



# NOVA ICE DOGS

2024-25 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.





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# 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

[www.nova-icedogs.org](http://www.nova-icedogs.org)





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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 not to have a team win more than 70% of their games or less than 30%





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# OUR PARTNERS

- USA Hockey: American Development Model
- D1 Training Alexandria: optional off-ice strength and conditioning program
- Ice Hockey Systems: coaching tools and resources





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# SEASON SCHEDULE

Runs mid-August to early March, and includes:

- 40-50 practices (typically 2 practices/week, either 1 weeknight and 1 weekend, or 2 weeknight)
- 25+ games: combination of league games, non-league games, and tournaments. Older teams typically play more games than younger teams. Please expect most or all non-league games to be "away" games.
- Holiday breaks during Thanksgiving weekend and ~10 days around Christmas and New Years

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# TOURNEMENTS & 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
- Last season's Tournements & Trips
  - Capital Cup, D.C. (14u)
  - Pittsburgh, PA (14u & 19u)
  - Philadelphia, PA (14u & 19u)
  - Buffalo, N.Y. (19u)





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# TEAM PROFILE

Intend to field one team at the following age groups:  
14u & 16/19u.

Players will be selected to teams based on skill/ability level,  
coachability, and culture fit.

2010 - 2012

**14u**

2005 - 2009

**16/19u**







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# COACHING STAFF

**14U** Iman Kennerly, Tool Jampathom

**16/19U** Larry Blake, Mike Sharp

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



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# LEAGUE COMPETITION

Both Girls teams intend to compete in the Chesapeake Bay Hockey League (CBHL). The 19u team will also compete in the Mid-Atlantic Women's Hockey Association.





# HOCKEY FACILITIES

We intend to have the bulk of practices and home games at the newest state-of-the-art hockey facility in the area: Tucker Road Ice Arena located at 1770 Tucker Road, Fort Washington, MD 20744.

Depending on ice availability, we may play a sizable portion of home games at other rinks in the DMV. We anticipate the re-opening of the Mount Vernon Rec Center in the spring of 2025.



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# 2024-25 TRYOUTS

- Registration will be available at [www.nova-icedogs.org](http://www.nova-icedogs.org)
- Players will be notified within 72 hours of the last session.

## 14U & 16/19U

- Thursday, May 2 6:30pm - 7:45pm
- Saturday, May 4 3:00pm - 4:15pm
- Tryout Fee: \$50
- Location: Tucker Road Ice Rink

*\*\*If your player cannot make the tryout session(s), please email [Larry.Blake@novaicedogs.org](mailto:Larry.Blake@novaicedogs.org) to schedule an alternative evaluation\*\**



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# SEASON FEES

Include:

- League fees
- Game ice (league and non-league)
- Practice Ice
- Club equipment (pucks, cones, etc.)

Do NOT include:

- Club apparel (game jerseys, socks, etc.)
- Optional D1 Training off-ice strength & conditioning program
- Own travel expenses and additional costs incurred on trips
- Tournament fees and additional expenses incurred by team

[www.nova-icedogs.org](http://www.nova-icedogs.org)



## Season Fees:

• **14u - \$2,400**

• **19u - \$2,700**

- Pay in full or through 3 installments  
Full-Time Goalies receive 20% discount  
Siblings deal: 2nd child in NoVA program receives 20% discount



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# THANK YOU

FOR MORE INFORMATION

Email Larry Blake at:  
[Larry.Blake@novaicedogs.org](mailto:Larry.Blake@novaicedogs.org)

[www.nova-icedogs.org](http://www.nova-icedogs.org)

