



How does Junior hockey at the A, B and C level compare to higher level youth hockey or competitive club level collegiate hockey?

Junior hockey at the level that will be played here at The MIC is a considerably higher level of competition than youth AAA Midget hockey, high school hockey, or competitive collegiate club hockey. Rosters of competing programs are filled with players with prior Junior experience, older age players who have competed at collegiate levels, and players with advanced size and skill. Junior hockey is played in a traditional Collegiate or NHL style of competition, with three – 20 minute periods, with full warm-up sessions and breaks between periods, and is very physical and challenging. Unlike youth, high school hockey and collegiate club hockey programs, Junior hockey experience is almost a pre-requisite for being considered for a position for a Division I or Division III Collegiate hockey program, or for a professional opportunity. To that end, the Junior hockey program here will involve three to four on-ice practice sessions a week (1 hour to 1 ½ hours per session), with a full off-ice training program, including endurance training and weight-lifting. The season consists of a challenging and highly competitive series of league, non-league, tournament, and showcase games, forming a season schedule of 45-50 games, depending on the team.

Who will coach the Junior team and what support can I expect?

Our entire current junior coaching staff has Junior and Professional hockey playing and coaching experience. The coaching staff is paid compensation for their work and is dedicated to the training and development of each player and the team. The team will be supported by a professional off-ice trainer, and a staff of medical professionals and trainers.

What is the cost to participate on the Junior team and what is included in the fee?

Junior hockey at the Tier III level is tuition based. This means that the player pays tuition and the season costs are then covered by the franchise. The tuition cost generally only covers a small portion of these expenses and the remainder is subsidized by the franchise ownership and through team fundraising. The cost of the tuition is expected to be approximately \$6,000 per player. Tuition cost may be paid in one installment or can be spread over eight months to make sure the program affordability will not impact the ability of a qualified player to participate. We also offer several partial scholarships to assist players and

families that have financial need with a franchise subsidized portion of the tuition fee. The season tuition is all-inclusive and provides the following benefits and player support:

- Custom jerseys, practice jerseys, socks and practice socks,
- Custom shells, custom helmets, custom Gloves
- Warm up suits, and fleece, with team logo and color
- Team button down shirt (white) with logo and 2 polo shirts
- Personal trainer and training memberships to Gold's Gym
- All practice and game ice times (4.5 hours practice per week)
- Player media kits and player support
- Player assistant and Player Counselor
- Private locker room (shower and washer / dryer)
- Team trainer, Medical Doctor and Nutrition Management
- All travel expenses, including hotel, meals, airfare, transfer costs, and any other travel related expenses
- Two team-owned private custom coach with sleeper bunks
- Player academic assistance with SAT / ACT tutoring support
- Employment placement assistance
- Billet monitoring and scholarships are provided based on financial need

What League will the Atlanta Knights play in and what level of competition will the teams play against?

The Atlanta Knights will field two junior hockey teams in the fall. A brief description of the teams is as follows:

Atlanta Knights Junior Elite Team

The Atlanta Knights Junior Elite team plays a transitional schedule of more than 50 games, with half the season played against Junior B Elite teams and the remainder of the schedule played against US and Canadian Junior A teams in a series of National Showcase events designed to give players the maximum exposure and the opportunity to succeed. League games will be played in the MJHL against selected teams from the South, Middle Atlantic and Northeast. The primary teams that will make up the 10 team South division include teams such as the Hampton Roads Whalers, East Coast Eagles, Jacksonville Ice Dogs, Space Coast Hurricanes, Charleston Wolverines, Tampa Bay Bolts, Florida Eels and Palm Beach Predators. The Knights will play against MJHL Northern Division (18) teams such as the Walpole Express, Portland Jr. Pirates, Northern Cyclones, New Jersey Titans, Washington Jr. Capitals, and Philadelphia Jr. Flyers. In addition, this team will participate in several international Junior A showcases such as the Woodchuck Classic in Vermont, Northwood Tournament in Lake Placid, Paul Coffey International Junior Showcase and several others that are the premier showcase events for collegiate scouts.

Atlanta Knights Junior Select Team

The Atlanta Knights Junior Select team plays a transitional schedule of more than 50 games, with league games played in the SEJHL. The remainder of the schedule will be played against North American Junior B teams in a series of National Showcase events designed to give players the maximum exposure and the opportunity develop to the higher levels of Junior hockey. League games will be played in the SEJHL and MJHL affiliated regional teams in the SEJHL and in league showcase events. In addition, this team will participate in three or more national Junior showcases at the Junior B level that include the Woodchuck Classic, Monarch Junior B Showcase in New Hampshire, the Paul Coffey International

Junior Showcase, and the Gardner Challenge Cup in Ontario. There are all the premier showcase event for collegiate scouts.

