



Is CT Breakers the Right Fit for Your Player?

Thank you for your interest in the CT Breakers spring program. We're a competitive A/AA level hockey program designed for players who are ready to take their game to the next level. Since we don't hold formal tryouts, we rely on parents and guardians to self-assess whether their player is prepared for our fast-paced, skill-focused environment. This is especially important at the Mite (2018-2019 birth years) and Squirt (2016-2017 birth years) levels, where foundational skills make a big difference in player success and enjoyment.

Our program emphasizes competition, advanced drills, and team play. It's ideal for experienced travel players or highly motivated house league players who already have a strong base and are eager for more challenges. If your player is still building basic skills or needs significant foundational coaching, they may thrive better in our Rookies program, our Hockey Basics clinic or one of our Skills Clinics first.

To help you decide, we've put together a quick self-assessment guide. Review the criteria below and answer the questions honestly based on your player's recent performance (e.g., in the past season's house or travel league). If most answers are "yes," Breakers could be a great fit. If several are "no" or "not sure," consider starting with Rookies, Hockey Basics or one of our Skills clinic to bridge the gap.

Key Criteria for a Good Fit

- **Experience Level:** Breakers is primarily for players with travel hockey experience. Motivated house league players are welcome if they have solid fundamentals and can keep up in a competitive setting.
- **Skill Foundation:** Players should have strong basic skills like skating, puck handling, passing, and shooting. They need to be comfortable in game situations without constant basic instruction.
- **On-Ice Contribution:** In their most recent season, players should have shown consistent effort, aggression, and impact—both offensively (creating scoring chances) and defensively (backchecking, positioning).
- **Readiness for Challenge:** Players should be self-motivated and excited about pushing their limits. They're "ready for a push" (eager to improve in a demanding environment) rather than "needing a push" (requiring motivation to engage or basic skill development).

Self-Assessment Questions

Answer these based on your player's performance in games and practices over the past season:

1. **Has your player participated in travel hockey before, or if in house league, were they one of the top performers on their team?** (Yes/No/Not Sure) *Why it matters:* We play at an A/AA competitive level, so players need to be accustomed to faster play and stronger opponents.
2. **Did your player consistently contribute offensively, such as by scoring goals, assisting, or creating opportunities for teammates?** (Yes/No/Not Sure) *Why it matters:* Breakers focuses on team offense—players should already have some scoring touch and decision-making skills.
3. **Was your player reliable defensively, like backchecking, blocking shots, or maintaining good positioning?** (Yes/No/Not Sure) *Why it matters:* Defense is key in competitive play; players need to be engaged on both ends of the ice.
4. **Did your player show aggression and high energy throughout the season—chasing pucks, winning battles, and staying involved in every shift?** (Yes/No/Not Sure) *Why it matters:* Our program rewards hustle and intensity; passive play can lead to frustration in a competitive group.
5. **Is your player motivated and excited about challenging themselves in a more advanced program, rather than needing encouragement to build basic skills?** (Yes/No/Not Sure) *Why it matters:* Breakers is about growth for prepared players—we're not a beginner program.
6. **Does your player have strong foundational skills (e.g., forward/backward skating, quick stops/start, basic puck control) that allow them to focus on advanced tactics?** (Yes/No/Not Sure) *Why it matters:* We build on basics; if they're still working on these, a developmental league might be better first.

Scoring Your Assessment

- **5-6 Yes Answers:** Sounds like a strong fit! Your player is likely ready for the competitive pace of Breakers. Proceed with registration and reach out if you have questions.
- **3-4 Yes Answers:** It could work, but let's chat. Your player might benefit from our program if they're highly motivated, but consider supplemental skill sessions to bridge any gaps. Email John at J_Miserendino@StamfordTwinRinks.com or Call 203-968-9000x14.
- **0-2 Yes Answers:** Breakers may not be the best match right now. We recommend starting with our Rookies program or Hockey Basics to build confidence and skills.

If you're unsure about any answers or want personalized guidance, feel free to contact John at J_Miserendino@stamfordtwinrinks.com or call 203-968-9000x14. We're here to help find the right path for every young athlete. Remember, the goal is fun, growth, and a love for the game!