

Express Spring Hockey Programs

Express Spring Hockey focuses on developing minor hockey players' core skills, team tactics and understanding of the game of hockey in a fun yet intensive team atmosphere. Players are able to acquire the skill development they need and lacked during the winter season. All practices will offer a balance of up-tempo training drills to improve execution at game simulated high speeds, along with team and individual skill & tactical development. Express Spring Hockey is offered to all players born in 2004, 2003, 2002 and 2001 (IP, Novice, and Atom).

Players are selected based on their ability, work ethic, determination and desire to learn. The number of players per team will vary from 12-17. We will not compromise the calibre of play for the sake of a full roster. Express Hockey focuses on quality not quantity. Teams will participate in tournaments & exhibition games. Opposition and location of games & tournaments will be determined by Express Hockey.

All players will be required to attend evaluation clinics in November/December. These sessions will be conducted by Express staff and are necessary in order determine rosters and teams.

Each division will consist of 2 teams – **Express AAA Elite & Express AAA Development.**

Express AAA Elite

The objective of the Express Elite Spring Program is to provide players the opportunity to compete at the highest level of play against other top-calibre players from the Atlantic Provinces. Our goal is give players the skills & opportunity to progress to their next level of play. This is accomplished by bringing together a group of advanced players under the direction of highly qualified instructors. Teams will participate in tournaments in the United States, Ontario and/or Quebec.

Express AAA Development

Players selected for the Express AAA program must demonstrate determination, desire to learn, work ethic and ability. The objective of the on-ice training will be to further develop the skill set of each individual player and to improve skating and conditioning. The team will play at a degree of competition during the spring that will surpass their typical in season play and challenge them to participate at their next level. Teams will participate in tournaments in Atlantic Canada.