Educational Background & Certifications

I hold multiple degrees in Nutrition, Health and Wellness:

- MBA from University of Rochester Simon School of Business
- MS degree in Nutrition Total Quality Management from Rochester Institute of Technology
- BS degree in Food and Nutrition from Buffalo State College
- Registered Dietitian Nutritionist
- Certified Dietitian Nutritionist
- Functional Nutrition Specialty

Inflammation in the body, types, causes, and treatment (continued)

particular substance “endotoxins” that can initiate inflammation.

Several other things can cause inflammation, include:

- Pathogens like bacteria, viruses, and fungi
- Exposure to an irritant or foreign materials your body can't eliminate easily
- The immune system mistakenly attacks healthy tissues
- Lack of nutrients or oxygen tissues required
- Loss of blood flow to the area
- Effects of radiation or chemical
- Untreated infection or injury
- Certain medication

Food Ingredients that may trigger more inflammation in your body

It may hard to resist chocolate bars, pastries, cakes, and other desserts. However, scientists have hypothesized that consuming a high amount of sugar and high-fructose corn syrup can be quite harmful that may lead to obesity and diabetes. Studies have also shown that a high intake of refined carbs, such as white bread, can also contribute to inflammation, obesity, and insulin resistance. Excessive intake of alcohol, smoking cigarettes, and stress are other possible culprits. Furthermore, processed foods, frozen breakfast products, fast foods, and other fried products that contain trans fats are known to trigger systemic inflammation. Experts also believe that an inactive lifestyle that includes a lot of sitting and an unhealthy diet may also contribute to inflammation.

Is inflammation good or bad?

Inflammation may play a vital role in healing the body, localizing and eliminating harmful factors, and removing damaged tissues, but having long term inflammation may increase the risk of various diseases and makes your body vulnerable against bacterial and germs attack resulting in a weak immune system. As the immune system doesn't work up to the mark, in this case, an inappropriate immune response may give rise to a damaging and prolonged inflammatory response. It leads to the development of several severe diseases,

- continued on the following page -



AAU Ice Hockey Nutrition Page

by : Cheryl Buckley
AAU Ice Hockey: Nutritional Consultant
*Cheryl is a registered dietitian with an
MBA, MS, RDN & CDN*

www.cherylbuckley.com

Educational Background & Certifications

I hold multiple degrees in Nutrition, Health and Wellness:

- MBA from University of Rochester Simon School of Business
- MS degree in Nutrition Total Quality Management from Rochester Institute of Technology
- BS degree in Food and Nutrition from Buffalo State College
- Registered Dietitian Nutritionist
- Certified Dietitian Nutritionist
- Functional Nutrition Specialty

Inflammation in the body, types, causes, and treatment (continued)

including cancer, arthritis, periodontitis, and rheumatoid.

How are inflammatory Diseases diagnosed?

There is no single test that can diagnose inflammatory disease. While visiting a doctor based on symptoms, your doctor may require your medical history to start examining along with bloodwork.

How to reduce inflammation

The things you eat and drink can also play a role in Inflammation. You can reduce its level by just changing your diet. By avoiding sugar, processed foods, excessive oil, and fats, you can put yourself on track to heal.

There are foods that are proven to be useful in fighting-inflammation. Anti-inflammatory foods include:

- Mushroom
- Avocados
- Tomatoes
- Green tea
- Leafy green vegetables
- Fruits (oranges, berries, and cherries)
- Fatty fish (mackerel, tuna, and salmon)
- Spices (turmeric, clove, and ginger)

You can further help reduce-inflammation by taking supplements and choosing a balanced diet.

It's easier to start when you have a set diet plan in front of you. People often get confused about what menu they should take and how much they should eat to keep things balanced. If you also are not sure what to eat in Breakfast, Lunch, and Dinner, nothing could be better than consulting a dietitian nutritionist. Cheryl is a registered dietitian nutritionist and will help you to prepare an anti-inflammatory diet by listing out and incorporating foods with beneficial effects at every meal. So what are you waiting for? To get a Perfect and detailed diet plan to get things started, BOOK A SESSION with her now.



Editorial Page

Written by: Keith Kloock, AAU Ice Hockey Editor

AAU 7U and 8U “Real Hockey” Practice makes Permanent!

Many of my own former players would likely confirm that over my decades of coaching, I've often been heard correcting the old adage of “Practice makes perfect”. In reality this phrase simply isn't true. Rather **“Practice Makes Permanent”**.

Hopefully my former players will also remember that I freely admitted that I had plagiarized (aka stolen) this statement from a truly world-class coach named **Réal Turcotte**. Regrettably, the hockey community lost **Réal** over this past summer. Maybe this can serve as a small tribute to one of the most impactful coaches of our time.

BTW, in my personal opinion the three most revolutionary hockey coaches of the modern era have been **Lloyd Percival** (1913-1974) who authored ‘The Hockey Handbook’ and revolutionized skills coaching, **Anatoli Tarasov** (1918-1995) who took hockey tactics and strategy to the next level and **Réal Turcotte** (1940-2020) for teaching so many (including a lot of NHL'ers) about the “art-science” of stick-handling.

Réal Turcotte is widely recognized as probably the greatest stick-handling coach within hockey history. He, his family and their **Turcotte Hockey** schools and clinics have changed the skill level of ice hockey. BTW, **Réal** wrote a pictorial book about stick-handling titled **‘Search for the Lost Art’** published by the Compuware Hockey Club; First American Edition (January 1, 1985). If you can find a copy (sometimes they pop up on Amazon or Ebay) it is a good instruction manual for teaching a variety of stick-handling techniques. The illustrations by Jack White are very easy for players (even younger players) and coaches to learn from.

