



Burlington Eagles Programming Outline U14 – U18 AAA

The Burlington City Rep Hockey Club provides opportunities for players and families to be in an environment and culture that has clear pathways for achievement and excellence. Our program has experienced coaches, expert development skills coaches and excellent resources.

Using the most qualified coaches and the highest level of local on-ice skill coaches, we ensure that every Eagles player and team can excel in all aspects of technical, tactical, and team development giving our team's the best chance to have developing and winning success throughout the season.

The Eagles Hockey Club believes in progressive programming for our Eagles athletes. We continue to transform and improve our programming based on feedback from the Eagles Hockey Committee, Eagles Development Skills Team, Eagles Coaches, Eagles Convenors and Eagles Families.

U14 – U18 AAA Burlington Eagles 2025-26 Programming will include:

EXPERIENCED EAGLES COACHES:

- Bios on all our coaches can be found on the Eagles website in the News Article posted February 15th, 2025.

EXPERIENCED EAGLES DEVELOPMENT SKILLS COACHES:

- Bios on our Development Coaches can be found on the Eagles website under the NLT Development Tab>NLT Coach Bios

ICE COMMITMENTS:

- Training Camp – August 25th – August 31st
- **Premium Ice Times** and no 6:00am practices
- Approximately 4 hours of practice time per week at City of Burlington arenas and/or Shield Performance Center
- Set some game night, time and arena at Appleby Ice Center
- 1-2 Set practice times and location

ON ICE DEVELOPMENT:

- Qualified club provided Development Skills Coach
- Qualified club provided Power Skating Coach
- Qualified club provided Goalie Coach
- Customized Forwards and Defensemen Skill development for position specific training
- Customized Goalie Skill development for positioning specific training
- 8 – 10 Scheduled NLT Skills sessions per team from September to February
- 3 - 6 NLT Goalie sessions per partners from September to February at Power Play Training Facility and 3 Goalie sessions at Eagles practices

OFF ICE DEVELOPMENT:

- Partnership with Shield Athletics – innovate in athletic training, sports medicine, and fitness, providing top-notch services and collaborating with certified therapists to solidify their legacy as a leader in sports training
- 20 – 22 Scheduled NLT Shield sessions before or after team on-ice practices on Shield ice per team

ATHLETIC THERAPIST:

- Club provided Athletic Therapist and/or Trainer for games and practices

VIDEO DEVELOPMENT:

- Club provided Pixolett camera to record all games and selected practices
- Video Breakdown and Analysis through Vidswap or HUDL InStat
- Scheduled video sessions by Coaches in Eagles video room

SOCIAL MEDIA:

- Partnership with Alyssa Raye Productions - Social Media Management, Videography, Photography, Content Creation and Media Dominance for players and teams

PATHWAY TO BURLINGTON COUGARS:

- Club provides Burlington Cougars OJHL Head Coach for some on-ice team practices
- Connection between the Eagles Club with the Cougars Club
- Club provided pathway for the Next Generation Burlington Cougars Players

COMMUNITY INVOLVEMENT:

- Partnership with Gift of Giving Back – Largest Youth-Led Community Food Drive in Canada supporting ten member agencies in the Halton Region
- Registered Charitable Foundation and Established by Eagles Executives

TOURNAMENTS:

- Encouraged to register for 4 Tournaments from September to April
- 3 Ontario Tournaments to be paid by the Eagles Club
- All Silver Stick Finals, OMHA's Championships and OHF Finals will be paid by the Eagles Club and would be in addition to the 4 tournaments allowed

DRESSING ROOM:

- U18AAA – Designated home Eagles Locker Room at Appley Arena
- U14AAA – U16AAA Has use of the Eagles Locker Room at Appleby Arena for several home games throughout the season

UNIFORMS:

- An additional third Gold Jersey and Socks for each AAA team provided by the Eagles Club
- Practice Jerseys provided by the Eagles Club for each team

APPAREL:

- Players are provided with a hoodie, long sleeve shirt, shorts and toque by the Eagles Club

BUS RENTAL:

- Cougars/Eagles Bus Rental available to rent for an away game from September to April at a reduced rate

INTER-LEAGUE PLAY:

- Burlington is in a Prime Geographical Location to play GTHL and Alliance Hockey Teams based on the OHF Player Movement Committee's decision on regional play per OHF website

REGISTRATION:

- Electronic signed Offer of Commitment by Player and Coach and submitted by the Eagles Office
- U14AAA – U16AAA – 5 Instalment payments to be made as follows: Date of Commitment to the Team, August 15th, September 15th, October 15th and November 15th.
- U18AAA - 5 Installments payments to be made as follows: Date of Commitment to the Team, September 15th, October 15th, November 15th and December 15th