

Hello RoughRider Families,

You are receiving this email because you had marked “interested in learning more about RRHC Travel Hockey” in our Travel Hockey Interest survey.

We would like to cordially invite you to a travel hockey zoom call hosted by our Executive Director, Dustin Timm, Assistant Director, Jeff Stack, and several other coaches and leadership members within RoughRiders Hockey Club (RRHC).

RRHC Travel Hockey Informational Zoom

Time:

June 14, 2023 @ 7:30 PM Central Time (US and Canada)

Join Zoom Meeting:

<https://us06web.zoom.us/j/6415556893?pwd=V3Y2TWY4RzN3Smp0TTdiclZuWGJGUT09>

Meeting ID:

641 555 6893

Passcode:

RIDERS

RoughRiders Hockey Club (RRHC) Core Values

Create Leaders Today for Tomorrow

RRHC aims to create a culture of leaders and doers within our players, coaches, families, and volunteers.

Just Last year we had:

- 80.5% of our high school players earned All-League Academic Honors.
- We had 14,024 volunteer opportunities filled.
- Over 10,044 hours coached.

Long Term Athlete Development

RRHC follows USA Hockey’s American Development Model which emphasizes age specific and appropriate training. Through our on-ice and off-ice practices for all age groups, we work to center our development around the athlete, working to give them the tools they need to be active for life and develop a long-term love for the sport. We encourage our athletes to play multiple sports as early specialization can lead to athlete burnout and fatigue.

Retention

Creating an environment that our players, coaches, and volunteers all want to come back to again is a huge focus of our club. Our player retention is currently 95.6% whereas the national average as reported by USA Hockey is at 60.5%. We have been able to retain our staff and coaches as well with our average coach having 4.8 years of experience with the club. We believe the culture we all work to create within our club is the driving force in why we can retain our players, coaches, and volunteers year after year.

Community Inclusion

RRHC aims to be a pillar of the Cedar Rapids community. We hold 5 Try Hockey for Free events a year averaging 384 players per year being introduced to the sport we all love. Our Travel Hockey Program has grown from 72 players in 2017-18 to 138 players in 2022-23. This upcoming season we plan on having 3 full Girls Hockey teams. Along with our efforts to reach out to the community and grow hockey in Cedar Rapids, we also give back. This next season we plan on having each travel team participate in 2 philanthropic events throughout the year, giving back to the community.

General Question & Answers

Q: What is the goal of travel hockey?

A: To create an environment where your player's love for the game continues to grow and wants to play and come back to the rink tomorrow by giving them the hockey and life skills needed to succeed as a person.

Q: What is the goal of RoughRiders Hockey Club?

A: To have a team and program for every type of player regardless of skill or socioeconomic status.

Q: Are there scholarships or financial assistance?

A: Yes, RRHC has a scholarship program. Players that are on scholarships are asked to give back time volunteering in return.

Q: Are there cuts? What if my player isn't good enough?

A: There are typically cuts only at high school level. RRHC has only cut youth players in extreme situations. We believe that the best overall development of a player is through travel hockey just based on the number of times they are on the ice during a season.

Q: What are some aspects we should think about as parents when making the decision?

A: Travel hockey provides a great opportunity to be a part of a team, and with that comes some lifelong relationships for your player and you as a parent as well.

More importantly, does your player enjoy and want to play more hockey? If they want to be at the rink more and around other hockey players, then the time and money commitment is worth the sacrifice.

Q: What does a typical week of practice look like?

8U & 10U will have Monday RYHL or team practice, and additional one or two more team practices between Tuesday through Thursday. 12U through 14U have team practices three times per week varying between an hour and an hour and a half time slot with additional off-ice training.

Q: What are some additional costs of travel hockey?

A: Uniforms typically cost about \$150 and we change jersey designs every 3-4 years. Travel hockey players are also required to have their RRHC track suits (pre-game attire), and any other workout attire they desire. Tracksuits, shorts, and shirt average \$150 and bought on an as needed basis.

Q: What is the difference in player development and coaching?

A: IP & RYHL average 2 ice touches per week for a total average of 52 touches if all sessions are done, whereas travel hockey averages 65+ touches just in season. IP coaching is individual skills based whereas travel hockey has more of a team skills-based development model.

Q: What is the club's player retention look like in travel hockey?

A: RRHC has a 95.5% overall retention rate throughout travel hockey. The national average is 60.5%.

Q: What is the length of a typical travel hockey season?

A: Tryouts are in late August early September with practices commencing in the first week of October and ending the 2nd weekend of March with a final tournament.

Q: What does a typical travel tournament weekend look like?

A: 8U are normally only Saturday and Sunday tournaments, but families do travel on Friday night depending on location and Saturday's game time. An average weekend, however, would consist of leaving around 1pm and arriving around 5pm at location for the first game of the weekend. The team would have 2 games on Saturday with team meetings/building activities, and finish on Sunday morning.

Q: Are there different equipment needs for RYHL/IP and Travel?

A: No. The only difference is the frequency of skate sharpening would increase.

Q: What is the difference between RYHL and Travel Hockey?

