

Kraken Youth Hockey Overview



STEP 1: LEARN TO SKATE



Learning how to skate before joining our hockey programs will provide the best pathway for enjoyment in sport. It's required to complete Kraken Skating Academy's Learn to Skate programming before joining Learn to Play.

STEP 2: INTRO TO HOCKEY | Registration Every ~8 Weeks



NHL LEARN TO PLAY 1

- Ages 5-9
- 8 week series
- 1 lesson per week
- Class is repeatable
- Girls only options available



KRAKEN LEARN TO PLAY 2

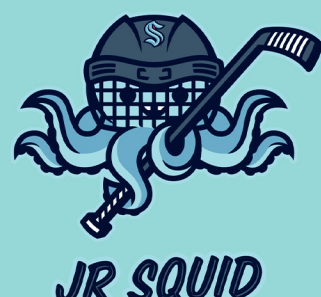
- Ages 5-9
- 8 week series
- 1 lesson per week
- Class is repeatable
- Girls only options available



SEA-LEAGUE BEGINNER

- Ages 8-16
- 8 week series
- 1 lesson per week
- Class is repeatable
- Girls only options available
- Scrimmage opportunities available

STEP 3: IN-HOUSE DEVELOPMENT | Registration in Spring for Fall/Winter Season



JR SQUID

- Ages 5-7
- Season runs September - March
- 2 practices weekly
- Scrimmage opportunities available
- Intro to goalie - Limited equipment available



SEA-LEAGUE - INTERMEDIATE

- Ages 8-16
- Season runs September - March
- 2 practices weekly
- Scrimmage opportunities available
- Class is repeatable

STEP 4: YOUTH RECREATION TEAMS | Registration in Spring for Fall/Winter Season



JR KRAKEN

8U COED, GIRLS | 10U COED, GIRLS | 12U COED, GIRLS | 14U COED, GIRLS | 18U COED

- Ages 7-18
- Season runs September - March
- Teams compete in Metropolitan Hockey League within greater Puget Sound area
- 2 practices, 1 game weekly

STEP 5: YOUTH SELECT TEAMS | Tryouts in April*



JR KRAKEN SELECT | 10U | 12U | 14U

- Ages 9-14
- Season runs September - March
- Teams play in the PNAHA League and compete at the PNAHA State Festivals
- 3 practices, 1-2 games weekly



JR KRAKEN AAA | 14U | 16U | 18U

- Ages 13-18
- Teams have a NAPHL showcase schedule + supplement with additional AAA competition
- 4 practices, 1-2 games weekly

*Tryouts for 10U teams are typically held in early August

Endorsed by: The logo for the USA Hockey organization, featuring a stylized blue and white USA flag with the text "USA HOCKEY".