



NOVA ICE DOGS

2026-27 Girls Program Prospectus



Learn More





Northern Virginia Hockey Club

OUR PURPOSE

To provide girls with the opportunity to learn and play 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

Maximize player development with a fun, competitive program that strikes a healthy balance with travel, time commitment, and affordability

- ✓ Quality coaching that prioritizes fostering a love for the game and player development over maximizing wins
- ✓ Encourage participation in multiple sports to help develop a player's overall athleticism
- ✓ Strip away added costs and excess travel





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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%





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SEASON SCHEDULE

Runs mid-August to early March. Our focus for younger ages is on skills development, with a transition to increased game play at older ages. For 2026-27, that will look like:

10U/12U

- Two team practices per week
- 21 Wednesday night skills sessions (Aug - Feb)
- 30-35 games across the season

14U-19U

- Two team practices per week
- 8 Wednesday night skills sessions
- 40-45 games across the season



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TOURNEYS & 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 and travel are added costs.
- Last season's Tourneys & Trips:
 - Mid-Florida Meltdown, Tampa (19u)
 - The Liberties Invitational, Flyers Training Center (12u,16u)
 - Lady Patriots Presidents Day Tournament (19u)
 - Hockey Valley Tournament, Happy Valley, PA (14u)
 - Buffalo River Outdoor Classic, Buffalo, NY (16u+19u)



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TEAM PROFILE

We intend to field teams at the following age groups:

10/12u, 14u, 16u & 19u.

Players will be selected to teams based on skill/ability level, coachability, and culture fit. The number of teams and age configurations are subject to change based on enrollment numbers and competitiveness.

2014 - 2017

10/12u

2012 - 2013

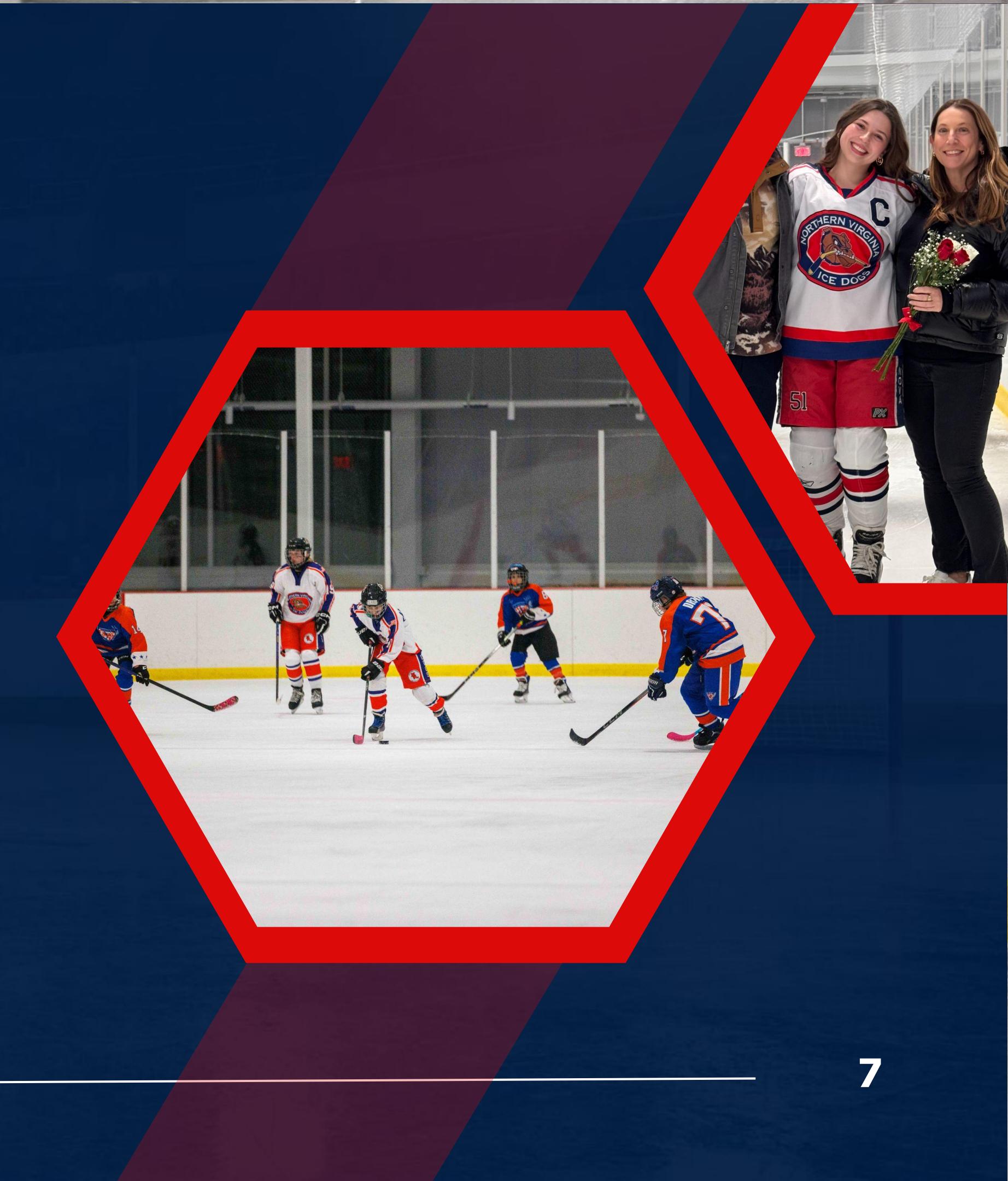
14u

2010 - 2011

16u

2007 - 2009

19u





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





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LEAGUE COMPETITION

All Girls teams intend to compete in the Chesapeake Bay Hockey League (CBHL). The 14u, 16u and 19u teams will also compete in the Mid-Atlantic Women's Hockey Association.





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

If your player cannot make the tryout session(s), please email Larry.Blake@novaicedogs.org to schedule an alternate evaluation



Northern Virginia Hockey Club

THANK YOU



FOR MORE INFORMATION

Email Larry Blake at:

Larry.Blake@novaicedogs.org

www.novaicedogs.org

