



IRONBOUNDO

elite

2020-21



OVERVIEW

The mission of Ironbound Hockey Association is to advance female athletes to the collegiate level. This is accomplished through high-level training in a supportive, player focused organization. We offer a premier facility, elite renowned skill staff, and exposure to college coaches.

Why Ironbound Elite?

Question: How does my daughter advance to NCAA hockey as a player in the Atlantic District/Metropolitan area?

Answer: Ironbound Elite. We are an athlete first program. We don't look at the win% column as much as we look at the daily habits of our players.

We train more. We specialize in individual player development. We take each player and develop their game from three facets:

- **Athleticism** - At the start of each season each player will be tested both off-ice and on-ice. We will conduct age appropriate testing to provide
- benchmarks to hit.
- **Hockey IQ** - Each team will have access to video review sessions throughout the year. All games held at our home facility are recorded.
- **Attention to Detail** - We provide hands on-instruction to correct players skills set through our coaching staff. We look to provide tools and skill sets that allow players to become confident on the ice and transfer those skills in the arena come showcase time.

We schedule smarter.

We focus on quality over quantity. Our teams play at showcase events that are held at top venues and desirable scouting locations ensuring exposure to college scouts for those players who want to play college hockey.

STAFF

We have a qualified, dedicated staff including dedicated goalie coach and skills instructors.

ON-ICE STAFF

Sam Cheema - Hockey Director and Head Coach, 19U & 16U. Sam is a full-time professional coach and player development specialist - who works with athletes from NCAA D1 to professional full-time hockey players. Sam played hockey internationally for Great Britain, representing the team at the 2017 Winter World Games, Kazakhstan. Sam played professionally within Europe before turning his attention full time to coaching and specifically player development. Sam has worked with over 60 players who have played for their respective national team and is passionate about building the individual athlete from all the facets of development: on-ice skill, strength, conditioning, nutrition, recovery, mental cognition and mindset.

Alexa Aramburu - Assistant Coach, 19U & 16U. The Garden State girl from Glen Rock, NJ wanted to play professional hockey ever since she was a little girl. Alexa was a forward at SUNY Oswego (2013-17). Alexa went on to play forward in two leagues over the course of her career - the Canadian Women's Hockey League and the National Women's Hockey League. She was drafted 5th round 30th overall into the Toronto Furries (2017-18), moved back home to skate with the Metropolitan Riveters (2018-19), recently skated with the PWHPA and this year, signed on to the NWHL CT Whale. Alexa is also the Head Coach of IHA High School in New Jersey.

Oktay Armagan - Assistant Coach, 19U & 16U. Oktay Armagan enters his second year with the Ironbound Elite organization. Oktay played ACHA hockey for Towson University and then Rider University where he captained the team to three ACHA Division II final appearances. He holds a Bachelor of Arts in Liberal Studies with a concentration in Applied Social Science from Rider. He began his career with the National Hockey League's St. Louis Blues as the Video Editor of Amateur Scouting for four years. Armagan then became an assistant coach for the 2005 ECHL's Trenton Titans who won the Kelly Cup Championship. He also was a member of the 2014 ECHL's Reading Royals Eastern Conference Champions coaching staff. Oktay is on staff for the NAHL Central Scouting, USA Hockey. He is also the Chief Executive Officer and Founder of the New Jersey Raiders which trains players. Armagan has over 22 years as a youth hockey coach and skills instructor and is a professional on-ice skills instructor who has successfully trained and developed over 35 NCAA/ACHA players in the last three years.

John Puskar - Head Coach, 17U. John Puskar will be back for his second season at Ironbound for 2020-2021. John was born and raised in New Jersey and has 25+ years of coaching experience. A two-time NJ high school boys ice hockey coach of the year, Coach Puskar has coached teams at all levels in youth hockey and has won several titles and championships.

