

## Coaches Note about Worlds 2016

Here we go! The development of 2016 Team USA is underway. We had a fantastic comeback experience at the 2013 Worlds in Hungary and we are now getting geared up to storm the podium in 2016. Do you want to be a part of this exciting journey?! Here's the plan:

- 1- SIGN UP-- Anyone interested in being a part of 2016 Team USA should make it known to any one of our steering committee members or coach Brigit ASAP. We'll add you to the 2016 Worlds Training Group (WTG) list and you'll start getting details about expectations and plans, starting right away. For those who would just like to know what we are up to, we will continue to make announcements and post updates about our training and tryout events via USA and women's group email elists and our facebook site.
- 2- START TRAINING-- If you haven't yet already done so, we'll expect members of WTG to start a fitness and skills program right away, so that you will be ready for the tryouts scheduled around Feb 2015. Also, two special advanced training events will be scheduled later this year; we are currently working on finalizing details. Members of WTG are expected to attend both of these events. We will be working on special individual skills and developing teamwork specific to our team. While each player will get individualized coaching, they will also be evaluated on their progress over time.
- 3- TRYOUTS-- Approximately one year before Worlds (expected Mar 2016), our training will continue, but will include tryouts that will eventually cut down our numbers towards our final team selection. These events will consist mainly of mandatory team attendance at 4-5 tournaments in the course of the year, with the goal of having our rock solid team finalized by 9 months before Worlds. We will probably be cutting down to the top 14-16 at our first event and cut as needed over time. Details will be more defined as we get closer to these dates.
- 4- EXPECTATIONS— To play as an elite athlete at the World level, you are expected to make a commitment of time, energy, and monetary funds. The rewards can be enormous personal growth and incredible memories. For our team to play at the highest level, we must develop a full team of elite athletes that work together as a single powerful unit. To get there, we need to set goals along the way. Our fall training event will be for advanced-level (not beginners or intermediate) players so we need commitment to fitness and skills starting immediately.
  - A. FITNESS- Since the base of an elite athlete is her fitness, we want this piece of the puzzle to be solid early on. Swim workouts must be incorporated into a fitness regimen, but it should also include other cross training to round out fitness with strength, agility, stamina, and speed. We expect that a 2500yd swim practice 2-3 times a week to be standard, a strength program to build leg, arm, back and core strength, and another fitness program (biking, running, aerobics, etc) 2-3 times a week. Over time, we will make adjustments to workout requirements. To keep everyone accountable, we will be requiring regular baseline swim and skills testing and we'll be analyzing workouts logs.
  - B. INDIVIDUAL SKILLS- Without some mastered individual hockey skills, you cannot be an elite player. Concentrated practice on skills should occur a minimum of once

- or twice a week, and a moderate set of mastered skills will be required by the first training event. One skill Coach Brigit insists on having mastered early on is a consistent shot. See attached sheets for details.
- C. TEAMWORK SKILLS- Each player must be able to read other players and adjust their play accordingly. We have specific team strategies that will be revealed over time, but you must be open-minded and flexible enough to incorporate the team strategy into your play style.
  - D. MONETARY SUPPORT/TIME- You can see that this endeavor will take much time for fitness, training, events, tournaments and the Worlds event itself. You'll need to decide realistically if you have the time to commit. If you really want to make it work, you can find a way. There is also a big monetary burden to pay for all this. Realistically, you'll need at least \$5000 to make it happen. We already have some fundraising started, and there are other ideas being researched, so we are hopeful that with these efforts and a reasonable savings plan in place, each of us can fulfill our dream to compete at Worlds 2016.
  - E. ACTIVE MEMBER- As we travel through our journey of developing 2016 Team USA, each member will be expected to be present and active in regular communications and activities, which includes participation at scheduled events and between events via email, phone calls and facebook. This is a team effort from the start.

Hopefully, you are now excited and a little nervous about joining this journey. It won't be an easy one, but with the successes we saw in 2013 and the energy that has already been displayed by key players ready to make the commitment for 2016, the momentum has started. Join the wave!

Don't hesitate to contact any one of us with questions, or to sign up.

Go 2016 Team USA!!

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