Vail Mountaineer Hockey Club

2015- 2016 seasonJohn Seymour | Director of Hockey

970.387.8642 | [director](mailto:seymour4hockey@gmail.com)@vailmountaineers.org

**What does A, B, C & Rec Hockey mean?**

*USA Hockey uses these letters to disseminate levels of play.*

(Vail, Colorado) – The Vail Mountaineer Hockey Club (VMHC) has various Level of competition with “A” being the highest VMHC offers during our in-season programs.

Some things that are consistent throughout whatever level you choose to play at or are selected to play at:

* Commitment from program to meet expectations from coaches, players and parents.
* Classroom and off ice time will be offered and expected at the highest level.
* Amount of practice ice per week is reflective in costs.
* Two Director skates per week
* USA Hockey Certified Coaches that also are required to have concussion, safe sport training as well as a statewide background check.
* A requirement to volunteer as 40% of your fees covered through fundraising

**A Level**   
 Pee Wee, Bantam and Squirt B

* Ice time 2 shared and 1 full every week or every other week.
* Highest Commitment level & Expectations from coaches, players and parents
* Travel is expected. Team will most likely incur the expense of additional tournaments
* Classroom and off ice training is expected.
* Ice time is not a given, as it is earned in practice and game management.
* Learning to give consistent effort and understanding of team systems is expected at this level.
* Selected by tryout. VMHC Coaching committee & hockey director lead this evaluation.

**B level**  
Pee Wee and Bantam

* Ice time = 2 shared and 1 full every other week or every 3rd week
* Commitment and expectations of time lower than at the A level.
* You may be an A level skill player, but do not want the higher level of expectations and commitment, then this level is for you.
* Classroom and off ice will be used.
* Ice time is more evenly distributed than at the A level, and is still earned at practice and games.
* Coaches still distribute playing time

**C level**Squirt

* Ice time = 2 Shared per week
* Introductory to our travel program but still instilling the necessary behavioral training on and off ice needed to be a successful athlete and team.
* Commitment and expectations lower than at the B level.
* Classroom and off ice will be introduced.
* Ice time is generally even but is still earned at practice and games.

**Girls U14**

* Ice time = 2 Shared and 1 Full every other or every 3rd week
* Highest Commitment level & Expectations from coaches, players and parents
* Travel is expected. Team will most likely incur the expense of additional tournaments
* Classroom and off ice training is expected.
* Ice time is not a given, as it is earned in practice and game management.
* Learning to give consistent effort and understanding of team systems is expected at this level.

**Girls U12**

* Ice time = 2 Shared and 1 Full every other or every 3rd week
* Highest Commitment level & Expectations from coaches, players and parents
* Travel is expected. Team will most likely incur the expense of additional tournaments
* Classroom and off ice training is expected.
* Ice time is not a given, as it is earned in practice and game management.
* Learning to give consistent effort and understanding of team systems is expected at this level.

**Girls *U10***

* Ice time = 1 or 2 shared skates per week
* Introductory to our travel program but still instilling the necessary behavioral training on and off ice needed to be a successful athlete and team.
* Commitment and expectations similar to VMHC Recreational and more introductory than at the U12 level.
* Classroom and off ice will be introduced.
* Ice time is generally even but is still earned at practice and games.
* Game play – jamborees

**VMHC Recreational Hockey  
(All ages and girls)**

* Ice time equal 1 shared per week
* Introductory to hockey program, but still instilling the necessary behavioral training on and off ice needed to be a successful athlete and team.
* Commitment and expectations of the lowest level
* Games are comprised of joining other Rec programs for pond hockey.
* Some travel is involved if desired.
* Opportunity to play with and or move into VMHC travel program.