



NOVA ICE DOGS

2025-26 Coed CBHL Program Prospectus



[Learn More](#)



Northern Virginia Hockey Club

OUR PURPOSE

To provide boys and girls with the opportunity to learn and play coed hockey in an environment of equal participation and competitiveness and to instill in them the ideal of individual achievement, team play, and sportsmanship.





Northern Virginia Hockey Club

OUR PHILOSOPHY

Provide a fun, competitive program that balances player development and team competitiveness with reasonable travel, time, and cost commitments

- ✓ Quality coaching that prioritizes fostering a love for the game and player development
- ✓ Helping youth become well-rounded hockey players and athletes through targeted skills development, off-ice conditioning, and encouraging participation in multiple sports and activities
- ✓ Minimizing added costs and excess travel

www.novaicedogs.org





Northern Virginia Hockey Club

PLAYER DEVELOPMENT

Is a top objective of our program:

- Age-appropriate skill development thru practices that follow USA Hockey's "American Development Model"
- Place players and teams at the level that provides the best opportunity for development
- 70/30 rule: attempt to place teams at appropriate competitive level so as not to have a team win more than 70% of their games or less than 30%





Northern Virginia Hockey Club

SEASON SCHEDULE

Runs mid-August to early March, and includes:

- 40-50 practices (typically 2 practices/week)
- Additional skills development opportunities
- 25+ games (average of 2 weekend games): combination of league games, non-league games, and tournaments. Older teams typically play more games than younger teams.
- Holiday breaks, which have historically included Thanksgiving weekend and ~10 days around Christmas and New Years

www.novaicedogs.org





TOURNAMENTS & TRIPS

- Expect 2-3 tournaments/trips, with a mix of local and overnight experiences
- Individual teams will decide which tournaments/trips, and how many, to attend
- Tournament fees, including travel, are an added cost





Northern Virginia Hockey Club

TEAM PROFILE

For the 2025-26 season, we intend to field travel teams at the following age groups: 10u, 12u, 14u, 16u & 18u.

Players will be selected to teams based on skill/ability level, coachability, and culture fit. The number of teams at each age group and level of play will be based on enrollment numbers and competitiveness.





Northern Virginia Hockey Club



COACHING

- Highly qualified, EXPERIENCED coaching staff
- Head coaches bring decades of combined experience coaching youth hockey
- Goalie coaching
- All coaches certified by USA Hockey



Northern Virginia Hockey Club

LEAGUE COMPETITION

All coed travel teams will compete in the Chesapeake Bay Hockey League (CBHL). Our coed teams do not intend to declare in additional leagues.





HOCKEY FACILITIES

For the 2025-26 season, the Ice Dogs are excited to return to our historical home rink, the Mount Vernon ReCenter in Alexandria, VA. Following a major renovation, the facility will feature a brand-new, two-sheet ice rink, as well as a fitness center, pool and indoor track.

Depending on ice availability, we may play a portion of home games at other rinks in the DMV, including the state-of-the-art Tucker Road Ice Rink.

Northern Virginia Hockey Club

2025-26 TRYOUTS



Registration will be available at
www.novaicedogs.org

10U-12U: March 15-16

14U-18U: April 26-27

Tryout Fee: \$85

Tryout Location: Tucker Road Ice Rink



Northern Virginia Hockey Club

THANK YOU

FOR MORE INFORMATION

Email info@novaicedogs.org

www.novaicedogs.org

