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# WELCOME!

We're so excited you've chosen us as the place for your child to grow in their hockey career. We are the Rochester Jr. Americans, the area's largest youth hockey organization. We provide exceptional instruction and competitive opportunities for boys and girls at every age and skill level. Our goal is not just to create great hockey players, but also great kids. We want to maximize the potential of every Jr. Amerks player who steps on the ice.

## WE LOVE HOCKEY

Hockey develops skills on the ice that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes other important qualities like confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

## HOCKEY IS FOR EVERYONE

The Rochester Jr. Americans are dedicated to providing a welcoming place for every boy and girl, regardless of age or skill level. Our large size allows us to field teams for all ages and abilities, and we welcome kids from across the region. As kids get older and their skills develop, our wide array of teams ensures they can continue in the organization and compete at whatever level they're ready for.

To support our mission of accessibility and growth, we operate as a not-for-profit and aim to make hockey affordable for all families. The fees we collect directly support our programs and our players. We offer several need-based scholarships each season to help families cover their Jr. Amerks hockey fees.







# WE'RE DEDICATED TO PLAYER DEVELOPMENT

## OPPORTUNITIES TO EXCEL

The Rochester Jr. Americans are committed to maximizing the potential of every player, regardless of age, team or skill level. Our training program focuses on skating, agility, puck control, shooting and passing. Creativity and hockey sense are developed through fun drills that mimic real game situations. We prioritize player development over winning, as strong individual skills lead to team success.

No matter where a player is in their hockey development, our programs help them reach their full potential in a fun and welcoming environment. Every Jr. Amerks player, from our House teams to Tier I (AAA) teams, follow a specific skill development plan tailored to their age and level of play.

## TIER I USA HOCKEY

As a Tier I USA Hockey organization, our advanced players compete at the highest level. Jr. Amerks players have access to top-tier development camps and state and national championships. These programs provide elite training and exposure to junior, college, and professional scouts and coaches.

## PROVEN METHODOLOGY

### SKATING

Speed, acceleration, agility and power benefit forwards, defense and goaltenders alike.

### PUCK CONTROL

Stickhandling, vision, balance, agility, puck protection, patience, stick control, and confidence.

### PASSING

Accuracy, timing, vision, and communication with teammates.

### SHOOTING

Accuracy, power, quick release, and proper technique.