Now back to matters related to the title, **Réal** and his instructors would often ask student-athletes if they've ever heard the old adage of **Practice Make Perfect?** And of course, just about everybody had. Then **Réal** would explain that this saying is simply NOT true.

Rather we should all realize that, **Practice Makes Permanent**. And of course, Permanent can mean for the good (as we all hope), if practiced well. Unfortunately, permanent can also be for the bad, if practiced poorly.

Many people (including Coaches) advance a muscle-memory concept called the **10,000 Hour Rule**, meaning that to become truly World-Class at anything (sports, music and most physical skills) it takes 10,000 hours of practice. However, this is merely an arbitrary figure. Yet, this does serve to demonstrate the idea of practice, practice, practice!



Editorial Page

Written by: Keith Kloock, AAU Ice Hockey Editor

AAU 7U and 8U “Real Hockey” Practice makes Permanent! (*continued*)

Suffice it to say that an individual must practice any physical task hundreds, thousands and maybe even tens of thousands of times to become good, great or exceptionally skilled at any physical task. Many coaches and parents certainly do understand the concept of repetition. However, we very often forget about the need for high-quality practice using proper technique.

Learn, develop, refine and then practice, practice, practice.

Initially we all do things rather poorly as we try to learn a new task. Yet, if we want to excel at something we then need to develop proper form and/or technique as soon as possible. If we first learn, then develop and refine our technique, and then follow up with practice, practice, practice while always using good form and technique then we can become highly skilled or maybe even exceptional at these tasks.

Unfortunately, the flipside of this repetition to obtain muscle-memory concept is that if we continue to practice, practice, practice using improper, sloppy and/or poor technique then we merely engrain those improper, sloppy and/or poor techniques into our muscle-memory.

Teaching ice hockey drills on-ice to younger athletes.

Of course, ice-time has become very expensive within many regions and we coaches generally do wish to move things along quickly. Many times, in order to keep our players moving and in an attempt to maximize their level of activity, we often speed up our drills.

Rather than stopping a drill in order to correct and/or emphasize proper form and technique we may find ourselves ignoring poor and/or sloppy technique. Yet, the risk here is that we may find ourselves placing quantity over quality. At a time when our young athletes really do need the exact opposite.



Quality over quantity should be our primary concern when teaching physical skills. Especially for those of us coaching younger children (such as with the 7U and 8U classifications).

We should always try to keep in mind that it can be extremely difficult to unlearn such problematic techniques.



AAU Ice Hockey - Youth League Chicago United Hockey League (CUHL)

The largest AAU youth league within the USA

<https://www.chicagounitedhockey.com/>



Chicago United Hockey League (CUHL) had enjoyed six years of continual growth and success following our initial “leap of faith” and venturing into uncharted waters. We have been happy to report that the Chicago United Hockey League is both healthy and growing, serving close to 90% of the travel hockey in the state of Illinois. We are so fortunate to have a Board of Directors that is both dedicated to growing the sport at this critical age level, and making decisions that are in the best interest of our “7 & 8 year-old bosses” that we serve.

Then along came the 2019-2020 Covid-19 pandemic, pushing the pause button on the hopes and dreams of many thousands of our young athletes. Like all of you, we are still deeply concerned over the impact that the Covid-19 Pandemic is having on our sport from both a safety and economic perspective. Yet, unlike some of our fellow AAU youth hockey leagues, our state government still hasn't permitted our teams to play any games or scrimmages.

For more information on how to join the CUHL for Spring or Fall, please feel free to contact:

Tom Gullen - tom@winnetkahockey.com



AAU Ice Hockey - Youth League Elite Southeast Hockey League (ESHL)

<https://eshl.rsportz.com/>

Elite Southeast Hockey League (ESHL) Virginia, Maryland, Washington DC and North Carolina

AAU Hockey now welcomes our new **Elite Southeast Hockey League**, which will serve members within the region initially including the states of Virginia, Maryland, Washington DC and North Carolina. This footprint may very well be expanded over time.

PLEASE NOTE: all Teams and participants must register within AAU as either a separate **Independent** club (team) or as a separate **AAU organization** (having multiple teams). Because **USA Hockey** does not permit its member Associations to participate within AAU Hockey, although individual members may do so without fear of reprisal (individuals may even participate within both USAH and AAU Hockey at the same time).

Initially the ESHL will offer 2020-2021 Divisions within:

- **7U (2013)** - both Travel and House level divisions.
- **8U (2012)** - both Travel and House level divisions.
- **9U (2011)** - Travel only.
- **10U (2010)** - Travel only.

Please be aware that due to COVID-19, for the 2020-2021 season all league meetings, team registrations and league scheduling will be conducted online,

The league's new website should be available soon at: <https://eshl.rsportz.com/>

For information about joining this league please contact:

Debra Bangert: Director
vahockey2011@gmail.com
or phone (757) 237-0062

Sam Howerton: Scheduler-coordinator
Ice.rebels.2011@gmail.com



AAU Ice Hockey - Youth League Gateway Empire Hockey League (GEHL)

<https://sites.google.com/view/gehockeyleague/>

Gateway Empire Hockey League (GEHL) Connecticut, Delaware, New Jersey, New York & Pennsylvania

The **Gateway Empire Hockey League (GEHL)** is an AAU licensed beginner and intermediate Full-Ice Mite (8U) instructional league aimed at helping players learn the mechanics of the game while preparing them for the next level of Mite ice hockey.

Individuals and teams: Teams may register as full squads, or, if you are a player and don't have a team to play on, you can register individually.

The GEHL was created out of a need to introduce Full-Ice hockey to players at a younger age as a supplement to their current regular season. This league is geared more towards first year players who have advanced skating or stick handling skills, but are ready to kick it up a notch with Full-Ice opportunities.

Whether you are a full team or an individual player, we have a spot for you!

