



Hockey Development Resource Guide

Last updated: 2/5/2026

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Intro

Hello and thanks for visiting the Saints Hockey Resource Guide. This guide was put together to help inform players and parents of hockey training opportunities to help your player reach their hockey goals.

The options range from leagues, to on- and off-ice training, to college recruiting programs. Many younger players start with 3v3 leagues which offer an excellent brand of hockey played on smaller rinks. The result is a fast-pace with lots of quick decisions and creativity.

Players can start entering AAA programs around the age of 9. AAA programs offer paid development along with tournament play.

For those more interested in pure skill development programs, there are a wide variety of camps and clinics available for all ages. Many are general hockey camps, while others offer specialized instruction in everything from shooting and stickhandling to skating and speed.



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Spring/Fall Elite Hockey (13U and up)

Program	Location	Contact Person	Email	Website
Minnesota Hockey High Performance 14 League <i>(District is based on your home address)</i>	Various locations	Jenna Fisher	320-293-1894	https://www.minnesotahockey.org/page/show/2151608-girls-high-performance-14
Minnesota Hockey High Performance 15 League <i>(District is based on your home address)</i>	Various locations	Cheryl Mechelke	651-230-8033	https://www.minnesotahockey.org/page/show/88465-girls-high-performance-15
Minnesota Hockey High Performance 16 &	Various locations	Adara Durgin	763-257-2489	https://www.minnesotahockey.org/page/show/87703-girl



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17/18 League (Section is based on your High School)				s-high-performance-16-and-17-18
Minnesota Hockey Tier I (based on birth year for 14U)	Various locations	Cheryl Mechelke	651-230-8033	https://www.minnesotahockey.org/page/show/2429371-girls-tier-i-14u
Minnesota Hockey Prospects/Tier 2 (based on birth year for 14U)	Various locations	Cheryl Mechelke	651-230-8033	https://www.minnesotahockey.org/page/show/7135874-girls-14u-prospects-league
Elite League (based on birth year for 16U and 19U; progression from Tier 1, must have played one year of high school hockey)	Various locations		https://www.girlshselitehockey.com/contact	https://www.girlshselitehockey.com/



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Premier Prep League/Tier 2 (16's and 19's) by Girls Hockey Coach Association	Various locations	Claire Goldsmith	goldsmithcl@gmail.com	https://www.mghca.com/page/show/4246868-premier-prep-league
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Spring/Fall 3 v 3 Leagues

Program	Location	Contact Person	Email	Website
The Lumberyard	Stillwater	Shelly Nutzmann	shelly.nutzmann@lumberyardsports.com	https://www.lumberyardsports.com/3v3league
The Grizzly League	Cottage Grove		GrizzlyLeague@cottagegrovemn.gov	https://www.cottagegrovemn.gov/548/Grizzly-3v3-Hockey-League
Minnesota Made	Edina		https://www.mnmadehockeytournaments.com/summer3v3	https://www.mnmadehockeytournaments.com/summer3v3



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AAA Programs (ages 9+)

Program	Location	Contact Person	Email	Website
Minnesota Made	Edina	Jim Bodick	jimb@mnmadehockey.com	https://www.mnmadeaaahockey.com/
Skate to Excellence	Blaine	Terry Hughes	thughes@skatetoexcellence.com	https://www.skatetoexcellence.com/
Ice Cougars	Richfield, Eagan, Stillwater	Mira Jalosuo	mjalosuo@playhockey.com	https://playhockey.com/mnicougars
OS Hockey	Roseville (multiple locations)	Meaghan Pezon	mpezon@oshockey.org	https://oshockey.com/development-teams/
Blue Army	Mendota Heights	Sean Erickson	sean.erickson@apx-hockey.com	https://www.apx-hockey.com/bluearmy-girls
Tommy Chicago	Eagan (multiple locations)	Jeff Tuccitto	https://www.tommychicagohockey.com/about/contact/90730	https://www.tommychicagohockey.com/program/aaa-tryouts-and-program-info/11750



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Top Dog	TRIA St. Paul, Augsburg	John Haglund	info@topdoghockey.com	https://www.topdoghockey.com/bulldogs
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Summer Camps/Clinics (all ages)