A: Travel hockey is a full team and thus your player has an opportunity to create better relationships and bonds with players. Furthermore, parents also have an opportunity to build closer connections with each other creating a very familial culture.

Q: My player is a multi-sport athlete does that affect them?

A: RRHC and USA Hockey believe that multi-sport hockey players are extremely important. Firstly, hockey is a dynamic sport that requires eye-hand-feet coordination and that is developed through playing many sports. Furthermore, a multi-sport athlete is less likely to burn out and quit the game of hockey.

Q: What is off-ice and the goal?

A: Off-Ice training consists of several aspects: team building activities, motor skills development, compete, and hockey skills. The goal is to create life-long training and activity habits.

Season Information

8U – 2015 Birth Years and younger – No tryouts

- 40-45 On-Ice Practices/RYHL Days
- 1 Off-Ice Practice per Week
- 20-25 Travel Hockey Games
 - 3-4 travel tournaments
 - Dubuque, Iowa City, Ames, Des Moines, Mason City
 - 9-12 hotel nights
 - 1 home tournament
 - 4-8 regular season games
- Registration Fee: \$250
 - EARLY BIRD REGISTRATION FEE: June 28 thru July 21 - \$250
 - REGULAR REGISTRATION FEE: July 22 thru August 11 - \$350
 - LATE REGISTRATION FEE: August 12 thru August 25 - \$450
 - Registration Closes August 26
- Tuition: \$900
 - 4 Equal Payments Plan
 - September 15, 2023
 - October 20, 2023
 - December 1, 2023
 - January 12, 2023

10U – 2014-2013 Birth Years – Tryouts: August 29th-31st 5:30-6:45pm

- 55-65 On-Ice Practices/RYHL Days
- 1 Off-Ice Practices per Week
- 24-28 Travel Hockey Games
 - 4 travel tournaments
 - St. Louis, Chicago, Des Moines, Mason City, Kansas City, Omaha
 - 12 hotel nights
 - 1-2 home tournaments
 - 4-8 regular season games in the Mid-West Youth League
- Registration Fee: \$250
 - EARLY BIRD REGISTRATION FEE: June 28 thru July 21 - \$250
 - REGULAR REGISTRATION FEE: July 22 thru August 11 - \$350
 - LATE REGISTRATION FEE: August 12 thru August 25 - \$450
 - Registration Closes August 26
- Tuition: \$1,550
 - 4 Equal Payments Plan
 - September 15, 2023
 - October 20, 2023
 - December 1, 2023
 - January 12, 2023

12U – 2012-2011 Birth Years – Tryouts: September 5th-7th 5:30-6:45pm

- 60-70 On-Ice Practices
- 2 Off-Ice Practices per Week
- 28-35 Travel Hockey Games
 - 4-5 travel tournaments
 - St. Louis, Chicago, Des Moines, Mason City, Kansas City, Omaha
 - 12-15 hotel nights
 - 1-2 home tournaments
 - 5-10 regular season games in the Mid-West Youth League
- Registration Fee
 - EARLY BIRD REGISTRATION FEE: June 28 thru July 21 - \$250
 - REGULAR REGISTRATION FEE: July 22 thru August 11 - \$350
 - LATE REGISTRATION FEE: August 12 thru August 25 - \$450
 - Registration Closes August 26
- Tuition: \$1,625
 - 4 Equal Payments Plan
 - September 15, 2023
 - October 20, 2023
 - December 1, 2023
 - January 12, 2023

14U – 2010-2009 Birth Years – Tryouts: August 29th-31st 7:15-8:45pm

- 65-75 On-Ice Practices
- 3 Off-Ice Practices per Week
- 35-43 Travel Hockey Games
 - 5 travel tournaments
 - St. Louis, Chicago, Des Moines, Mason City, Kansas City, Omaha
 - 15 hotel nights
 - 1-2 home tournaments
 - 5-10 regular season games in the Mid-West Youth League
- Registration Fee: \$250
 - EARLY BIRD REGISTRATION FEE: June 28 thru July 21 - \$250
 - REGULAR REGISTRATION FEE: July 22 thru August 11 - \$350
 - LATE REGISTRATION FEE: August 12 thru August 25 - \$450
 - Registration Closes August 26
- Tuition: \$1,700
 - 4 Equal Payments Plan
 - September 15, 2023
 - October 20, 2023
 - December 1, 2023
 - January 12, 2023

High School – All players in High School – Tryouts: September 5th-7th 7:15-8:45pm

- 80-90 On-Ice Practices
- 3 Off-Ice Practices per Week
- 32-36 Games
 - 32 Mid-West High School League Games

- o 2-6 Pre-Season Games
 - o 4-5 Over night and/or bus trips
- Registration Fee: \$250
 - o EARLY BIRD REGISTRATION FEE: June 28 thru July 21 - \$250
 - o REGULAR REGISTRATION FEE: July 22 thru August 11 - \$350
 - o LATE REGISTRATION FEE: August 12 thru August 25 - \$450
 - o Registration Closes August 26
- Tuition: \$3,650
 - o Includes all bus, food, and hotel travel costs for players when team travels together
 - o 4 Equal Payments Plan
 - September 15, 2023
 - October 20, 2023
 - December 1, 2023
 - January 12, 2023
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