While full teams are encouraged to enter we also offer individual player entry as we recognize you may not have the chance to join a full ice mite team. Teams and individuals who have not played more than 50% of a season as a Full-Ice squad are welcome to enter.

We aim to "graduate" your player or team to the NEHL (<https://www.nehlhockey.com/>), which is the next step up after the GEHL

For more information concerning our GEHL development league, please contact us below:

GEHOCKEYLEAGUE@GMAIL.COM

(646) 535-GEHL (aka 646 535-4345)

<https://sites.google.com/view/gehockeyleague/>

Also find us on Facebook

<https://www.facebook.com/GEHockeyLeague/>



AAU Ice Hockey - Youth League Michigan Amateur Youth Hockey League (MAYHL)

The original AAU youth league and largest within Michigan

<http://mayhl.rsportz.com/>



Age Expansion and now is home to '7U-12U'

Finally through popular demand, the MAYHL has expanded during the 2020-2021 season from hosting their traditional 7U, 8U Full-Ice AAU 'Real Hockey' classifications to also including Squirts and PeeWees:

- 7U (2013 birth-year or later)
- 8U (2012 birth-year or later)
- 9U (2011 birth-year or later)
- 10U (2010 birth-year or later)
- 11U (2009 birth-year or later)
- 12U (2008 birth-year or later)

Yes, the MAYHL is now home to Mite, Squirt and Pee Wee classifications, although keep in mind that Bantams and Midgets are also welcome.

For those seeking additional information concerning the MAYHL, please find league contact information below:

Website: <http://mayhl.rsportz.com/>

Email: MAYHLINFO@gmail.com



In addition, there is an informative Facebook Group page (**Hockey Michigan AAU**), which is available for AAU Hockey members. Many AAU and MAYHL teams do advertise their Tryouts and many members receive and/or share valuable information as well (please no equipment ads are allowed):

<https://www.facebook.com/groups/723911271044953/>



AAU Ice Hockey - Youth League Minnesota Made - Choice Hockey League

The largest AAU league within Minnesota

<http://choicehockey.pointstreaksites.com/view/choicehockey>

CHOICE LEAGUE OWNS TWO RINK NOW, 4 ICE SHEETS

That's right! We own two rinks. Minnesota Made Ice Center in Edina Minnesota and Minnesota Made Ice Center in St. Louis Park Minnesota. The Edina rink has two full size sheets of ice. The newly opened St. Louis Park Rink has two smaller sheets 115' x 56' and 136' x 64'. Perfect for any age Skill training, 3 on 3, 4 on 4!!!

MINNESOTA CHOICE AAU WINTER HOCKEY 2020-2021

In Minnesota when it comes to options for the development of your child as a hock-ey player during the winter season there are few choices. Development depends on the strength and policies of the local associa-tion.

This may be good for some parents and play-ers, but is rarely a good fit for the passionate hockey families, elite or potential elite play-ers. This is due to very limited amount of ice time, shortage of quality coaches, lack of competition and especially the wide gap in ability between the top and bottom players on the same team.



HOCKEY IS BEHIND - CHOICE CAN CHANGE THAT

When you look at other skilled sports like gym-nastics, figure skating, or even the performing arts hockey is behind. These sports and arts identify potential elite children at a young age and start their training early. When the athlete reaches the age of 15 they are world class or are well on their way. How do they do this? By using a focused methodology and in-cluding an incredible amount of quality rep-etition.

Where hockey falls short is that there is not the kind of program in place for the ath-lete that wants to or has the potential to one day become world class. Instead, most players go along without the direction they need to have a real chance to reach their goals. Then when the players reach the age of 15, they are separated over one summer through the Select 15 program. The hope is that then they can be developed into world class players. But, with the right training, these players could already be world class. Well that is the dream and the goal.

CHOICE LEAGUE IS ABOUT DEVELOPMENT

From Mites to Bantams the Choice league is a skill based program. The focus is on skating, edge work and stickhandling. It takes an increased level of ice time and high repeti-tion to develop the fine muscle and motor skills needed to someday achieve an elite level.

Looking Forward to a great 2020 -2021 Season



AAU Ice Hockey - Youth League
The New England Amateur Hockey League (NEAHL)

<https://www.leaguelineup.com/welcome.asp?url=neahl>

2020-2021 Season Mite Declarations NOW DUE!
Season starts October 3 with the "PARITY JAMBOREE!"

YES, WE WILL BE PLAYING FULL-ICE HOCKEY !!!



To declare your teams, please email Wes Riley, Program Administrator :
uraa@aol.com or call: 603-496-0146



AAU Ice Hockey - Youth League Northeast Elite Hockey League (Tier-1)

<https://www.nehlhockey.com/>



Northeast Elite Hockey League (NEHL) New Jersey & New York

With the growing popularity of "Full-Ice" 8 & Under Hockey Programs, the **Northeast Elite Hockey League** has accepted the top 10 Top Teams in the Tri-State Area to participate in this venue for 2020-21 season.

For more information concerning our Northeast Elite Hockey League, please contact us below:

info@nehlhockey.com

Also find us on Facebook at: <https://www.facebook.com/NEHLHOCKEY>



AAU Ice Hockey - Youth League Ontario Rep Hockey League (ORHL)

The largest AAU youth league within Ontario

www.orhl.net



How we arrived here

We are very pleased to welcome you to the **Ontario Rep Hockey League (ORHL)**. We are the #1 Independent Hockey League in Ontario with over 40 teams from Novice – Midget. We continue to grow year after year. Our priority is to provide a safe, well balanced, fair-play atmosphere for your child. We take great pride in developing your child into respectful players on and off the ice. We teach core values...respect your coaches, respect your teammates, respect your opponents, respect your game officials, respect your parents and respect the game of hockey we all love to play.

