

Ascend Elite

Spring Development Team
2011/12
Start of April - End of May
2026



The Philosophy.

At Ascend, development comes before results, always.

We believe elite hockey players are built through intentional training, strong habits, and high standards, not shortcuts or hype. Every rep has purpose. Every drill teaches a transferable skill. Every environment is designed to push players while supporting their growth as athletes and people.

Ascend focuses on long-term development over short-term wins. We train players to think the game, compete under pressure, and execute skills at full speed, because that's what translates to real success at higher levels.

We coach with clarity, honesty, and accountability. Players are challenged, not coddled. Mistakes are expected, learning is demanded, and effort is non-negotiable. We teach players *why* they do things, not just *how*.

Our goal is simple:

to help players build confidence through preparation, develop elite habits, and continuously raise their standard.

Ascend isn't about where you are
it's about where you're going.

Ascend. Your. Game.

The Program.

This is an ideal opportunity for committed athletes looking to develop, compete, and prepare for the upcoming season in a high-standard environment.

Program Highlights

- 16+ Development Ice Sessions*
- Weekly Dryland Training
- Bi-Weekly Player Evaluation Forms
 - Individual feedback on skills, habits, and compete level (Parent Meetings by Request)
- 5+ Exhibition Games*
- Two High-Level Tournaments
 - Stampede Challenge
 - One Local Event
- Elite-Level Coaching

Staff

- Tailored Player Development Focus
- Full Team Gear Package
 - Jersey, socks, pant shells
 - Ascend merchandise

*Subject to scheduling and league availability

The Check-Ins.

Every two weeks, players will receive a fully customized evaluation form assessing key areas of their game. These check-ins are designed to track progress over the course of the program, highlight areas of improvement, and identify what each player should continue to focus on.

Evaluations provide clear, actionable feedback on skills, habits, and overall development to ensure players are progressing with purpose.

Ascend is fully open to meeting with parents and players to discuss evaluations, share observations, and gather feedback on practices or the program as a whole. Open communication is a priority, and families are encouraged to reach out at any time to schedule a meeting.

Skill / Characteristics	Score 0 (Low) - 5 (High)
Skating	Score
Forward	
Backwards	
Endurance	
Speed	
Balance / Agility	
Total Skating	0
Skill Techniques	
Shooting (accuracy/Power)	
Puck Control	
Passing / Receiving	
Total Skill Techniques	0
General Attributes	
Game Awareness	
Physical Contact (Checking, Bumping & Grinding)	
Competitiveness / Aggressiveness	
Coachability	
Total General Attributes	0
Offensive Traits	
Scoring Ability	
Positional Play	
Forechecking awareness / Net Drive	
Total Offensive Traits	0
Defensive Traits	
In-Zone Coverage	
Positional Play	
Back-Checking Ability	
Total Defensive Traits	0
Goalie Attributes (If Applicable)	
Positional Play In The Net	
Agility / Speed On Skates	
Awareness On Ice	
Ability to Block Shots / Redirect / Cover	
Ability to play the puck (Pass / Behind the nets)	
Total Goalie Attributes	0
Total Score	0
Divided By # Of Scores Given	
Final Rating	

The Schedule.

On-Ice Development

- Friday and Sunday Evenings in May
- Sunday Mornings in April; Friday Evenings Expected

Dryland (April + May)

- Dryland will be mainly on Wednesdays, dependant on exhibition game schedule

Games (April + May)

- Exhibition games will be played against teams of similar level, on either Wednesdays
- Tournaments. We have entered the Stampede Challenge (May 29-31). We will enter another Weekend Event (April TBD)

The Tournaments.

Stampede Challenge (May 29-31, Confirmed)

The Stampede Challenge is a high-level local spring tournament that brings together top programs from across the region. The event provides a competitive, fast-paced environment where players are challenged to apply their skills, decision-making, and habits developed in practice.

For Ascend athletes, the Stampede Challenge serves as a key development checkpoint, allowing players to compete against strong opposition, build chemistry as a group, and prepare for the demands of the upcoming season.

4 Games Guarantee

2 Game Playoff (Top 4 teams*)

2nd Tournament (April, TBD): Another Highly Competitive Tournament, either a Local or Travel Tournament. Interest for travel will be gauged.

TOURNAMENT FORMAT

 Team-Entry

 Male Event

 Female Event

300+ Teams

14 Age Groups

25+ Divisions

 **12-12-12 STOP-TIME GAMES** (2018 & younger)

 **15-15-20 STOP-TIME GAMES** (2017 & older)

ROUND-ROBIN (RR) FORMAT

- 4 Games Guaranteed (2 per day)
- Games start at 7:30 am on Day 1

PLAYOFF FORMAT (SUNDAY)

- 2 Games Guaranteed for the top four teams in a division
- Consolation Games for non-playoff teams (*subject to ice availability*)
- Last Games end by 5:30 pm

WELCOME GIFT BAG & SWAG FOR ALL PLAYERS

HARDEST WORKING PLAYER (HWP) AWARDS

- Included in Team Welcome at check-in
- Selected post-game by Coaching Staff (*round robin games only*)

PREMIER AWARDS FOR GOLD, SILVER, BRONZE & FINALIST

PLAYER AND GOALIE STAT TRACKING

- Available Online and through the Event App

-- PAGE 1 --

The Rest.

To ensure quality development and competitive balance, roster sizes will be capped at 9 forwards and 6 defenseman. This structure allows for increased ice time, more meaningful reps, and consistent opportunities for players to apply what is taught in practice.

As roster spaces are limited, if you are interested please register soon! You can do this by emailing ascendelitehockey@gmail.com or through this link

<https://docs.google.com/forms/d/e/1FAIpQLSdOhzOWLj4PVf7s0DkSAmtGZlC5wZ3mWmcRUV3GYw3Auvr-UQ/viewform?usp=header>

This is an Elite Level Program

Total cost for this program is \$1500. A \$400 deposit is required to confirm your spot. Payment details will be provided upon confirmation of your spot.

We look forward to hearing from you!