

STJ Travel Hockey Academy

Fall/Winter 2022-2023

FAQ's

Mission:

The objective of The St. James Hockey Academy is to provide a highly competitive and supportive learning environment where players of all age groups can maximize the development of their individual athletic skills. Our focus is on mentoring; developing and shaping the character of the young men and women that participate in The St. James Hockey Program. These objectives are achieved through a fun, intensive and expansive on and off-ice training regimen under the direction and supervision of the dedicated coaches and staff.

The St. James Membership:

STJ Membership is not required to participate in the travel hockey program. Members of The St. James receive 20% off academy fees, clinics, private and semi-private lessons, stick and puck, camps and tryout fees.

Please contact Latasha Thomas-Jacobs if you are interested in becoming a member of The St. James at Latasha.thomas-jacobs@thestjames.com.

Coaches and Culture:

At STJ Hockey Academy we aim to provide a positive structured learning environment for our student-athletes; an arena that fosters personal growth, character, and athletic development. Ultimately advancing quality individuals who are prepared to lead on and off the ice. Our program is committed to the development of all student-athletes by placing an emphasis on:

- Quality coaching;
- Fundamental skill development through proper instruction and repetition;

- Instilling values of character, integrity, sportsmanship, and teamwork;
- Having fun
- Respect the game and all involved including but not limited to; teammates, coaches, opponents, referees, parents, and arena staff

Season Dates:

- Tryouts will be held from Monday, April 25th through Sunday, May 1st. Call backs, if necessary, will be held on Monday, May 2nd.
- The travel season runs from mid-August to early March.
- Fall/Winter 2022-2023 pre-season is scheduled for Monday, August 22, 2022 – September 5, 2022.
- The regular season will begin on September 6, 2022.
- STJ Hockey rarely participates in major holiday tournaments and will not practice or play games during the following breaks:

| | |
|----------------------|-----------------------|
| Thanksgiving Break | 11/21/2022-11/27/2022 |
| Winter Holiday Break | 12/19/2022-01/02/2023 |

*Camps and lessons will be available during the above off dates.

Commitment:

Travel hockey is a large time and financial commitment. We expect our players to attend every practice and every game. Hockey is the ultimate team game requiring the commitment of each individual for the betterment of the entire group. While we understand and support our players participating in other sports and activities, we require clear and accurate communication if a player anticipates missing team events prior to accepting a roster spot. Tournaments and weekend overnight trips should consistently take priority over other sports and activities.

New for the 2022-2023 season we will be implementing a club-wide commitment policy. Missing a practice or off ice session without communicating with your coach will result in a one period suspension for the next game. Players who miss a game without communicating with their coach will sit the following game. Players who consistently miss practices and/or games for other sports or for their school teams will receive less in-game playing time compared to teammates who are regularly and consistently attending practices and games.

Practices U8:

- 40-50 weekday practices per season
- Two practices per week for 60-minutes
- Teams practice on Mondays and Wednesdays (5:20-6:20PM)

Practices U10-U12:

- 40-50 weekday practices per season
- Two practices per week for 80-minutes, 40 minutes of full-ice and 40-minutes of half-ice
- Teams practice on either Monday & Wednesday or Tuesday & Thursday
- One 40-minute off-ice session per week scheduled before or after on-ice practice.
- Each age level will have 5 power skating and skills clinics throughout the season

Practices U14-U18

- 40-50 weekday practices per season
- Two practices per week for 80-minutes, 40-minutes of full-ice and 40-minutes of half-ice
- Teams practice on either Monday & Wednesday or Tuesday & Thursday
- Two 40-minute off-ice sessions per week scheduled before or after on-ice practice through Winter Break.
- After Winter break, one 40-minute off-ice session per week plus one video review session per month.
- Each age level will have 5 power skating and skills clinics throughout the season

Games:

STJ travel teams play an average of 40-50 games per season. The travel hockey game schedule can be changed and updated throughout the season. Unless a weekend is communicated as off, families should plan to have games or practices each weekend.

Co-Ed Leagues:

All STJ Co-Ed travel hockey teams will participate as half-season members of the [Atlantic Hockey Federation](#) (AHF) and full season members of the [Chesapeake Bay Hockey League](#) (CBHL). The AHF season will consist of a total of 16 games (8 games played at two showcases and 8 additional loose games), while the CBHL season will consist of 16-20 league games. Both leagues have playoffs that take place late February and early March.

