



NASHVILLE JR. PREDATORS

2022-23 GIRLS PROSPECTUS

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LETTER FROM THE PRESIDENT

With the 2021-2022 season coming to a close I want to personally thank you for a great season and representing our first-class organization with pride. As a first time President and new Nashville resident thank you very much for the warm welcome into the Preds family. This is a phenomenal program and it is a wonderful privilege to get to wear the JR Predators logo. The partnership between the JR Predators, TPH and Nashville Predators continues to get stronger, and we already have so much to look forward to for next season! Hockey is growing like crazy in Nashville and we are so thankful to be part of such a strong community at Ford Ice.

We are extremely passionate about growing this great game and will not stop until everyone has the opportunity to play. The girls game will take a huge leap forward next season with the addition of more teams and programming, along with various disabled programs being offered at Ford Ice. Youth and adults of all ages and skill levels will have a place to play our favorite game, whether it's on skates or in running shoes at our new [Dek Rink](#) in Bellevue.

We continue to strive to bring a positive, developmental, and educational elite hockey program each day to not only build great hockey players, but also constructive and progressive members of our community. The best hockey players are only as good as their character, and we are proud of all those who do not take that responsibility lightly.

Thank you for a great season, enjoy your off-season and look forward to seeing you at the rink again soon!

Kristen Bowness

Director of Youth Hockey Fan Development Nashville Predators
President of the Nashville Jr Predators

Danny Butler

Vice President and General Manager Ford Ice Center

JR. PREDATORS HOCKEY CLUB

The Nashville Jr. Predators Hockey Club is a non-profit organization established with the goal to allow players to live at or close to home, while competing at the Tier I, Tier II and Tier II Girls level against the top programs in the country. Nashville Jr. Predators hockey offers student-athletes access to professional full time hockey coaches and key unmatched resources in order to provide the best possible developmental path for opportunities in hockey, the classroom and life. Jr. Predators alumni have been drafted to and/or are playing in the NHL, NCAA, USHL, NAHL, NA3HL, and CHL. The Nashville Jr. Predators Hockey Club is a program of the Nashville Elite Hockey Club Inc., a recognized 501c3 tax-exempt, nonprofit corporation.

JR PREDATORS HOCKEY CLUB MISSION

- Provide student-athletes in the Greater Nashville Area the opportunity to develop and compete with a standard of exceptional attitude, confidence, and work ethic through the game of hockey.
- Provide an elite coaching staff specializing in high performance training for intense competition, allowing players to fully develop their athletic and team skills.
- Provide Jr. Predators athletes with an opportunity to achieve their academic and athletic goals throughout grade school.
- Hold Jr. Predators hockey players academically accountable and provide a forum where all players can further their leadership and citizenship skills.
- Conduct operations with a level of fiscal responsibility, which will ensure the viability of the organization for the future.

LEADERSHIP



KRISTEN BOWNESS

PRESIDENT



JIM MCKENZIE

VICE PRESIDENT



STEVE MILOSEVSKI

TREASURER



JP DUMONT

DIRECTOR OF HOCKEY OPERATIONS



MEKENZIE STEFFEN

GIRLS DIRECTOR



BRAD SCHELL

ATLANTA DIRECTOR OF HOCKEY
OPERATIONS



MARTIN KUBALIAK

HUNTSVILLE DIRECTOR OF HOCKEY
OPERATIONS



STACI HART

HEAD OF STRENGTH &
CONDITIONING



LENISE FAULK

STRENGTH & CONDITIONING COACH



AUSTIN KEISER

DIRECTOR OF GOALTENDING



DUSTIN HENRY

COORDINATOR OF OPERATIONS



COACHES

GIRLS TIER II COACHES



DELANEY COLLINS

PLAYER DEVELOPMENT COACH

Delaney is from Pilot Mound Manitoba and played in 5 IIHF World Championships with Team Canada, winning three gold and two silver medals. She was the Assistant Coach for Canada's Development Team and U18 National Team between 2013-2017 and the Head Coach of Canada's U18 women's program in 2018. Delaney is a certified skills coach through Hockey Canada and will lead NJP skill sessions. Delaney lives in Nashville with her husband Isaac and daughter Gracie.



KAHLIE SINGLETARY

19U HEAD COACH

Kahlie is the head coach for the Nashville Jr. Predators U19. The 2022-2023 season marks Kahlie's seventeenth year coaching at the U19 level. Kahlie's passion is giving girls an opportunity to train in an elite environment while developing female leaders for collegiate hockey and life beyond. Along with being a level 4 USA Hockey Coach and Certified Functional Strength Coach, Kahlie holds Bachelor of Science degrees in Agricultural Economics and Agricultural Business. Kahlie is a native of Farmington, Minnesota, and resides in Lebanon, Tennessee, with her husband Josh.