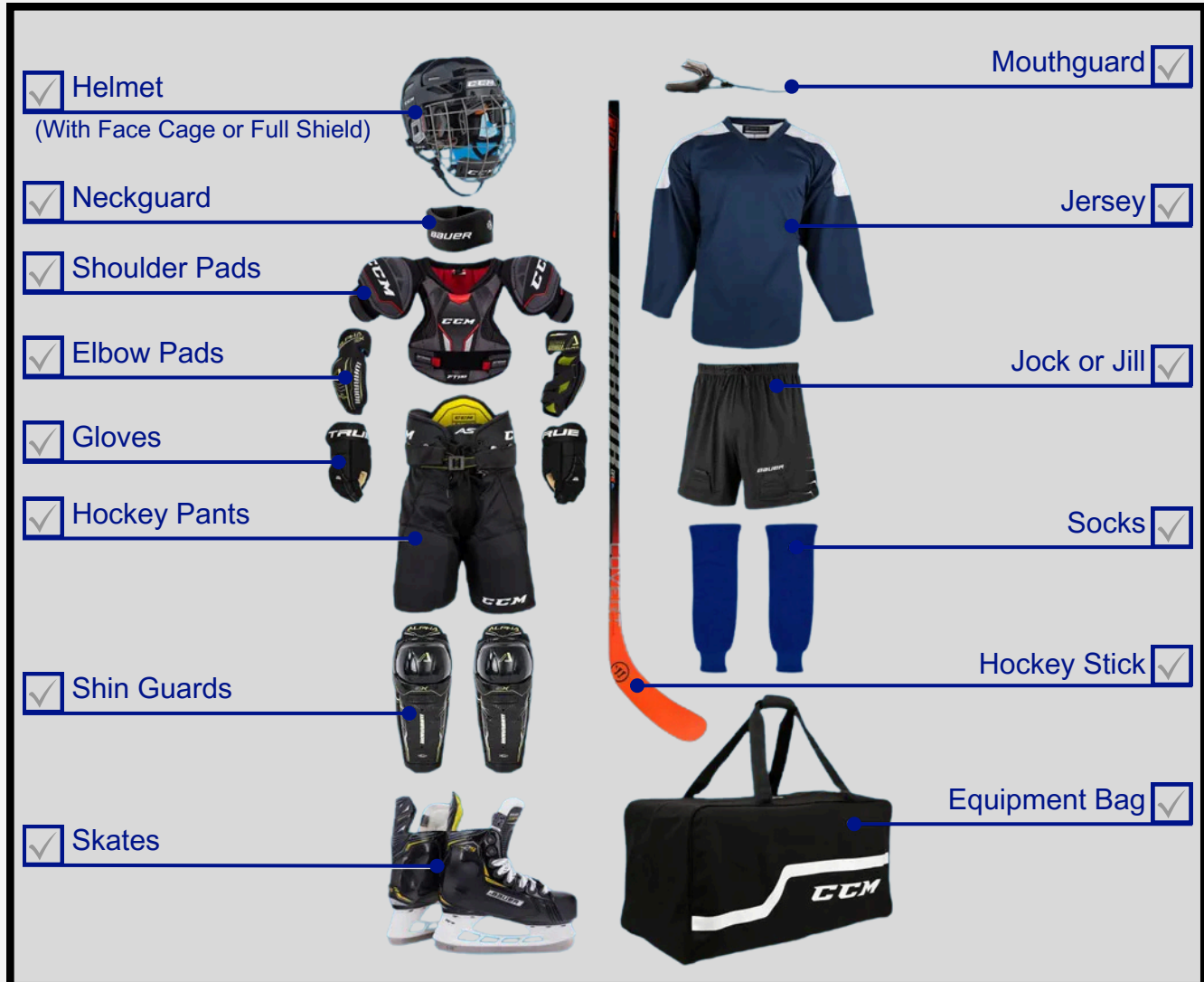
### COMPETE LEVEL

Determination, physicality, resilience, and a strong will to win every puck battle.

### HOCKEY IQ

Strong decision-making, situational awareness, understanding of the game's nuances, and the ability to anticipate plays and read the ice effectively.

# HOCKEY EQUIPMENT



The Jr. Amerks, in partnership with Hockey Buddies, have a Used Equipment Store that's designed to make hockey more accessible and affordable to everyone in the Jr. Amerks community. It's also a great resource for families looking to replace some worn-out or outgrown items in their player's hockey bag.

We offer a wide range of used hockey gear at heavily discounted prices. Prices range from approximately \$5 to \$15, with the exception of goalie equipment that is priced as marked. For those in need, equipment can be provided at no cost thanks to our partnership with Hockey Buddies. We have everything from skates and shin pads, to helmets and gloves. We do not have sticks or apparel.





# OUR HOCKEY PROGRAMS

## Beginner Programs

### Intro-to-Hockey (4-6)

Our Intro-to-Hockey program is a fun, beginner-friendly option for kids ages 4 to 6 who are just getting started. Players learn basic skating and small-area gameplay in a supportive environment. After completing Level 1, most players move on to Level 2 the following season, where they continue building skills and take part in cross-ice jamborees. At the end of the season, coaches provide guidance on next steps. The program runs in the fall and winter with two sessions each week.



### 8U Mites (6-8)

After completing Intro to Hockey Level 2, players enter the 8U Mite Program, where they begin competitive play. Designed for skill development in a fun and competitive setting, this program includes practices, games, tournaments and team events. Players start with cross-ice games and transition to full-ice play. The season runs through the fall and winter, with two practices per week, plus weekend games and tournaments.

Our 8U program follows USA Hockey's ADM model, grouping players into Red, White and Blue teams based on skill level and development.

### Ages 9-16: Overage Beginners

This unique program offers older kids the chance to learn hockey and build skills in a supportive environment. No prior hockey experience is needed to join Overage Beginners. Graduates move on to Jr. Amerks Travel, House or Girls' programs.



# OUR HOCKEY PROGRAMS

## Travel, House and Girls Hockey:

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### Travel Hockey (Ages 9U-18U):

The Jr. Amerks Travel Program fields multiple teams for both boys and girls at every age level, competing at the highest tiers of youth hockey. Our Tier I teams are eligible for structured development and a competitive environment that fosters growth and advancement.

#### **AAA:**

Advanced training and competition, playing against top teams nationwide. Our Tier I Teams are eligible for USA Hockey state and national championships.

#### **AA:**

High-level regional competition with structured development leading to AAA play.

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### House Hockey (Ages 10U-18U):

The Jr. Amerks House Program offers a full season of play against local competition, providing every player a place to play and an opportunity to succeed. Dedicated to development, we support all skill levels, helping players grow their confidence and skills on the ice while having fun.

### Girls Hockey (Ages 10U-19U):

For the first time, 10U players can join an all-girls team, allowing them to grow in a competitive and supportive environment. Girls teams follow a travel hockey schedule with Tier I and Tier II competition, offering a structured path for player development and opportunities to advance to college hockey.







# BOARD OF DIRECTORS

The Rochester Jr. Americans is a nonprofit 501(c)(3) organization run by a volunteer board of directors made up entirely of hockey parents. We're passionate about the game and committed to creating the best possible experience for every player and family in our community.

## HOCKEY OPERATIONS COMMITTEE

- **ROBYN MACBRIDE**  
President
- **FRANCOIS METHOT**  
General Manager
- **MIKE NAPIERALSKI**  
Travel Director (13-18U Travel)
- **RYAN GAGE**  
Travel Director (9U-12U Travel)
- **SCOTT MCDONALD**  
Girls Program Director
- **LYNN MCCLENIN**  
House Program Director
- **PAT CURRAN**  
8U Mite Program Director

## BUSINESS OPERATIONS COMMITTEE

- **ROBYN MACBRIDE**  
President
- **KIRA ALLEN**  
Accounts Receivable
- **EMILY CROWLEY**  
Legal Advisor
- **CHRIS O'DONNELL**  
Member at Large
- **JULIE NAPIERALSKI**  
Communications Director
- **NEDRA MILLER**  
Registrar & Secretary
- **KENT STAUFFER**  
Treasurer
- **SCOTT VADNEY**  
Awards Coordinator
- **BILL YUDICHAK**  
Webmaster