- Built a grass roots hockey development program.
- Established a unique development based and fair play focused program for our teams and operate a league with values to support this development focused effort.
- Identified key team members: Coaches, Directors, Player Development Professionals and Licensees to execute and support our Mission and Vision.
- Provide a development focused program, based on Core Values and ensure such program is brought to market in a manner best suited to satisfy "market demand".
- The league is sanctioned under the **Amateur Athletic Union (AAU)**.
- Watch for announcements about tryouts beginning in April of each year for most teams.

For more information please visit our website at www.orhl.net

Please feel free to contact us at:

League Related – commissioner@orhl.net or kevin@orhl.net

Event Related – diane@orhl.net



AAU Ice Hockey - Youth League Hockey Club of St. Louis

<http://www.hcofstl.org/>



THE OFFICIAL SITE OF THE
HOCKEY CLUB OF ST. LOUIS



Hockey Club of St. Louis has conducted tryouts and we have made our team selections. St. Louis County is now allowing local teams to play other local teams so our Ozark League will be back up and running this Fall Season.

For more information concerning our Hockey Club of Saint Louis, please contact us below:

info@hcofstl.org

Also find us on Facebook

<https://www.facebook.com/HCoFSTL>



AAU Ice Hockey - Scholastic League Florida Independent Hockey League (FIHL)

Serving the state of Florida

<https://fihlhockey.com>

FIHL Team Standings

FIHL > FIHL - Florida Independent Hockey League > FIHL Team Standings

TEAM	GP	W	L	OT	PTS	GF	GA	DIFF	PPG	PPO	PP%	PPGA	PPOA	PK%	L10	STRK
1  Sand Sharks	5	5	0	0	10	67	28	39	2	8	25.0	3	10	70.0	5-0-0	W5
2  Stingrays	5	2	3	0	4	30	41	-11	4	12	33.3	1	8	87.5	2-3-0	W1
3  Aces	5	2	3	0	4	20	31	-11	0	3	0.0	0	5	100.0	2-3-0	L1
4  Minute Men	5	1	4	0	2	27	44	-17	2	9	22.2	4	9	55.6	1-4-0	L4



If you are a player, coach, or team manager, and you want a place to play, coach or assist in making a better way to play scholastic hockey in Florida, please contact us!!

(727) 804-0451 or gototheant@aol.com

Follow us on our new website at: <https://fihlhockey.com>

Also on Facebook

<https://www.facebook.com/FloridaIHL/>



AAU Ice Hockey - Scholastic League New York Islanders High School Hockey League

Serving the greater NY Metro region

<https://www.islandershighschoolhockey.net>



The New York Islanders High School Hockey League (formerly the High School Hockey League of Nassau County) has become one of the first few High School Leagues to receive official support from an NHL Club as part of their Amateur Hockey initiatives.

Please visit us at our new website, <https://www.islandershighschoolhockey.net> where you can get up-to-date schedules, standings, scoring, and news for everything that is happening in the New York Islanders High School Hockey League.

Please direct any questions or inquiries to:

- ⇒ **Richard Rosa**, rich@richrosa.com, VP NYIHSHL/HSHLNC, and
- ⇒ **Jocelyne Cummings**, jocelyne.cummings@newyorkislanders.com, Manager, Amateur Hockey Development, New York Islanders.



AAU Ice Hockey - Scholastic League Western New York High School Hockey League (WNYHSCHL)

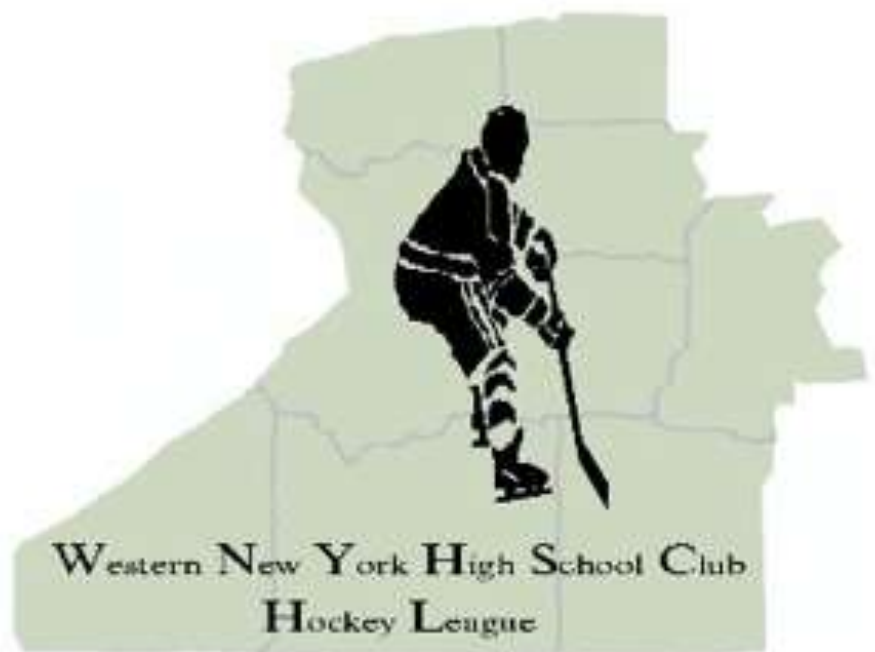
Servicing western New York state

<https://www.wnyhschl.com/>

We provide Western New York students in grades 7-12 with an opportunity to compete in the sport of Ice Hockey at the Club Level for their School.

- ⇒ **Modified**
(grades 7-8),
- ⇒ **Junior Varsity**
(grades 8-10), and
- ⇒ **Varsity**
(grades 8-12)

Any new team interested in joining our League - Modified, JV or Varsity should attend any meeting and make your presence known to a Board Member.



