

Midwest Stars AAA Development

The Midwest Stars program was started five years ago to form one age level team (1998) and has grown to five age levels as of last spring. Our goal this year is grow that even more and add a 1996 and a 2002 age level. What we are really trying to accomplish with our program is to spend most if not all of our time on development of the players from the state of Iowa and a few surrounding states.

If you look at Minnesota AAA Hockey there are hundreds of teams in the state that focus on just playing tournaments and a handful that concentrate on the development. We started five years ago and that is exactly what we did we played five to six tournaments and spent tons of money traveling all over Minnesota and Wisconsin. This is not what we should be spending our time and money on during the spring and summer months. We believe that practicing around 36 hours of on ice and 12 hours of off ice and a summer ending tournament is the way to go.

The Midwest Stars program is located out of the Cedar Rapids Ice Arena in Cedar Rapids, Iowa and our skills instructor is Kevin Brooks. This will be Kevin's second year as the lead instructor for the Stars program. All our practices are held on Saturdays and Sundays and each age level will get three hours of on ice and one hour of off ice on either of those days.

If you have any interest in participating in the Midwest Stars program feel free to contact myself Dave Lellig.

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