Zac Gross - Head Coach, 2006 14U. Ironbound is proud to announce the addition of Zac Gross to the Ironbound team. Gross brings a wealth of experience to the Ironbound program. He began his coaching career 10 years ago in the New Jersey Stars organization as the head coach of the Midget AA team and the NJ Kings Junior Tier 1 independent team. For the past seven years, he has coached his daughter Gabriela from Mite to Bantam with the Jersey City Capitals. In addition to his coaching career, Gross played professional-level hockey in France and NCAA Division 1 at Quinnipiac University. Gross also played Juniors in the United States Hockey League (USHL) with the Rochester Mustangs, Major Juniors with the Wexford Raiders in Toronto and was a member of the United States 17U National Development Team.

Dave Barbosa - Head Coach, 2007 14U. Dave Barbosa is a returning coach for the girls 12U Peewee A team. Dave played varsity high school hockey at Hudson Catholic in Jersey City and was in the 10 all-time scoring leaders in the state. He then went on to play Midget tier 1 with the Essex County Chiefs and from there onto Juniors Hockey with the NJ Golden Blades. In 1988 Dave was invited to try out for the Weyburn Red Wings for tier 2 Junior hockey in the Saskatchewan Junior Hockey League. Dave played at Seton Hall University where he also played varsity baseball. In 1991 Dave began playing with the Newark Sabres off the M.A.S.H. League until 1999 when the league folded. Dave graduated from Montclair University and from 1992 to present he has been a firefighter in Jersey City. Dave has been coaching youth hockey for the past 7 years.

James Witmer - Assistant Coach, 2007 14U. James is a native Canadian with a passion for the game and owns the Cutting Edge Ice Facility. James has a deep passion for the game of hockey and the growth of player development. James has worked with leading skill coaches through his facility and provides opportunities for players to develop their game through innovative ways.

Vladi Kouroedov - Skill Development. Coach Kouroedov has 16 years of coaching experience in youth hockey. He is the hockey director for the VSK Wings Elite AAA/AA Spring Hockey program. He continues an association with Vladimir Bure (VP of CSKA Moscow and former NHL player) and Mark Lapush with the NHLPA. A professional power skating and skills coach, his list of former players include NHL'ers: Ilya Kovalchuk, Evgeny Kiznetsov, Kevin Labanc, Sergei Tolchinsky, Jason Carrison, Sergei Tochinsky, Jason Carrison, Sergei Kalinin; NHL Drafts Oleg Yevenko, JJ Piccinich, Nick Ebert, Nikolai Belov, Evan Barratt, and prospects Tyler Coffey, Julian Kislin and Arthur Kaliyev.

Frankie Loftus - Skill Development Coach. Frankie is a specialist skills coach with over 10 years of experience working with Olympians, USHL, Prep School, NCAA D1 and professional hockey players. He specializes in overspeed training and creativity.

Innovative Goaltending Systems - Ironbound has hired IGS certified coach Neil Scanella to work with their goalies. Neil played D1 Club at the University of New Hampshire where they went to Nationals. Nick will be on the ice weekly with Ironbound teams.

Management

Kathryn Kehoe - General Manager & Master Scheduler

Leslie Case - Marketing Manager & Admin Support

Lisa Hanan - Safesport Coordinator & Billet Assistance

TEAMS

2020-2021 TEAMS

Ironbound Hockey plans to field five (5) teams for the 2020-2021 season.

- 19U Premier
- 17U
- 16U Premier
- 14U teams - 2006 and 2007

TRYOUTS FOR 2020-21 SEASON

In light of the continued impact of the COVID-19 pandemic and the nationwide social distancing guidelines, all tryouts for the 2020-21 regular season teams have been indefinitely postponed. Stay tuned for updates.

WHAT'S INCLUDED

- 2 weekly practices
- weekend training
- showcases/tournaments in locations to maximize exposure local exhibition
- games against girls and boys teams 3 x 3's
 - Ironbound will incorporate 3 x 3's into each teams' training to spur creativity in each of our players. 3x3's are instrumental in player development because they increase puck touches, force players to make quick decisions, develop spatial awareness, and passing.

