



ROCHESTER JR. AMERICANS

What's Next for Your Player

For over 30 years, the Rochester Jr. Americans have been part of the region's vibrant hockey community. We're committed to helping kids of all ages and skill levels develop a passion for the game that will last a lifetime. Whether your child is just starting out or looking to advance their skills, we have a program that will help them grow both on and off the ice.

This overview is designed to help you understand what's next for your player as they progress through our Jr. Amerks programs. From continuing their development to moving into more competitive play, this guide will help you determine the best path forward.

Intro-to-Hockey (4-6)

Most players who complete Intro to Hockey Level 1 will advance to Level 2 next season where they will continue developing fundamental skills and start to play games. Intro to Hockey Level 2 includes cross-ice jamborees throughout the season to prepare players for 8U mites. Coaches will evaluate players at the end of the season and recommend the best next step for your child.

8U Mites (6-8)

After completing Intro to Hockey Level 2, most players enter our 8U mite program for their first full season of competitive play. Designed for kids to develop their skills in a fun and competitive setting, this program includes practices, games, tournaments and team events. Teams 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.

Following USA Hockey's ADM model, players are grouped into Red, White and Blue teams based on skill level and development. These evaluations are held in the spring for 8U mite players

Red Team (Advanced Players): Higher-commitment team playing full-ice games from the start with a travel-like schedule and competitive tournaments.

White & Blue Teams: Most players are placed on these teams. Blue teams are geared toward beginning 8U players, and White teams include more second-year players. The schedule includes league play that starts with cross-ice games. Teams make a gradual move to full-ice play as players develop their skills.



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Our 10U-19U Programs

Players who are 9 years old move on from 8U mites to participate in our House, Travel or Girls Hockey Program. The Jr. Amerks have a spot for every kid who wants to play hockey. Our programs vary depending on your family's desired commitment to hockey and your player's level of skill. All of our programs offer a fun, competitive experience with a focus on helping your player reach their full potential.

House Hockey (Ages 10U-18U)

The Jr. Amerks House Program offers a full season of play against local competition. Open to all skill levels, our House program helps players grow their confidence and skills on the ice while having fun.

Travel Hockey (Ages 9U-18U)

The Jr. Amerks Travel Program offers players a higher level of competition and travel to games and tournaments outside of the region. Our teams follow a structured development program in a competitive environment that fosters growth and advancement.

AAA: As a Tier I organization, our top teams receive advanced training and access to elite competition to play against national competition. Our AAA teams are eligible for USA Hockey state and national championships.

AA: Our AA teams follow the same structured development program and face high-level competition through more regional league play. Our AA program offers a path to AAA play as players advance their skills.

Girls Hockey (Ages 10U-19U)

Our Girls teams follow a travel hockey schedule and compete against teams at both the Tier I and Tier II levels, making them eligible for USA Hockey state and national championships. The program follows a development plan to help girls advance to college hockey and beyond while allowing them to grow in a competitive and supportive environment.

NEXT STEPS

The Jr. Amerks have a team for every kid who wants to play hockey. Our goal is to help young players build skills, confidence, and a passion for the game that will last a lifetime. Scan the QR code to contact us and learn more about our programs!

Contact Information

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