

NEW YORK ELITE HOCKEY ACADEMY

Family Resource Guide — Frequently Asked Questions and Sample Daily Schedule

This document is designed to answer the most common questions families have when considering or joining the NY Elite Hockey Academy program. If your question isn't covered here, please reach out to our staff directly — we are always happy to talk through the details with you.

Program Overview

Q: What is NY Elite Hockey Academy (NYEHA)?

NYEHA is a full-time hockey development program based out of Capital Ice Arena in Clifton Park, NY. We serve student-athletes in grades 6–12 across all competitive levels, combining elite on-ice training with a rigorous academic partnership through Saratoga Central Catholic School. Our philosophy is simple: develop the human being first, the hockey player second.

Q: How does enrollment work? Are there tryouts?

NYEHA does not hold open tryouts. Enrollment is by request and conversation. Families interested in the program reach out to our staff, and we evaluate fit based on a player's goals, character, and readiness for a full-time academy structure. We believe the right fit matters more than a single on-ice audition.

Q: What grades and age groups does NYEHA serve?

NYEHA is open to student-athletes born in the 2009 through 2016 birth years, covering grades 6 through 12. Our on-ice skill groupings are based on development level rather than strictly by age or birth year, which allows us to place each athlete in the environment where they will grow most effectively. Younger players who are homeschooled are welcome to reach out to the program directly to discuss whether NYEHA is the right fit and how they may be able to participate.

Schooling & Academics

Q: How does school work for NYEHA athletes?

NYEHA has partnered with Saratoga Central Catholic School as our primary academic provider. This gives our athletes a structured, in-person school experience with real teachers, real classrooms, and real accountability — not the purely online model common at many other hockey academies.

Q: Why Saratoga Central Catholic rather than an online school?

We chose Saratoga Central Catholic because we believe academics deserve the same rigor we apply to hockey development. In-person learning builds discipline, social skills, and genuine relationships with teachers who know your student personally. Our athletes are student-athletes — in that order.

Q: Is there an online school option?

Yes — for families who prefer or require a fully online academic option, NYEHA offers access to Edmentum, a flexible online school platform with accessible teachers for every class. The Edmentum option is available for \$3,175 for the full school year. Students using Edmentum may bring a computer and work at the rink during school hours. Please contact us directly to discuss which academic path is the right fit for your athlete.

Q: What if my child is already enrolled in another school?

We work with families on a case-by-case basis. Some athletes transition fully into our academic partner school, while others may maintain enrollment at their current institution depending on schedule compatibility. Reach out to us and we will walk through the options with you.

Transportation & Housing

Q: Do you provide transportation to and from the school?

Yes — NYEHA provides transportation both to and from Saratoga Central Catholic School. In the morning, athletes are bused from Capital Ice Arena to SCC following on-ice training. At the end of the school day (2:30 PM), athletes are bused back to Capital Ice Arena, arriving approximately 3:00 PM. Families who prefer to pick up their athlete directly at Saratoga Central Catholic at 2:30 PM are welcome to do so. Athletes may also take a public bus if one is available in their area. Depending on first-year total enrollment, program transport will be via a converter van or a full bus.

Q: What time does the academy day end, and what is pickup like?

The NYEHA academy day ends with the Saratoga Central Catholic school day at 2:30 PM. Families can pick up their athlete directly at SCC, or athletes board the bus back to Capital Ice Arena with pickup available at the rink starting at 3:00 PM. Pickup at the rink is flexible — athletes are welcome to remain at Capital Ice Arena until their family arrives. There is no strict pickup deadline.

Q: Do you offer housing or billeting for players who live farther away?

At this stage, NYEHA does not operate a formal housing or billeting program. Players who need full-time billets or a place to stay a couple nights a week should contact us directly. Chances are there will be a family in the program willing to help you out.

On-Ice Schedule & Structure

Q: How many on-ice sessions per week can my athlete expect?

Because NYEHA runs Monday through Friday, athletes can expect up to 5 on-ice sessions per week during the main training block. Session volume is managed intentionally with the athlete's load and recovery in mind — see the Burnout Prevention section for more on our philosophy.

Q: How are on-ice groups organized?

We use skill-based groupings rather than strict age or grade separation. This approach means athletes train with peers who challenge them at the right level, accelerating development without the frustration of being mismatched. Groups are re-evaluated regularly throughout the season.

Q: What does a typical training day look like?

7:00 AM — On-ice session (structured skating, individual skill work, small group development). 8:00 AM — Strength & conditioning (weight room, dryland, athleticism training). 9:00 AM — Snack / breakfast. 9:15 AM — Bus departs for Saratoga Central Catholic School. 10:00 AM — School day begins at SCC (or Edmentum online for those on that track). 2:30 PM — School day ends; families may pick up at SCC or athletes board bus back to Capital Ice Arena. 3:00 PM — Bus arrives at Capital Ice Arena; pickup available at the rink.

Q: What does a typical training week look like?

NYEHA runs concurrently with the Saratoga Central Catholic school calendar, September through June. A typical week includes on-ice skill sessions Monday through Friday, strength and conditioning, and time for video work or individual development. All athletes also practice with their AAA or club teams 2–3 evenings per week and compete in games on weekends. The academy schedule is designed to complement — not conflict with — those external team commitments.

Q: Do athletes also play on external league or AAA teams?

Yes — all NYEHA athletes compete on AAA or club teams in addition to the academy program. Typically this means 2–3 evening practices per week with their team and games on weekends. The NYEHA schedule is designed with this in mind: the academy day ends with the Saratoga Central Catholic school day, leaving afternoons and evenings free for external team commitments. We work closely with families to ensure the combined workload stays manageable.

Burnout Prevention & Load Management

Q: Are all on-ice and gym sessions mandatory?

Not every session is mandatory — and that is intentional. Requiring athletes to push through every single session regardless of how they feel is a fast path to burnout. Athletes who are not participating in the skate or lift on a given day are still expected to come to the rink. They can work with a coach on video, do a rehab session, or take a light stationary skill day. Being present and engaged, even on recovery days, is part of the culture we are building.

Q: Hockey academies can be intense — how does NYEHA prevent burnout?

This is something we think about every week. Load management is built into the program structure — not every session is mandatory, the academy day ends with the Saratoga Central Catholic school day, and athletes have flexibility to scale their effort on any given day. Heavy training weeks are balanced with lighter recovery periods tied to the game schedule, and we monitor athletes individually throughout the season. We do not believe in 12-month, never-stop hockey. Intentional rest periods are built into the program calendar. Physically, the body needs time to recover. Mentally, athletes need time to want to play again. Protecting that love for the game is part of our long-term development model.

Q: How do you handle the balance between pushing athletes and protecting their wellbeing?

Our staff is trained to recognize the signs of overtraining — both physical and emotional. Athletes are encouraged to communicate openly with coaches. We operate with a 5 to 10-year development lens: decisions made today should serve the athlete's growth over the long arc of their career, not just the next tournament.

Sample Daily Schedule

7:00 AM	On-Ice Session	Structured practice — skating, individual and small group skills
8:00 AM	Strength & Conditioning	Weight room, dryland, athleticism training
9:00 AM	Breakfast / Snack	Fuel for the school day ahead
9:15 AM	Bus to School	Transport from Capital Ice Arena to Saratoga Central Catholic
10:00 AM	School Day Begins	Saratoga Central Catholic in-person, or Edmentum online at the rink
2:30 PM	School Day Ends	Pickup at SCC available, or bus back to Capital Ice Arena