



NOVA ICE DOGS

2025-26 Girls Program Prospectus

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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

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%





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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.
- Holiday breaks during Thanksgiving weekend and ~10 days around Christmas and New Years

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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 and travel are added costs.
- Last season's Tourneys & Trips:
 - Capital Cup, D.C. (16U and 19U)
 - The Liberties Invitational, Flyers Training Center (16U and 19U)
 - Lady Patriots Presidents Day Tournament, Philadelphia (16U)
 - Pony Tail, Laurel, MD (16U)
 - Buffalo River Outdoor Classic, Buffalo NY (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.

2013 - 2016

10/12u

2011 - 2012

14u

2009 - 2010

16u

2006 - 2008

19u





Northern Virginia Hockey Club



COACHING

- Highly qualified, EXPERIENCED coaching staff providing personalized attention
- Head coaches bring over three decades of combined experience coaching youth hockey
- Goalie coaching
- Targeted skills development
- 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

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.

We will also hold practices and play a portion of home games at other rinks in the DMV, including the state-of-the-art Tucker Road Ice Rink.





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2025-26 TRYOUTS

- Registration will be available at www.novaicedogs.org
- Players will be notified within 72 hours of the last session.

10U-12U: March 23

14U-19U: May 1 and 4

Tryout Fee: \$50 for 10U/12U

\$85 for 14U-19U

Tryout Location: Tucker Road Ice Rink

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

www.novaicedogs.org



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THANK YOU

FOR MORE INFORMATION

Email Larry Blake at:
Larry.Blake@novaicedogs.org

www.novaicedogs.org