MEKENZIE STEFFEN

16U HEAD COACH

Mckenzie, a Minnesota native, is returning for her second season with the Jr. Predators following a successful hockey career with the University of Wisconsin Badgers. While at Wisconsin, Steffen won a National Championship and was named team captain her senior season. She also has experience with USA Hockey as she won a gold medal with the US U18 National Team in 2015. Mckenzie looks forward to continuing to grow girls hockey in Nashville.

GIRLS TIER II COACHES



SAMMI ESTES

14U HEAD COACH

Sammi grew up in Boston and played hockey for as long as she can remember. Her love and passion for the game led her to playing Division III hockey at Connecticut College and to playing professionally in Sweden for Karlskrona HK. Sammi has experience coaching at the 12U, 14U and 16U level. She is looking forward to giving back to the girl's hockey community while continuing as a full-time nursing student here in Nashville.



JENNIFER BONIECKI

12U/10U HEAD COACH

Jennifer grew up playing hockey in the suburbs of Chicago, which led her to playing ACHA DI Women's Hockey at Ohio State University. While at Ohio State, Jennifer was selected for the US National University Team where she won a bronze medal at the Winter World University Games. Jennifer is now the Amateur Hockey and Fan Development Manager for the Nashville Predators and currently runs all grassroots efforts including all of the Preds Girls Hockey programs at the Ford Ice Centers.



STACI HART

STRENGTH AND CONDITIONING COACH

Staci Hart holds her undergraduate degree in Exercise Science Education from The Ohio State University and her master's degree in Exercise and Nutrition Science from Lipscomb University. While at Ohio State, she gained extensive experience working with the Strength and Conditioning coaches of all Olympic Weightlifting sports, including men's and women's ice hockey. Staci's extensive experience in training and programming for youth, collegiate, and junior pro hockey players sets her apart. Staci's approach to coaching brings leadership and a new perspective to our female athletes.



HISTORY

HISTORY



ALVERNIA UNIVERSITY - NCAA DIII

JULIANA RODGERS '03

SHAE HUDEC '02

LEBANON VALLEY COLLEGE - NCAA DIII

JESSICA DAWE '02

SOPHIE TRENTINI '01

GRACE MAYER '01

ALEXIS OUKES '03

STONEHILL COLLEGE - NCAA DI

SYDNEY RUSSELL '03

SUNY-CORTLAND - NCAA DIII

IRINA BRADY '01

SOPHIA SHAVER - COACHING ALUM

*PLAYER - PWHPA MINNESOTA

TEAM CAPTAIN - UNIVERSITY OF WISCONSIN

PLAYER - UNIVERSITY OF WISCONSIN

PLAYER - USA U18 WORLD CHAMPIONSHIP
TEAM





GIRLS

TIER II TEAMS

GIRLS HIGHLIGHTS



PAVING THE WAY

Sydney Russell marks the first time a female player, born and raised in Nashville, to commit to play NCAA Division I Hockey. Russell is also the first female Southern Amateur Hockey Association (SAHA) player to play her entire career in the association and commit to the Division I level.



PREDATORS GIRLS CLASSIC

In the 2021-22 season, the Nashville Predators hosted their first all-girls hockey tournament. The girls received the opportunity to play multiple games at Bridgestone Arena as well as compete in a tournament wide skills competition. We are looking forward to participating in the event again next season!



SMASHVILLE GIRLS SHOWCASE

The Smashville Girls Showcase will return to Nashville for 2022-23 season to feature the top AA and AAA girls teams in North America. The event will be accompanied by the Smashville Women's Collegiate Showcase, which features four of the top NCAA Division I Women's Hockey programs: Minnesota-Duluth, Princeton, Cornell and Northeastern.

GIRLS

OPENING WEEKEND

All the teams will participate in a unique High-Performance Weekend to kick off the season. In addition to all the components of a routine High-Performance Weekend, this is an opportunity to meet the coaching staff and other Jr. Predators families.

PLAYER DEVELOPMENT SESSIONS

Player development sessions are designed and led by Coach Delaney Collins. The objective of these sessions are to focus on a range of skills while helping players connect those skills to game applicable situations. Athletes will work on the ice to combine multiple tasks skills and view situational video off the ice to see how the skills apply at full speed, under pressure, and in traffic.

WEEKDAY PRACTICES

Parallel weekday practices will be provided in each local supporting association: Nashville, Huntsville and Atlanta. Combined age groups and heavy focus on skill development.

OFF-ICE TRAINING

In addition to on-ice sessions, Jr. Predators players will receive weekly off-ice training consisting of workouts led by experienced strength and conditioning coaches at the training rooms on-site in Ford Ice Center-Bellevue, weight room in Duluth Ice Forum and the Huntsville Ice Sports Center.



