**WHY PLAY ‘AAA’ HOCKEY?**

**‘AAA’ hockey teams consist of a team of players who excel at hockey and make it possible for your child to learn and grow with players of similar abilities.  Our purpose is to further develop and refine the hockey skills of your son or daughter to their fullest potential.  Every player is expected to contribute and play as a team member.  ‘AAA’ hockey is much faster, harder hitting and played with greater intensity than home center hockey.  With 15 skaters of similar strengths, the potential is there for more play making and team passing – a more exciting game! We believe that your child will improve and develop their hockey skills faster and better than if they played at any other level of hockey. Ask other parents and players who’ve been involved to share their “AAA” experience.**

**Parent/Player Frequently Asked Questions**

**WHAT ARE THE COSTS TO PLAY ‘AAA’ HOCKEY?**

* **REGISTRATION** for the 2015-2016 season is $2,350.00. $550 is due on card signing day and the remaining balance($1,800 is payable in 3 monthly installments of $600 (post-dated cheques for Sept 1 , Oct 1 and Nov 1 payable to Lambton AAA). There are no admission fees to regular season or playoff games.

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| Player Fees: what does the player get for their $2,350? | |  |  |
|  |  |  |  |
| Practice Time ( 2 /wk, mid Aug to mid March) |  |  |  |
| 60 sessions x 1.5 hrs | 90.0 |  |  |
| Approximately 45 games (reg + playoff) | 67.5 |  |  |
| AAA Skill session Development Sessions | 9.0 |  |  |
| AAA High Performance Hockey Camp |  |  |  |
| 7.5 hours on ice | 7.5 | 174.0 | $2,195 |
|  |  |  |  |
| Baseline Fitness Testing | 2.0 |  |  |
| AAA High Performance Hockey Camp |  |  |  |
| 5 hours of dryland conditioning | 5.0 | 7.0 | 20 |
|  |  |  |  |
| Player Development (excluding ice fees) |  |  | 200 |
| Development of highly skilled, motivated & qualified coaching staffs - priceless! | | | 250 |
| Flex Pack Ticket Package |  |  | 190 |
| Referees |  |  | 140 |
| Equipment & Supplies (jerseys, pucks, socks, 1st aid, …) | |  | 245 |
| Raffle |  |  | 120 |
| Professional Services & Banking Fees |  |  | 105 |
| Insurance Coverage & Hockey Canada Registration | |  | 65 |
| Alliance Costs |  |  | 70 |
| Pictures, Year End Banquet |  |  | 60 |
| Baseline Concussion Test |  |  | 25 |
| **Total Value** |  |  | **$3,600** |

* **TRYOUTS** - Try out fees are $80. Every player shall attend the first two tryouts. Following this, coaches will begin making their selections and updated Tryout Rosters will be posted on the website under each individual team’s home page.
* **ADDITIONAL COSTS**

**AAA –** Lambton AAA has a couple of fundraisers that each player must participate in. There is an Elimination draw (50 tickets@ $5 = $250), Jersey sponsorship (2 @ $100 = $200) and $400 in year book advertisements.

**TEAM** - A team budget is set and approved by each team to cover tournaments, equipment, ice time, team events, etc …

Players can recoup part or all of the additional costs by securing sponsors and/or fundraising.

* **EQUIPMENT –** Lambton AAA will provide each team with a set of home and away sweaters for the season and socks which are the players to keep. It is mandatory that each player wear black pants and black helmets. Lambton AAA approved pant shells are available but are purchased at the discretion of individual teams and, if approved, would be included in the team budget. Goalies may wear their current moulded headgear regardless of colour.
* **DRESS CODE -** Each team implements a dress code for all games and Sting functions. A team may wish to purchase coats, wind suits, hats, etc with the approved Sting logo with the cost being the responsibility of each player.
* **TOURNAMENTS -** Each team may participate in up to 4 tournaments/exhibition weekends during regular season. Entry fees for tournaments range from $900.00 to $1,700.00 and are the responsibility of the team. Admission fees for tournaments range from no fee to $25.00 per person per weekend. All travel costs are the responsibility of the individual parents/players.
* **NON PARENT HEAD COACH EXPENSES -** Each team with a non-parent Head Coach reimburses the non-parent Head Coach one room per night per tournament and a meal and gas allowance/reimbursement provided that the majority of the team is staying at the hotel