Board

Steve Ferrentino

PRESIDENT (VARSITY AND JV)

Phone: (716) 866-4430

Paul and Lisa Stachelski

JV VICE PRESIDENTS

Phone: 716-512-8430

Sue Koral

RECORDING SECRETARY

Paul Galgovich

VARSITY VICE PRESIDENT

Phone: (716) 550-0872

Marge Michalowski

JV TREASURER

Phone: (716) 319-8924

Stephanie Novo

WEBSITE ADMINISTRATOR



AAU Ice Hockey - Junior League United Hockey Union (UHU)

<http://www.unitedhockeyunion.com/home>

United Hockey Union (UHU)



Established in 2011, the **United Hockey Union (UHU)** is the midget/junior ice hockey branch of the Amateur Athletic Union (AAU).

The UHU has established itself as one of the foremost organizations committed to growing the sport of ice hockey in the United States and currently features two of the top Junior "A" Hockey Leagues in North America; the Western States Hockey League (WSHL) and the Canadian Premier Junior Hockey League (CPJHL). The United Hockey Union also provides insurance coverage and programming for a number of independent ice rinks and adult hockey leagues.

Junior leagues wishing information about joining the UHU and AAU should contact **Ron White** (President) at: rwhite@unitedhockeyunion.com

Canadian Premier Junior Hockey League (CPJHL)

<http://www.cpjhl.com/>

The Canadian Premier Junior Hockey League, like many leagues in Canada, has been affected by the COVID-19 pandemic and will have a different look for this 2020-21 hockey season.

The CPJHL has been monitoring the pandemic between the Ontario and Quebec provinces regarding the rules and regulations of returning to play hockey in a scheduled league environment.

The ability for the Quebec teams and Ontario teams to play against each other will not be permitted by provincial governments. Until the rules of play for the crossover of the Ontario and Quebec teams is permitted once again, our Quebec teams will form their own schedule to play against each other in order to have a season for their recruited players. The return next season to the CPJHL will be welcomed by all.

Ontario teams in the CPJHL will be following a comprehensive COVID-19 operational plan for procedures to follow to ensure a safe return to play environment. Our return to play will follow provincial and municipal governing bodies in accordance to Public Health Agency of Canada & Public Health Ontario. The season schedule will be announced once the approval from teams facilities and Ontario Public Health has been met.



AAU Ice Hockey - Junior League Western States Hockey League (WSHL)

The original and largest AAU Junior League

<http://www.wshl.org/>



Due to the COVID pandemic and forecasted medical problems that could be ahead of us, the Board of Governors of the Western States Hockey League have voted to go dormant for the 2020-2021 season. The WSHL will immediately start preparing for a return in 2021-2022 season. This is the most burdensome and painful decision ever made at the WSHL Board of Governors level, however, we strongly feel that continuing operations in the current climate is not safe or conducive to the success of our member players, nor teams.

We wish everyone health and prosperity, and we look forward to coming back stronger than ever!

The **Western States Hockey League** office is located at:

17621 Irvine Blvd. Suite 201
Tustin
California
92780

If you have any questions/comments/concerns, please send an email to: contact@wshl.org



AAU Ice Hockey - Collegiate League Collegiate Hockey Federation (CHF)

<https://www.chfhockey.net/>



COLLEGIATE HOCKEY FEDERATION

THE FUTURE OF NON-VARSITY COLLEGE HOCKEY

The Collegiate Hockey Federation (CHF)

In recent weeks the CHF has positioned itself in conjunction with its strategic partners to begin preparations for a condensed season beginning in January of 2021, culminating with the 2021 Federation Cup in April. It was and still remains our sincere hope that we will be able to embark on this journey with all of our members beginning in January. However, we have yet to see the clarity and information regarding competitive restrictions and member participation we hoped to have by this time for the entirety of our organization.

In general, there appears to be too much uncertainty across the college community at this point in time on the continued progression of COVID-19 for them to definitely determine options for what hockey (and other club sport programs) will look like starting in January. We have started to see some decisions, for example, in the Northeast and New England NCAA DIII which look like conferences will not be playing this season - and therefore will have an impact on how those same schools make the same decisions for club sports.

Therefore, the leadership team of the CHF has begun to develop a series of comprehensive contingency options aimed at best serving our member organizations and student-athletes for this season. It is our hope that member conferences can schedule and plan meetings to review these options, encouraging members to lobby their schools for information so that conferences could report their decisions by December 1st. The leadership team of the CHF, in conjunction with the conference Board of Governors and the CHF Board of Directors, will look to make a comprehensive decision regarding the 2020/21 season by December 15th.



Find us at: <https://www.chfhockey.net/>

Facebook: <https://www.facebook.com/CHFhockey>

or Twitter: <https://twitter.com/CHFhockey>



AAU Ice Hockey - Adult League Michigan Sports Enterprises (MSE Hockey)

<https://msehockey.com/>



Michigan's Biggest and Best Adult Hockey Program!

Michigan Sports Enterprises is Michigan's biggest and best adult hockey program. We're the recreational hockey program run by hockey players, independent of any arena ownership or management. The result of our unique partnership with quality ice arenas is a focused commitment to customer satisfaction, providing our participants with the best possible program in terms of facilities, competitiveness, organization and value.

Today, more than 600 teams and 3,000 individuals participate in MSE leagues, tournaments and hockey schools each calendar year at Fraser Hockeyland, Mount Clemens Ice Arena, Kennedy Recreation Center in Trenton, Southgate Civic Arena and the Taylor Sportsplex. MSE purchased nearly \$700,000 worth of ice at our host arenas in 2016. MSE Hockey holds the proud distinction of being the biggest single adult hockey program in Michigan and one of the largest in the entire United States. We've earned a solid reputation over the years as a well-run and customer-friendly operation. That's undoubtedly why MSE has a large group of loyal customers — many of whom are familiar with the "take-it-or-leave-it" attitude and absentee management typical of most adult hockey leagues. We are grateful to all our teams and players for their support and we have even bigger hopes and plans in the future!

