



CDYHL Selects Spring Mountain Program

Information Packet

On behalf of the coaching staff, welcome to the inaugural season of the Continental Divide Youth Hockey League Selects Spring Mountain Program.

The purpose of this program is to give ALL mountain region players (Squirt through Bantam) from ALL levels the opportunity to participate at a higher level of hockey. Through on-ice, off-ice and classroom support, our goal is to boost overall skill development, promote team building, increase knowledge of the game and HAVE FUN! We are excited about the tournament exposure and look forward to representing Colorado mountain hockey via an enjoyable and competitive spring season. Thank you in advance for the opportunity to coach your player!

Directors/Coaches:

- Kory DeKoevend
- Shaun Hathaway
- TK Kwiatkowski
- John Seymour

An exciting lineup of guest coaches will also participate!

Tryout Process:

- Saturday, April 4th is our tryout date for all players participating in Session #1.
- Players that only want to participate in Session #2 are requested to try-out on April 4th. If they cannot make that date, we will offer an evaluation skate at one of the Session #1 Sunday practices for a \$25 fee.
- Players not participating in Session #1 are not guaranteed a spot in Session #2. There will be limited availability based upon number of players returning from Session #1.

cdyhselects@gmail.com

cdyhl.com

Session 1

PRACTICE SCHEDULE

April 11/12, 18/19, 25/26 (Saturdays/Sundays)

Location: Aspen Rinks

TOURNAMENT SCHEDULE

May 1 - 3 in Aspen

TOTAL TRAINING TIME:

On-Ice: 12.75 hrs • Off-Ice: 4.5 hrs • Classroom: 3 hrs



SQUIRTS

Saturdays

8:30 AM - 9:30 AM	On-Ice Lewis Arena
11:00 AM - 12:00 PM	On-Ice Ice Garden
12:00 PM - 1:00 PM	Lunch
1:00 PM - 1:30 PM	Classroom, Lewis Arena
1:30 PM - 3:00 PM	Outdoor Activity
3:00 PM - 3:30 PM	Classroom, Lewis Arena
4:00 PM - 5:00 PM	On-Ice Lewis Arena

Sundays

8:00 AM - 9:15 AM	On-Ice Ice Garden
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PEEWEE A

Saturdays

9:45 AM - 10:45 AM	On-Ice Lewis Arena (30 min. share)
11:00 AM - 12:00 PM	Lunch
12:00 PM - 1:00 PM	Classroom
2:00 PM - 3:00 PM	On-Ice Ice Garden
3:30 PM - 5:00 PM	Outdoor Activity
6:00 PM - 7:00 PM	On-Ice Ice Garden

Sundays

9:30 AM - 10:45 AM	On-Ice Ice Garden
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PEEWEE AA

Saturdays

10:15 AM - 11:15 AM	On-Ice Lewis Arena (30 min. share)
11:30 AM - 12:30 PM	Lunch
12:30 PM - 1:00 PM	Classroom
1:00 PM - 2:30 PM	Outdoor Activity
3:15 PM - 4:15 PM	On-Ice Ice Garden
5:30 PM - 6:00 PM	Classroom
6:30 PM - 7:30 PM	On-Ice Lewis Arena

Sundays

11:00 AM - 12:15 PM	On-Ice Ice Garden
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BANTAM A

Saturdays

8:30 AM - 9:30 AM	On-Ice Ice Garden
10:00 AM - 11:00 AM	Classroom
11:00 AM - 12:00 PM	Lunch
12:15 PM - 1:15 PM	On-Ice Ice Garden (30 min. share)
1:45 PM - 3:15 PM	Outdoor Activity
3:30 PM - 4:00 PM	Classroom
4:30 PM - 5:30 PM	On-Ice Ice Garden

Sundays

8:00 AM - 9:15 AM	On-Ice Lewis Arena
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BANTAM AA

Saturdays

9:45 AM - 10:45 AM	On-Ice Ice Garden
11:00 AM - 11:30 AM	Classroom
11:30 AM - 12:30 PM	Lunch
12:45 PM - 1:45 PM	On-Ice Ice Garden (30 min. share)
2:30 PM - 4:00 PM	Outdoor Activity
4:15 PM - 4:45 PM	Classroom
5:15 PM - 6:15 PM	On-Ice Lewis Arena

Sundays

9:30 AM - 10:45 AM	On-Ice Lewis Arena
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WHAT TO BRING:

LUNCH:

Bag lunch with drink

WATER BOTTLE:

Stick to the code!

OFF-ICE CLOTHING:

Appropriate shoes & shorts, etc.

**WE WILL
PROVIDE SNACKS
EACH DAY!**

Session 2

PRACTICE SCHEDULE

May 9 & 16 (Saturdays)

Location: Stephen C. West Ice Arena, Breckenridge

TOURNAMENT SCHEDULE

Regional, TBD

TOTAL TRAINING TIME:

On-Ice: 5 hrs • Off-Ice: 2.5 hrs • Classroom: 2.5 hrs

SQUIRTS

Saturdays

8:30 AM - 9:45 AM	On-ice West Arena
10:00 AM - 11:15 AM	Outdoor Activity
11:30 AM - 12:45 PM	Classroom
12:45 PM - 1:45 PM	Lunch
1:45 PM - 3:00 PM	On-Ice West Arena

PEEWEE

Saturdays

10:00 AM - 11:15 AM	On-Ice West Arena
11:30 AM - 12:45 PM	Outdoor Activity
12:45 PM - 1:45 PM	Lunch
1:45 PM - 3:00 PM	Classroom
3:15 PM - 4:30 PM	On-Ice West Arena

BANTAM

Saturdays

11:30 AM - 12:45 PM	On-Ice West Arena
12:45 PM - 1:45 PM	Lunch
1:45 PM - 3:00 PM	Outdoor Activity
3:15 PM - 4:30 PM	Classroom
4:45 PM - 6:00 PM	On-Ice West Arena