Showcases

7-9 showcases (TBD) per team in locations to maximize exposure. All teams will compete in the National Girls Hockey League (NGHL).

Showcases Ironbound teams have attended in the past:

- Beantown Classic (Boston)
- NGHL CT Labor Day Showcase
- NGHL OSU Big Ten Showcase
- Prep Meets Club at Yale University & Wesleyan University
- NGHL Granato Cup Championships in St. Louis
- NGHL MLK Showcase at Providence College & Brown University New York Showcase at Cornell University, Elmira College, & Colgate University

Training Camp 2020 (19U & 16U Premier)

In preparation for fall showcases and included in tuition costs for 19U and 16U Premier teams, a 4 day training camp will be held. The dates are set to be August 17th - 21st (subject to change due to NJ Devils ice needs.) This camp is mandatory for players of these teams.

College Advising & Advocating

All Ironbound players receive college advising and advocating. We look to place every player in an appropriate college program (should they wish to further their hockey career). We are proud that at the conclusion of the 2019/20 season we have players moving on to Holy Cross (NCAA D1), Princeton University (NCAA D1), Hobart and William Smith Colleges (NCAA D3), Anna Maria College (NCAA D3) and Neumann University (NCAA D3).

End of Season Banquet

At Ironbound we end our season celebrating our players and the memories they have made. This has proven to be a very special event for our athletes.

SPRING/SUMMER HOCKEY

Spring/Summer Ironbound Program

During April through to July we operate a Sunday Skills skate with our coaches. These can be found at www.ironboundhockey.com

Beantown Classic (July 2020)

It is expected that all Ironbound players will play in Beantown Classic for Ironbound Selects at their appropriate age group.



Ironbound Girls 19U Playing in the NGHL Premier Division 2020/21

Girls hockey is among the fastest-growing youth sports in the United States. Over the past 10 years, girls and women's hockey participation has grown by 34%. We know that the development of higher level girls programs - either a junior hockey league or the expansion of college level programs - has not kept up with demand, making it difficult for players to continue their training. Where the average age for NCAA D1 boys commitment is 19/20 years old, having spent time in a transitional league developing their skills, this opportunity is not available for female players.

The NGHL 19U Premier Division will bridge the gap between youth hockey and professional/college hockey. It will create an environment similar to what these female athletes will experience at the next level. Ironbound's 19U Premier team will offer international billeting, education options and a training regime that provides the very best opportunity to develop.

What's Included:

- **Roster** The team will roster 18+2 total players, between 2003-2001 birth years.
- **7-9 Showcases** per team in locations to maximize exposure
- **Local Games** Exhibition games vs local boys and girls teams
- **College Advising** Our staff will work with each player to guide players through the college process. In addition to this, we have a full-time dedicated college advisor to aid in this process at an additional cost. For billet players Ironbound offers online educational service or the opportunity to attend a local school. More information can be found by speaking with our educational consultant. We will also assist you in finding a community college for 2 classes a week to allow you to be NCAA eligible.
- **Billet Program** We interview each family to ensure that they are a good match with a prospective player. Where possible, we billet each player with another player (a local player or another billet athlete). Our billet coordinator checks in with each player about curfew, schooling and their boarding experience. Our billet coordinator will also facilitate the move-in period and arrange for Skype calls prior to each player arriving. Billet monthly costs are \$500. Billet players can participate in online education service or we will work to place the billets in a local institution.
- **VISA Attorney** We work with an attorney to provide visa guidance and help for all international athletes. Pricing depends on needs. All international fees are additional.
- **Off-Ice Workout Program** Each player will have an off-ice workout program to follow on a daily basis. Players will have access to an off-ice facility.
- **True Hockey Equipment** Players can purchase sticks at a discounted cost and custom skates from True Hockey.