GIRLS

HIGH-PERFORMANCE WEEKENDS

14U, 16U, 19U specific. Training camp style experience, at least one weekend per month, hosted by local supporting association. Content: 4-5 hours on-ice practice, off-ice training, classroom style instruction, video analysis, team building, cross-over instruction from entire coaching staff. These weekends help maintain a high practice-game ratio.

TRAINING CAMP 19U ONLY

All 19U selected players will participate in training camp in August to prepare for the season. Camp highlights include positional clinics, team building, on-ice training, off-ice training, classroom instruction, and video sessions.



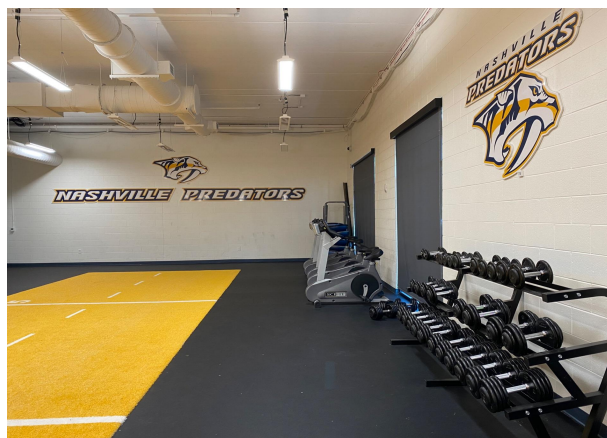
GIRLS TEAM DETAILS

	10U/12U	14U	16U	19U
PRACTICE HOURS	55-60	85-90	85-90	120-125
GAMES	20-25	35-40	35-40	40-45
WEEKDAY PRACTICES	✓	✓	✓	✓
OFF-ICE TRAINING	✓	✓	✓	✓
STRENGTH & CONDITIONING COACH	✓	✓	✓	✓
GAME & TOURNAMENT FEES	✓	✓	✓	✓
DEDICATED GOALTENDING COACH	✓	✓	✓	✓
COACHES' STIPEND	✓	✓	✓	✓
INDIVIDUAL PLAYER EQUIPMENT	✓	✓	✓	✓
APPAREL PACKAGE	✓	✓	✓	✓
TEAM/INDIVIDUAL VIDEO ANALYSIS	✓	✓	✓	✓
HIGH-PERFORMANCE WEEKENDS		✓	✓	✓
DEDICATED LOCKER ROOM				✓
TEAM FEE	\$3,250	\$4,650	\$4,650	\$5,950



FACILITIES

FACILITIES



FORD ICE CENTER - ANTIOCH

5264 HICKORY HOLLOW PL, ANTIOCH, TN 37013

Ford Ice Antioch is located in Southeast Nashville with two sheets of ice. FIC Antioch is home to our 19U Girls locker room, has multiple shooting lanes, and includes Perani's Hockey World. Ford Ice Antioch supports many programs: open hockey, public skate, adult league, learn to skate and our Jr. Predators program.



FORD ICE CENTER - BELLEVUE

7638 B HWY 70, NASHVILLE, TN 37221

Ford Ice Center Bellevue is a twin-rink recreational facility, which opened in October 2019. FIC Bellevue is home to our 16U and 18U Tier I locker rooms. The facility, located in West Nashville, includes a weight room, full restaurant, Draft Picks, a Perani's Hockey World, a Twice Daily and numerous hockey and figure skating programs for children and adults.



CENTENNIAL SPORTSPLEX

222 25TH AVE N, NASHVILLE, TN 37203

Centennial Sportsplex is a multi-use athletic complex with two full-size ice rinks along with being the practice facility for the Nashville Predators. The facility is adjacent to Centennial Park, from which it derives its name.

DULUTH ICE FORUM

2300 SATELLITE BLVD, DULUTH, GA 30097

The IceForum operates two NHL size ice sheets. The facility offers a pro shop, skate sharpening and repair service along with the Breakaway Grill.



FACILITIES

HUNTSVILLE ICE SPORTS COMPLEX

3185 LEEMAN FERRY RD SW, HUNTSVILLE, AL 35801

The ISC operates two NHL regulation rinks. In 2020, the facility received a \$14 million renovation. The ISC has been and continues to be home to countless of hockey tournaments and figure skating events

THE LAB

547 MT HOPE ST, FRANKLIN, TN 37064

The Lab is a full-encompassing training facility in the heart of Franklin. The Lab has shooting lanes, an elite off-ice training space, as well as a small-scale ice sheet.





PARTNERS

PARTNERS

BAUER

DUNKIN'

Maynards
SINCE 1902