If you're interested in finding a well-run adult league as a team or individual, or if you want to learn the game from scratch or improve your skills in one of our unique adult hockey schools — check out Michigan Sports Enterprises!

Please contact: **Al Zawacky** or **Steve Ricucci** at info@msehockey.com

- **Fraser, MI** 34400 Utica Road Phone (586) 296-7987
- **Mt. Clemens, MI** 200 N. Groesbeck Highway Phone (586) 868-7371
- **Trenton, MI** 3101 West Road Phone (734) 676-3761
- **Southgate, MI** 14700 Reaume Parkway Phone (734) 676-3761
- **Taylor, MI** 13333 Telegraph Road Phone (734) 676-3761



AAU Ice Hockey - League Contacts

Youth:

- **Chicago United Hockey League (CUHL)** - <https://www.chicagounitedhockey.com/>
(8U Travel & House) within Illinois & Wisconsin.
VP: **Tom Gullen** - tom@winnetkahockey.com
Facebook:
- **Elite Southeast Hockey League** - <https://eshl.rsportz.com/>
(7U through 10U Travel & House) within DC, Maryland, North Carolina, & Virginia.
Director: **Debra Bangert** - vahockey2011@gmail.com or
Scheduler: **Sam Howerton** - Ice.rebels.2011@gmail.com
Facebook:
- **Gateway Empire Hockey League** - <https://sites.google.com/view/gehockeyleague/>
(8U development league) within Connecticut, Delaware, New Jersey, New York & Pennsylvania.
Contact: **Emie** gehockeyleague@gmail.com
Facebook: <https://www.facebook.com/GEHockeyLeague/>
- **Michigan Amateur Youth Hockey League (MAYHL)** - <https://mayhl.rsportz.com/>
(7U through 12U Travel & House) within Michigan & Ohio.
Director: **Lee Shifflett** - mayhinfo@gmail.com
related Facebook: <https://www.facebook.com/groups/723911271044953/>
- **Minnesota Made - Choice** - <http://choicehockey.pointstreaksites.com/view/choicehockey>
(6U through 14U Travel & House) within Minnesota.
Contact: **Todd Blackstone** - toddb@mnmadehockey.com
Facebook: <https://www.facebook.com/MNMadeHockey>
- **NE Amateur Hockey League (NEAHL)** - <http://www.neahl.org>
(8U through) within Maine, Massachusetts & New Hampshire
Director: **Wes Riley** - uraa@aol.com
Facebook: <https://www.facebook.com/NE-Amateur-Hockey-League-273489343212911>
- **Northeast Elite Hockey League (NEHL)** - <https://www.nehlhockey.com/>
(8U Tier-1 league) within New Jersey & New York
Contact: info@nehlhockey.com
Facebook: <https://www.facebook.com/NEHLHOCKEY>
- **Ontario Rep Hockey League (ORHL)** - <https://orhl.net/>
(6U through 17U Travel) within Ontario.
Commissioner: **Kevin McKinnon** - kevin@orhl.net
Director: **Diane MacGougan** - diane@orhl.net
Facebook: <https://www.facebook.com/ORHLhockey>

AAU Ice Hockey - League Contacts (*continued*)

- **St. Louis Hockey League** - <http://www.hcofstl.org/>
(7U & 8U Travel) within **Missouri**.
President: **Tom Kaiman** - tomkaiman@gmail.com
Facebook: <https://www.facebook.com/HCoFSTL>

Scholastic:

- **Florida Independent Hockey League (FIHL)** - <https://fihlhockey.com>
(HS teams and individual players) within **Florida**.
Contact: gototheant@aol.com
Facebook: <https://www.facebook.com/FloridaIHL/>
- **New York Islanders High School Hockey League** - <https://www.islandershighschoolhockey.net>
(HS Varsity, JV & Middle School) within **Metropolitan NY**.
Contact:
Facebook: <https://www.facebook.com/HS Hockey League of Nassau County/>
- **WNY High School Club Hockey League (WNYHSCHL)** - <https://wnyhschl.com>
(HS Varsity, JV & Middle School) within **Western NY**
Contact: **Steve Ferrentino** - ferrentinoking11@gmail.com
Facebook:

Junior:

- **Canadian Premier Junior Hockey League (CPJHL)** - <http://www.cpjhl.com/>
(Junior) within **Ontario & Quebec**.
Contact: contact@cpjhl.com
Facebook: <https://www.facebook.com/cpjhl>
- **Western States Hockey League (WSHL)** - <http://www.wshl.org/>
(Junior) within **AZ, CA, CO, ID, KS, MO, MT, NM, NV, OK, OR, TX, UT, WA, WY & Alberta**.
Contact: contact@wshl.org
Facebook: <https://www.facebook.com/WSHLHky/>

Collegiate:

- **Collegiate Hockey Federation (CHF)** - <https://www.chfhockey.net/>
(Collegiate Club Hockey) Currently hosting more than 120 Teams competing within 7 Conferences. Primarily located within a growing footprint throughout the east coast of the United States.
Contact:
Facebook: <https://www.facebook.com/CHFhockey>

Adult:

- **Michigan Sports Enterprises (MSE Hockey)** - <https://msehockey.com/>
(Adult teams as well as Individuals) within **Michigan**.