Girls Leagues:

STJ Girls Travel Teams 12U-16U will participate as full season members of the [Atlantic Girls Hockey Federation](#) (AGHF) as well as the [National Girls Hockey League](#) (NGHL). The AHF season will consist of 28 regular season games – 8 showcase games plus 16 loose home/away games and playoffs. The NGHL season will consist of three tournaments throughout the season plus playoffs. 10U Girls leagues will depend on the team commitment and skill level after evaluations.

Cost:

| Age Group (Co-ed & Girls) | Non-Member | Member | Non-Member Goalie | Member Goalie |
|---------------------------|------------|---------|-------------------|---------------|
| U8 | \$2,500 | \$2,000 | N/A | N/A |
| U10 | \$3,500 | \$2,800 | \$2,800 | \$2,240 |
| U12 | \$3,750 | \$3,000 | \$3,000 | \$2,400 |
| U14 | \$3,750 | \$3,000 | \$3,000 | \$2,400 |
| U16 | \$3,750 | \$3,000 | \$3,000 | \$2,400 |
| U18 | \$3,750 | \$3,000 | \$3,000 | \$2,400 |

*Only full-time goalies are eligible for the goalie discount.

*Payment plan information available below.

Player Travel Academy Fees Cover:

- 40-50 Weekday On-Ice Practices
- 40-50 Games + League Fees
- 20-25 Off-Ice Strength and Conditioning Sessions
- 5 Power Skating & Skills Clinics
- Practice Jerseys & Socks
- STJ Hockey Academy Training T-Shirt
- Professional Coaching and Pristine Facilities

Goalie Travel Academy Fees Cover:

- 40-50 Weekday On-Ice Practices
- 40-50 Games + League Fees
- 20-25 Off-Ice Strength and Conditioning Sessions
- 5 Goalie Clinics (held on the weekends, not Friday nights for 22-23)
- 3 Semi-Private Lessons with STJ Goalie Director Tanner Jones
- Practice Jersey
- STJ Hockey Academy Training T-Shirt
- Professional Goalie Coaching at Every Practice

Travel Academy Fees Do Not Cover:

- Game Jerseys, Game Socks, Shells (pricing listed under equipment cost section below)
- Tournament registration fees
- Tournament travel & hotels (for families and for team coaches)

Any added tournament expenses such as registration fees and coaches' travel are not included in the STJ Hockey Academy fees. These expenses are referred to as the team assessment fee and are collected by the team manager at the beginning of the season. Team assessment fees typically run between \$500 and \$650. Additional expenses from the travel academy price include hotels for your family during team travel and equipment costs described below.

At the conclusion of tryouts teams will be announced via email. Rostered players must make a non-refundable \$500 (\$400 for Members) deposit by Friday, May 6th, to accept and secure their roster spot. Families then have the option to pay the remainder of the academy fee in full by September 1st or in five monthly installments. Payment plan options must be selected upon paying the deposit and accepting a roster spot. Payments will be automatically deducted on the dates below based on the plan you choose.

Payment Plan Options:

Plan A: Paid in Full

| Total Non-Member | Deposit (5/6/22) | Payment #1 (9/1/22) |
|-------------------------|-------------------------|----------------------------|
| U8: \$2,500 | \$500 | \$2,000 |
| U10: \$3,500 | \$500 | \$3,000 |
| U12-U18: \$3,750 | \$500 | \$3,250 |

| Total Member | Deposit (5/6/22) | Payment #1 (9/1/22) |
|---------------------|-------------------------|----------------------------|
| U8: \$2,000 | \$400 | \$1,600 |
| U10: \$2,800 | \$400 | \$2,400 |
| U12-U18: \$3,000 | \$400 | \$2,600 |

| Total Non-Member Goalie | Deposit (5/6/22) | Payment #1 (9/1/22) |
|--------------------------------|-------------------------|----------------------------|
| U10: \$2,800 | \$500 | \$2,300 |
| U12-U18: \$3,000 | \$500 | \$2,500 |

| Total Member Goalie | Deposit (5/6/22) | Payment #1 (9/1/22) |
|----------------------------|-------------------------|----------------------------|
| U10: \$1,800 | \$400 | \$1,840 |
| U12-U18: \$2,400 | \$400 | \$2,000 |

