Club Evaluation

ADM	Current Club Structure	Adaptation to ADM
8 & Under (Mites)		
50 – 60 ice sessions per year		
2 - 3 ice per week, 1 off-ice		
50 minute ice sessions		
20 weeks per season		
9 – 13 skaters per team; no full-time goalies		
4+ teams per ice session		
Minimum of 16 cross-ice/half-ice games and 34 practices		
Maximum 20 cross-ice/ half-ice games and 40 practices		
Players grouped: Top 1/3, Middle 1/3, Bottom 1/3		
10 & Under (Squirts):		
95 – 100 ice sessions per year		
3 – 4 ice per week, 2 off-ice		
60 minutes ice sessions		
7 month season		
10-12 skaters & 1 goalie per team		
3 teams per practice		
75 to 80 practices and 20 to 25 games		
Players grouped: Top 1/2, Bottom 1/2		
12 & Under (Peewees):		
105 – 120 ice sessions per year		
4 ice per week, 2 off-ice		
60 minutes ice sessions (min)		
7 month season		
15 skaters and 2 goalies per team		
2 teams per practice twice a week, 1 single team practice		
80 to 90 practices and 30 to 35 games		
Players grouped: 2 teams at highest level		

Club Evaluation

ADM	Current Club Structure	Adaptation to ADM
13-14 & Under (Bantam):		
120 ice sessions per season	_____	_____
3 – 4 ice sessions per week	_____	_____
60 to 80 minutes per session	_____	_____
7 – 8 month season	_____	_____
80 - 85 practices, 35 to 45 games	_____	_____
16 skaters and 2 goalies per team	_____	_____
Appropriate off-ice training for LTAD stage	_____	_____
15-16 & Under (Midget):		
120 ice sessions per season	_____	_____
3 – 4 ice sessions per week	_____	_____
60 to 80 minutes per session	_____	_____
7 – 8 month season	_____	_____
80 - 85 practices, 35 to 45 games	_____	_____
16 skaters and 2 goalies per team	_____	_____
Appropriate off-ice training for LTAD stage	_____	_____
18 & Under (Midget):		
125 total ice sessions	_____	_____
3 – 4 ice sessions per week	_____	_____
60 to 80 minutes per session	_____	_____
7 – 8 month season	_____	_____
80 - 85 practices	_____	_____
40 to 50 games	_____	_____
18 skaters and 2 goalies per team	_____	_____
Appropriate off-ice training for LTAD stage	_____	_____

Club Evaluation

ADM	Current Club Structure	Adaptation to ADM
13-14 & Under (HPC, Bantam):		
160 ice sessions per year	_____	_____
4 – 5 times per week	_____	_____
80 minute practice sessions	_____	_____
Combined and separate practices for team and position	_____	_____
9 month season	_____	_____
16 skaters and 2 goalies per team	_____	_____
120 – 130 practices and 40 to 50 games	_____	_____
16 skaters and 2 goalies per team	_____	_____
Appropriate off-ice training for LTAD stage	_____	_____
15-16 & Under (HPC, Midget):		
160 ice sessions per year	_____	_____
4 – 5 times per week	_____	_____
80 minute practice sessions	_____	_____
Combined and separate practices for team and position	_____	_____
9 month season	_____	_____
16 skaters and 2 goalies per team	_____	_____
120 – 130 practices and 40 to 50 games	_____	_____
16 skaters and 2 goalies per team	_____	_____
Appropriate off-ice training for LTAD stage	_____	_____
18 & Under (HPC, Midget):		
200+ total ice sessions	_____	_____
5 – 6 time per week	_____	_____
Combined and separate practices for team and position	_____	_____
10 months season	_____	_____
130 - 140 practices and 50 to 60 games	_____	_____
18 skaters and 2 goalies per team	_____	_____
Appropriate off-ice training for LTAD stage	_____	_____