AAU Ice Hockey

December 1, 2020

Season 12 - Edition 3

AAU Ice Hockey - National Committee

National Support Staff

<p>AAU National Hockey Chairperson Keith Noll PO Box 130 Menomonie, WI 54751 (715) 231-4000 (office) (715) 829-2346 (cell) slapshot@wwt.net</p>	<p>AAU Membership Services AAU PO Box 22409 Lake Buena Vista, FL 32830 (407) 934-7200 www.aausports.org</p>
<p>AAU-UHU National Junior Hockey Ron White 17621 Irvine Blvd., Suite 201 Tustin, CA 92780 (714) 502-9029 RRWGlacial@aol.com www.wshl.com</p>	<p>Minnesota Bernie McBain 7300 Bush Lake Rd. Edina, MN 55439 (952) 746-9033 Bernie@mnmadehockey.com</p>
<p>AAU High School Director Tony DeMayo - New York tdcoach1@optonline.net</p>	<p>National staff member Timothy Meyer (407) 828-2723 tmeyer@aausports.org</p>
<p>AAU National On/Off Ice Program Director Mike Hartman (704) 752-8101 Mike@hartman.academy https://www.hartman.academy/</p>	<p>National staff member Conner Meredith (407) 828-3459 cmeredith@aausports.org</p>

AAU Ice Hockey - Websites & Media

www.aauicehockey.org

on Twitter <https://twitter.com/AAUhockey>

on YouTube

www.youtube.com/playlist?list=PLd3hXZtrsD1R15iU7RgSg39cqmKrb-nvT

Sports for all, Forever



Editor

Keith Kloock

1260 Potomac Drive
Merritt Island, FL 32952
(321) 794-0222

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

keith@hockey-florida.org

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



AAU Inline Hockey

Keith Noll

National Hockey Chairperson
(715) 829-2346

keithn@aausports.org

www.aauhockey.org



A single low cost AAU membership will provide benefits and opportunities for events in over 40 sports including:



AAU Ice Hockey

2020-2021

Tournament Guide

Please be aware that age classification birth-years for 2019-2020 season are as follows:

rev: 11/30/2020

6U= 2014 (birth-year or later), 7U=2013 (birth-year or later), 8U=2012 (birth-year or later), 9U=2011 (birth-year or later),

10U= 2010 (birth-year or later), 11U=2009 (birth-year or later), 12U=2008 (birth-year or later), 13U=2007 (birth-year or later),

14U=2006 (birth-year or later), 15U=2005 (birth-year or later), 16U=2004 (birth-year or later), 17U=2003 (birth-year or later) and 18U=2002.

COVID-19: Please be aware that due to the ongoing pandemic, there may very well be disruptions to our 2020-2021 ice hockey season. Such disruptions may lead to the cancellation of AAU Hockey licensed events (including Leagues and/or Tournaments) either within limited areas, within specific States or even nation-wide. AAU Hockey does not make any guarantee or promise that any of these Tournaments listed below will actually occur. >

THEREFORE, it is strongly advised that AAU teams should keep themselves well informed about the COVID-19 status within any areas being considered as potential Tournaments locations and make certain that your team are aware of refund policies.

Name / Age - Competition Level	Dates	Cost	Location	Website
--------------------------------	-------	------	----------	---------

Scholastic & Collegiate Tournaments

Orchard Park Invitational - Christmas High School - Varsity	Dec 23, 2020 Dec 30, 2020		West Seneca, NY	https://www.wnyhschl.com/christmastournaments
Orchard Park Invitational - Christmas High School - Junior Varsity	Dec 23, 2020 Dec 30, 2020		Cheektoowaga, NY	https://www.wnyhschl.com/christmastournaments
11th Annual East Coast (College) Showdown and High School Showcase	Feb 19, 2021 Feb 21, 2021		Aston, PA	
Delaware Valley CHC League Playoffs Collegiate Club Hockey	Mar 26, 2021 Mar 28, 2021		Aston, PA	

USA Tournaments *(please remember that at present the borders are closed)*

AAU Early Bird - (Grinder Hockey) 7U & 8U - Travel A-AA-AAA	Sep 18, 2020 Sep 20, 2020	\$1,095	Fraser, MI 12x12x15 - 4-gm min	www.grinderhockey.com
Boo in the Soo (Elite Am Sports) 7U & 8U - Travel A-AA-AAA & House	Oct 16, 2020 Oct 18, 2020	\$1,000	Sault St Marie, MI 12x12x12 - 4-gm min	https://eliteamsports.com/portfolio/boo-in-the-soo/
AAU Grinder Goblin (Grinder Hockey) 7U & 8U - Travel A-AA-AAA	Oct 16, 2020 Oct 18, 2020	\$1,095	Grand Rapids, MI 12x12x15 - 4-gm min	www.grinderhockey.com
Hocktoberfest - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Oct 9, 2020 Oct 11, 2020	\$1,025	Erie, PA 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Gale Force 5 - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Oct 16, 2020 Oct 18, 2020	\$1,175	Chicago, IL 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Little Dog - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Nov 6, 2020 Nov 8, 2020	\$1,025	Grand Rapids, MI 11x11x14 - 4-gm min	www.littlebeartournaments.com/
AAU Fall Shootout (Elite Am Sports) 7U & 8U - A-AA-AAA & House	Nov 6, 2020 Nov 8, 2020	\$1,000	Kalamazoo, MI 12x12x12 - 4-gm min	https://eliteamsports.com/aa-2018-19/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 6, 2020 Nov 8, 2020	\$1,095	St.Louis, MO 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 13, 2020 Nov 15, 2020	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
AAU Medal of Honor (Grinder Hockey) 7U & 8U - Travel A-AA & House	Nov 6, 2020 Nov 8, 2020	\$1,095	Grand Rapids, MI 11x11x15 - 4-gm min	www.grinderhockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 20, 2020 Nov 22, 2020	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
AAU Grinder Gobbler (Grinder Hockey) 7U & 8U - Travel A-AA & House	Nov 27, 2020 Nov 29, 2020	\$1,195	St. Clair Shores, MI 12x12x15 - 5-gm min	www.grinderhockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Nov 27, 2020 Nov 29, 2020	\$1,350	Chicago, IL 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
AAU Grinder Grinch (Grinder Hockey) 7U & 8U - Travel A-AA-AAA & House	Dec 11, 2020 Dec 13, 2020	\$1,295	Fraser, MI 15x15x15 - 4-gm min	www.grinderhockey.com
Buffalo - Outdoor Showcase 7U & 8U - Travel A-AA-AAA & House	Dec 18, 2020 Dec 20, 2020	\$1,200	Buffalo, NY ???x??x?? - 4-gm min	www.tcshockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Dec 26, 2020 Dec 28, 2020	\$1,350	Chicago, IL 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/

