



We are excited to announce that the **D3, JV, and JVD hockey teams** will now compete under a new unified name: **Braves Unified**.

This rebranding represents a powerful step forward in building a stronger, more connected hockey community across our region. While the team name is new, the program's leadership and core values remain unchanged. **Braves Unified** will continue to be led by **Tomas Kapusta**, whose guidance and vision have helped shape a competitive and development-focused hockey environment.

School Districts: Competing in ADHSHL serving the surrounding school districts:

- Bellflower Unified School District
- Cerritos High School
- Downey Unified School District
- Ernest McBride Sr. High School
- Gahr High School
- Jordan High School
- Lakewood High School
- Norwalk High School
- Paramount Unified School District
- Pioneer High School
- St. John Bosco High School

For smaller unrepresented school districts, please contact us for approval and waiver requests.

Team: Varsity D3, Junior Varsity, Junior Varsity Development

Website: <https://www.bravesunifiedhockey.com/home>

Roster : 13- 20 skaters, 1-2 goalies

Practice Rinks: Ice Realm Westminster

Game Rinks: <https://www.adhshl.com/page/show/941839-adhshl-rinks>

Program : 24 weeks of 2 on ice practices per week

Start Date: The Week of August 18th, 2025

End Date: The last week of February

Blackout dates: (no practices) * select dates during holiday weeks

Labor Day, MLK, and The full weeks of Thanksgiving, Christmas, New Years, Presidents Day

League Games : ADHSHL Games <https://www.adhshl.com/>

18 games

Travel: All local in Southern California

Tournaments :

- May be added as an option throughout the season on holiday weekends locally.

Uniforms: All jerseys and apparel ordering info will be provided and are not included in the dues.

Signing Process

Before Signings all players need the following items:

1. USA Hockey # (2025-2026) [Register Here](#)

Virtual Signing Process

1. After tryout or signing date each player that is selected to a team will receive a player agreement and welcome letter via email.
2. Each player agreement will expire before the beginning of the next tryout time or 24 hours from receiving the agreement whichever comes first.
3. If a player does NOT receive a selection email they should continue with the tryout process for all set dates.
4. On completion of the tryout / signing dates players will either receive a team selection email that offers a spot on a team or they will receive a Next Steps email outlining the plan for the player.

LEAGUE PLAYER REGISTRATION:

The ADHSHL will provide detailed information on how to register to the particular ADHSHL team at www.adhshl.com

The following information is needed for the parents to complete the player registration

- 2025-26 USA Hockey Membership Confirmation Number
- Name of School which player attends
- Grade that player is in
- **Braves Team Code:**