**HOW MANY GAMES AND PRACTICES CAN BE EXPECTED DURING THE SEASON?**

The season is comprised of approximately 32 regular games, starting early September and finishes in January/February depending on the age. Play-offs extend into March. On average, each week a team will have a home and away game, as well as 1-2 practices. Including league, tournament and exhibition games, teams play anywhere from 70-80 games throughout the season.

**WHAT OTHER TEAMS DO THE STING PLAY AGAINST?**

The STING play in the West Division, Pavilion League of the Minor Hockey Alliance of Ontario, along with Chatham, Elgin, Windsor, Sun County and London in the West and Kitchener, Waterloo, Hamilton, Brantford, Cambridge, and Huron Perth in the East.

**What LAMBTON AAA Offers**

**REGISTRATION**: The Lambton Junior Sting have created and maintained one of the most affordable AAA Hockey Program in Ontario. We have taken great pride in this fact. The Sting also provide an opportunity for every Sting Family to generate fundraising revenue to cover much of the organizational costs if they wish to do so. Paying for Sting Hockey is also flexible. Registration can be paid either in full or in the form of monthly payments four (4) post-dated cheques.

Your registration fee provides you with the following Sting Hockey Program:

**Top Quality Coaching OHF Certified Goalie Consultants to work with every team   
Eight 90 minute practices each month  
Elite Fitness & Nutrition Program  
30-32 League Games  
6-20 Post Season games  
No Gate Fees  
Two pairs of Game Socks  
Individual & Team Photos  
Insurance  
Alliance/Hockey Canada Fees  
Hardworking & Committed Executive Development Program with Positional Experts (Defense,Goalies,Forwards) August AAA High Performance Hockey Camp (7.5 on-ice and dryland session)**

**FUNDRAISING:** The Lambton Junior Sting gives families the opportunity to recover much of organizational costs through optional fundraising activities. It is a facet of our program that we take great pride in as “AAA” hockey should be available to everyone.

**EQUIPMENT:** Sting game sweaters, and game socks will be provided by the organization. **Black helmets and Pants are mandatory**. We also recommend that your next purchase of hockey gloves be Black. The only exception will be goaltenders' equipment.

**CLOTHING:** Sting branded clothing and Sting branded products are proudly worn or used by our players and their families.

**FITNESS, NUTRITION & OFF-ICE CONDITIONING:** The Lambton Sting continue to develop their off-ice program to complement their on-ice program. This year, the Sting will be provide a comprehensive off-ice program with a range of potential modules tailored to each age group including sports fitness, goal-setting, sports nutrition, and other aspects of off-ice conditioning. We are very pleased to continue to assist our players as they adopt the necessary fitness routines and lifestyle choices required to compete at the highest level.

**When is the time for my child to play AAA hockey ??**If you can honestly say that your child is clearly one of the top skilled players currently on their Home Centre team, then truthfully answer the following:

**Ask Yourself If You Would Say “No” To These 3 Questions…**  
Is my child challenged to give 100% effort in their practices by their coaches and team-mates?  
Is my child challenged to give 100% in their games by their coaches, team mates and opposition?  
Is my child learning necessary team skills? (or are they and a few others carrying the team)

**Then Ask Yourself If You Would Say “Yes” To These 3 Questions…**Does my child have the passion and commitment for the game of hockey?  
Do I want my child to be involved with a hockey program that is focused on excellence? Do I want to surround my child with team mates who share the same skill, passion and commitment?

**Then Ask Yourself One More Question…**  
If you lived in a large urban centre which had a House League program, an “A” Team, a “AA” Team and a “AAA” Team and your child was clearly good enough to play on the “AAA” Team...

***Which team would your child play on?***