



NOVA ICE DOGS

2026-27 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





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PLAYER DEVELOPMENT

Is a top objective of our program:

- Age-appropriate skill development through 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%





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SEASON SCHEDULE

Runs mid-August to early March. For the 2026-2027 season, we're placing a stronger emphasis on individual player development. At 10U and 12U ages, non-league weekend games are being replaced with targeted skill-development clinics with an emphasis on skating skills, puck handling and goalie development.

10U

- Two team practices per week
- Additional required skills sessions:
 - 7 Monday night sessions (Aug 17 – Oct 5)
 - 14 Wednesday night skills sessions (Oct 21 – Feb 10)
- 20 league games across the season

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12U

- Two team practices per week
- Additional required skills sessions:
 - 20 Wednesday night skills sessions (Aug 19 – Feb 10)
- 20 league games
- 3 tournament weekends

14U & 16U

- Two team practices per week
- 8 Wednesday night skills sessions
- 20 league games across the season
- 14 non-league games
- 3 tournament weekends (minimum)

18U

- One practice per week
- 20 league games across the season
- 5+ non-league games
- 2 tournament weekends (minimum)

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TOURNEMENTS & TRIPS

- Expect 2-3 tournaments/trips at 12U-18U, 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





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TEAM PROFILE

For the 2026-27 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.





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COACHING

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



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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

The Ice Dogs play out of the recently renovated Mount Vernon Ice Arena in Alexandria, VA, while also utilizing partner rinks including Tucker Road Ice Rink.

As a non-profit, volunteer-run organization skating out of public rinks, the Ice Dogs represent one of the most affordable and accessible quality hockey experiences in the DMV.

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2026-27 TRYOUTS

Registration will be available at
www.novaicedogs.org

10U-12U: March 21-22

14U-18U: April 18-19

Tryout Fee: \$100

Location: Mount Vernon Ice Arena



Northern Virginia Hockey Club

THANK YOU



FOR MORE INFORMATION

Email info@novaicedogs.org

www.novaicedogs.org