Plan B: Six Payments

| Total Non-Member | Deposit (5/6/22) | Payment #1 (9/1/22) | Payment #2 (10/1/22) | Payment #3 (11/1/22) | Payment #4 (12/1/22) | Payment #5 (1/1/23) | Payment #6 (2/1/23) |
|-------------------------|-------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|
| U8: \$2,500 | \$500 | \$335 | \$333 | \$333 | \$333 | \$333 | \$333 |
| U10: \$3,500 | \$500 | \$500 | \$500 | \$500 | \$500 | \$500 | \$500 |
| U12-U18: \$3,750 | \$500 | \$545 | \$541 | \$541 | \$541 | \$541 | \$541 |

| Total Member | Deposit (5/6/22) | Payment #1 (9/1/22) | Payment #2 (10/1/22) | Payment #3 (11/1/22) | Payment #4 (12/1/22) | Payment #5 (1/1/23) | Payment #6 (2/1/23) |
|---------------------|-------------------------|----------------------------|-----------------------------|-----------------------------|-----------------------------|----------------------------|----------------------------|
| U8: \$2,000 | \$400 | \$270 | \$266 | \$266 | \$266 | \$266 | \$266 |

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|---------------------|-------|-------|-------|-------|-------|-------|-------|
| U10: \$2,800 | \$400 | \$400 | \$400 | \$400 | \$400 | \$400 | \$400 |
| U12-U16: \$3,000 | \$400 | \$435 | \$433 | \$433 | \$433 | \$433 | \$433 |

| Total Non-Member Goalie | Deposit (5/6/22) | Payment #1 (9/1/22) | Payment #2 (10/1/22) | Payment #3 (11/1/22) | Payment #4 (12/1/22) | Payment #5 (1/1/23) | Payment #6 (2/1/23) |
|-------------------------|------------------|---------------------|----------------------|----------------------|----------------------|---------------------|---------------------|
| U10: \$2800 | \$500 | \$385 | \$383 | \$383 | \$383 | \$383 | \$383 |
| U12-U18: \$3000 | \$500 | \$420 | \$416 | \$416 | \$416 | \$416 | \$416 |

| Total Member Goalie | Deposit (5/6/22) | Payment #1 (9/1/22) | Payment #2 (10/1/22) | Payment #3 (11/1/22) | Payment #4 (12/1/22) | Payment #5 (1/1/23) | Payment #6 (2/1/23) |
|---------------------|------------------|---------------------|----------------------|----------------------|----------------------|---------------------|---------------------|
| U10: \$2,240 | \$400 | \$310 | \$306 | \$306 | \$306 | \$306 | \$306 |
| U12-U16: \$2,400 | \$400 | \$335 | \$333 | \$333 | \$333 | \$333 | \$333 |

Equipment Ordering & Cost:

STJ works with BSN Sports to fully equip our travel academy. The BSN MyTeam store will be open ONE time for required equipment and orders take 8 to 10 weeks to be processed and delivered. **Required equipment must be purchased during our June MyTeam store.** We highly recommend only ordering jerseys if your player is new to STJ or if their current STJ jersey does not fit.

PureHockey team stores will open once in June and once again in October to ensure holiday gifts arrive on time Membership discounts **cannot** be applied to equipment costs.

We encourage families to use our STJ Hockey Facebook group to trade or sell used STJ gear or hockey equipment. Items such as game socks, shells, helmets, gloves, skates and even old jerseys can be reused when players grow out of their equipment.

| Required Equipment (can be used for multiple seasons): | |
|---|---------|
| White Home Game Jersey | \$145 |
| Navy Away Game Jersey | \$145 |
| White Home Game Socks | \$35 |
| Navy Away Game Socks | \$35 |
| STJ Game Shell | \$45 |
| STJ Bauer Track Suit Jacket | \$77.50 |
| STJ Bauer Track Suit Pants | \$66.50 |
| Navy Gloves and Helmets Required | |

| Optional Equipment (can be used for multiple seasons): | |
|---|---------|
| STJ Hockey Bag | \$90.00 |
| STJ Jersey Bag | \$56.75 |
| STJ Team Backpack | \$45.00 |

STJ Logo:

The STJ Logo may not be used for gear or apparel without approval from The St. James.

Parent Volunteers:

The St. James Hockey Academy requests volunteers for the following positions for each team each season:

- Team Manager
- Penalty Box Attendants
- Score Clock Operators
- Locker Room Monitors
- Social Coordinator
- Photographer
- Videographer

- Statistician