Achievements of the Atlanta Knights Organization

The Atlanta Knights offer each player outstanding coaching, player development, and academic support in an professional atmosphere that is committed to the placement of players in NCAA Collegiate Varsity and ACHA institutions. In 2008-2009, the Atlanta Knights placed 8 players from both teams in NCAA Division I and III Varsity Hockey teams, with most received partial scholarships and college provided financial aid. In addition, the Knights have 5 player slated for deferred NCAA Varsity hockey teams for 2010-2011. The Knights will also place more than 8 additional players on ACHA Division I, II and III programs from the upcoming 2009-2010 season. The Knights placements for the past year rank the Knights organization among the leaders nationally at the junior level in collegiate player placement. The Knight broadcast all home and away games on a multi-camera live broadcasting system that allow college coaches and scouts to follow players every game throughout the year. Last season, more than 25 college programs scouted Knights players on the national internet broadcast system. In addition, the Knights are a senior member of the Right Fits Sports College recruiting system, which provides player and college coach's interactive access to recruit players in a unique and effective player promotion portal. We provide unparalleled player promotion and access to collegiate hockey opportunities.

In the last two seasons the Knights have won consecutive SEJHL Championships and have attended USAH Junior National Championships. Our MJHL team and SEJHL finished their respective season both ranked in the top 10 nationally in the National Hockey Rankings poll. The MJHL Knights had a winning record against Junior A programs and were champions of the prestigious Paul Coffey International Junior Showcase, bringing home the first championship to a USA team in 10 years.

Why Play Junior Hockey?

Every year the same question is asked by players and parents as they try and decide what is the best path to choose considering their hockey objectives. There are many alternatives available. According to a survey of college coaches, the most heavily scouted leagues were all at the level of Junior Hockey. Junior Hockey provides many opportunities for a player to improve and showcase their individual and team skills. The opportunities are provided through a schedule of highly competitive league games and participation in showcase and league tournaments including national tournaments. Additionally, Junior Hockey clubs frequently provide additional training and educational opportunities that enhance the player's educational and current training programs. These programs include preparation for college entrance examinations such as the SAT and ACT tests and off ice strength and conditioning programs. No other program offers the same variety of opportunities that Junior Hockey does. Both the Collegiate Leagues of the ECAC and Hockey East recruit almost all their players from the ranks of Junior Hockey.

Junior Hockey is the pinnacle of the skill development program offered by USA Hockey and the ultimate challenge for players wishing to test themselves and retain their amateur status. Athletes age 20 and under as of December 31 are eligible for Junior Hockey. Junior Hockey is an alternative for exceptional athletes who demand a greater challenge than that provided by prep school teams, high school varsity or collegiate club teams, or area midget teams. The purpose of Junior Hockey is to develop and prepare the exceptional athlete for career advancement either in collegiate programs and/or professional opportunities.

The Goals of Junior Hockey

1. Skill Development

To provide talented your men with the opportunity to develop competitively in an organized, structured and supervised environment.

2. Quality Coaching

To provide considerable training time, quality coaching and concerned supervision.

3. Social Maturity

To provide players with a healthy, constructive environment in which to develop socially.

4. Educational Advancement

To provide assistance and opportunities for the accomplishment of the participant's educational goals.

5. Recruiting Exposure

To provide players with exposure to collegiate and professional scouts.

6. Advanced Competition

To provide players with exposure to national and international competition.

7. Protection of Amateur Status

To protect, most importantly, the amateur status of all participants under the rules and guidelines established by USA Junior Hockey.

The Purpose Of Junior Hockey

Opportunity

To provide an opportunity for players in this age group to play against superior competition with qualified coaching, in front of scouts.

Development

To improve and develop the skills and abilities to the highest level of all participants, including the players, coaches, and officials.

Junior players are also provided time to develop physically and mentally while playing at a very competitive level. Junior Hockey is developing players who can step in and excel at the college level. In fact, most college coaches now agree that the premier training ground for college bound U. S. players have become Tier II and Tier III Junior Hockey Leagues. Junior players are recruited heavily by Division I, II, and III colleges and are also scouted by all the professional leagues. U. S. Junior leagues are providing the opportunity for the young athletes to realize their potential.

As evidence of the success of the programs at the Junior "A" level, all three existing leagues have generated significant number of scholarship awards for their players. These leagues have also provided a training ground for many future professionals.

Why Players Consider Junior Hockey?

The exceptional athlete who is attempting to advance his career to college and/or professional hockey needs to practice every day, play against the best, and be trained by qualified coaches without losing amateur status should consider playing Junior hockey. All USA Hockey sanctioned Junior programs afford these players that opportunity to pursue the items listed above. If a player participates in a Major "A" League (OHL, WHL, QMJHL), he chooses to forgo this amateur status and may not be able to participate at the collegiate level.

Junior Hockey has experienced tremendous growth in the last 10 years both in the number of teams and in the professionalism of the individual franchises. However, some myths exist that should be dispelled:

Myth: Junior players are not adequately supervised

Fact: Junior players have extremely busy schedules including school attendance, daily practice(s), off ice workouts, and in some instances, part-time jobs. These activities are overseen by qualified coaches who are there for both supervisions and assistance. Also, in most instances, Junior players live with host families who also help lend stability and guidance to player's lives.

Myth: School is unimportant to Junior Programs

Fact: Junior programs stress hockey and academics equally. Most programs are active in their academic involvement, which includes arranging classes and monitoring progress. Junior Hockey in the United States is the developmental program for collegiate ice hockey teams. While football has "red shirting" and basketball uses Junior. College, hockey has Juniors which allows the athletes to mature and develop.