AAU Ice Hockey

2020-2021

Tournament Guide

Please be aware that age classification birth-years for 2019-2020 season are as follows:

rev: 11/30/2020

6U= 2014 (birth-year or later), 7U=2013 (birth-year or later), 8U=2012 (birth-year or later), 9U=2011 (birth-year or later),

10U= 2010 (birth-year or later), 11U=2009 (birth-year or later), 12U=2008 (birth-year or later), 13U=2007 (birth-year or later),

14U=2006 (birth-year or later), 15U=2005 (birth-year or later), 16U=2004 (birth-year or later), 17U=2003 (birth-year or later) and 18U=2002.

COVID-19: Please be aware that due to the ongoing pandemic, there may very well be disruptions to our 2020-2021 ice hockey season. Such disruptions may lead to the cancellation of AAU Hockey licensed events (including Leagues and/or Tournaments) either within limited areas, within specific States or even nation-wide. AAU Hockey does not make any guarantee or promise that any of these Tournaments listed below will actually occur. >

THEREFORE, it is strongly advised that AAU teams should keep themselves well informed about the COVID-19 status within any areas being considered as potential Tournaments locations and make certain that your team are aware of refund policies.

Name / Age - Competition Level	Dates	Cost	Location	Website
Magical Mites - (One Hockey) 7U, 8U & 10U - Travel AA-AAA	Dec 27, 2020 Dec 30, 2020	\$1,750	Philadelphia, PA 14x14x14 - 4-gm min	https://www.kreezee.com/hockey/tournament/pa-dec-mites/19539/general-information
Arctic Blast - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Jan 15, 2021 Jan 18, 2021	\$1,175	St.Louis, MO 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Urban Legends - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Jan 15, 2021 Jan 18, 2021	\$1,025	Detroit, MI 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Mountain King - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Jan 15, 2021 Jan 18, 2021	\$1,175	Washington, D.C. 11x11x14 - 4-gm min	www.littlebeartournaments.com/
North Coast Kraken - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Jan 15, 2021 Jan 18, 2021	\$1,025	Erie, PA 11x11x14 - 4-gm min	www.littlebeartournaments.com/
AAU Winter Meltdown (Grinder Hockey) 7U & 8U - Travel A-AA-AAA & House	Jan 16, 2021 Jan 18, 2021	\$1,195	Fraser, MI 12x12x15 - 5-gm min	www.grinderhockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 16, 2021 Jan 18, 2021	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 16, 2021 Jan 18, 2021	\$1,350	Chicago, IL 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 16, 2021 Jan 18, 2021	\$1,095	St.Louis, MO 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
Northern Illinois - Outdoor Showcase 7U & 8U - Travel A-AA-AAA & House	Jan 16, 2021 Jan 18, 2021	\$1,200	Belvidere, IL ??x??x?? - 4-gm min	www.tchockey.com
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 22, 2021 Jan 24, 2021	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Jan 29, 2021 Jan 31, 2021	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Ice Pirates - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Feb 12, 2021 Feb 15, 2021	\$1,025	Grand Rapids, MI 11x11x14 - 4-gm min	www.littlebeartournaments.com/
WJC Classic - (Little Bear) 7U & 8U - House and Travel A-AA-AAA	Feb 12, 2021 Feb 15, 2021	\$1,175	Washington, D.C. 11x11x14 - 4-gm min	www.littlebeartournaments.com/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Feb 13, 2021 Feb 15, 2021	\$995	Dells, WI 11x11x11 - 4-gm min	https://www.ultimatetournaments.net/
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Feb 13, 2021 Feb 15, 2021	\$1,095	St. Louis, MO 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/
3rd Annual K-Wings Cup (Elite Am Sports) 7U & 8U - Travel A-AA-AAA & House	Feb 19, 2021 Feb 22, 2021	\$1,000	Kalamazoo, MI 12x12x12 - 4-gm min	https://eliteamsports.com/kwings-cup/
League & State Championships - (MAYHL) League Championship - Travel Finals			Michigan	http://mayhl.rsportz.com/
Super Sunday - (CUHL) 8U League Championship - Travel Finals	Mar 7, 2021		Northbrook, Illinois	www.chicagounitedhockey.com
Super Saturday - (CUHL) 8U House Championship - House Finals	Mar 13, 2021		Buffalo Grove, Illinois	www.chicagounitedhockey.com
Under Armour Face-Off 7U through 13U - AAA (Tier 1)	Apr 8, 2021 Apr 11, 2021	\$1,695	Edina, MN 17x17x17 - 4-gm min	http://starsandstripes.pointstreaksites.com/view/starsstripesaaa
Ultimate Hockey Tournaments 7U & 8U - Travel A-AA & House	Apr 16, 2021 Apr 18, 2021	\$1,350	Chicago, IL 12x12x12 - 4-gm min	https://www.ultimatetournaments.net/