Program	Location	Contact Person	Email	Website
ACE Camps	St. Paul	Tom Vannelli	tomvannelli@comcast.net	https://www.acellcevents.com/
Tradition Hockey	Roseville	Marty Sertich	traditionhockey@gmail.com	https://www.traditionhockey.org/page/show/3074341-2025-summer-training-programs
Riveters High School Summer Training Program	West Saint Paul	Jason Platz	jason.platz@isd197.org	https://form.jotform.com/241185704013043
Cretin-Derham Hall High School Summer Training Program	St. Paul	Tony Scheid	tscheid@c-dh.org	https://www.tonyscheidhockey.com/program/cretin-derham-hall-girls-stp/9588



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Visitation Summer Training Program	Mendota Heights	Samantha Lackmann	slackmann@vischool.org	Coming soon
ProEdge Power <i>(skating specialty)</i>	Various locations	Andy Ness	andyproedgepower@gmail.com	https://www.proedgepower.com/camps
Next Generation Hockey Clinic <i>(skating specialty)</i>	St. Louis Park	Boris Dorozheko	nextgenerationhockey@gmail.com	https://www.nghockey.us/Default.aspx?tabid=895682
Minnesota Made	Edina	Jim Bodick	jimb@minnesotamadehockey.com	https://www.mnmadehockeytraining.com/girls
Ice Cougars Defensive Awareness Clinic	Richfield (multiple locations)	Mira Jalosuo	mjalosuo@playhockey.com	https://playhockey.com/defensive-clinic
OS Hockey	Roseville (multiple locations)	Meaghan Pezon	mpezon@oshockey.org	https://oshockey.com/programs/



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Puck Dynasty	Stillwater	Johnny Seibel	jipseibel23@gmail.com	https://www.mnhockeytraining.com/
Fortis Academy	Edina, St. Louis Park	Josh Levine	josh.levine16@gmail.com	https://thefortisacademy.com/camps/
Bjugstad Shooting Schools	St. Paul, Stillwater, New Hope, Remote training available	Scott Bjugstad	info@scottbjugstad.com	https://scottbjugstad.com/
Minne Beauts	Various locations	https://www.minnybeautshockey.com/page/show/3680210-minny-beauts-staff	minnybeauts@gmail.com	https://www.minnybeautshockey.com/



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Hockey Time	St. Paul, South St. Paul	Briana Carlson	HockeyTimeMN@gmail.com	https://www.hockey-time.com/program/summer-session-2025/19681
Tier 1 Girls Hockey <i>(Tier 1 Hockey LLC is not affiliated with Minnesota Hockey or USA Hockey.)</i>	Vadnais Heights, St. Paul	Clayton Howatt	https://www.tier1girlshockey.com/#contact	https://www.tier1girlshockey.com/
Josie Bothun Goaltending		Josie Bothun	josie.bothun@gmail.com	https://www.saintshockey.org/parent-resources/summer-hockey-development/38659
Girl Power Hockey	Breezy Point, St. Olaf - Northfield	Barb Yackel	girlpowerhockey800@gmail.com	https://girlpowerhockey.com/ Breezy Point, ages 8-12, 6/7-6/12/2026 St. Olaf College, Northfield, ages 12-16, 7/19-7/24/2026



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Year-Round Training

Program	Location	Contact Person	Email	Website
Invicta by Minnesota Made	Edina	Matt Merrick	mattm@mnmadehockey.com	https://www.invictatraining.co/

Dryland Only

Program	Location	Contact Person	Email	Website
Acceleration North	Arden Hills, Woodbury	Curt Carbaugh	651-486-0020	https://accelerationnorth.com/
Empowers Performance	Edina	Tommy Powers	https://www.empowersperformance.com/contact	https://www.empowersperformance.com/programs/off-season
Northstar Performance Training	Eagan	Jeff Meland	contact@northstarperformancetraining.com	https://www.northstarperformancetraining.com/



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Tournaments Only

Program	Location	Contact Person	Email	Website
Youth Hockey Hub	Multiple locations	Tony Scott		https://www.youthhockeyhub.com/tournaments
Minnesota Made	Edina	Chad LaRoche	chadl@mnmadehockey.com	https://www.mnmadehockeytournaments.com/aaatournaments
Minnesota Showcase Hockey	Multiple locations	Drake Hunter	952-920-8826 X11	https://www.showcasehockey.com/
Play Hockey	Multiple locations		info@playhockey.com	https://playhockey.com/events
Northland Hockey	Multiple locations		info@northlandhockey.net	https://northlandhockey.net/aaa-hockey-tournaments/
Training Haus	Eagan		952-456-7650	https://traininghaus.com/



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College Recruiting Sites

Program	Website
Sports Recruits	https://sportsrecruits.com/
NCSA	https://www.ncsasports.org/