



Below are frequently asked questions and answers to give you a better understanding about the ***GIRL'S STX 68 Combine Presented by 200 x 85 LLC***.

Q: Who attends the Girl's STX 68 Combine Presented by 200 x 85 LLC and what is their purpose?

A: The Girl's STX 68 Combine is designed to help elite Bantam Major (2005 birth year for 2019) players with College or USA Hockey National Team (s) potential advance their hockey and training knowledge in order to maximize their ability. Participants are taught position-specific and athletic performance drills designed by some of the top hockey coaches and sports performance specialists in America, and it is all **priced at only \$195.00 pp** for the sixty eight (68) athletes chosen. The players selected will have three days of dynamic competition for the country's most elite Bantam Major Prospects from August 8-11, 2019. This is NOT some run of the mill camp being offered at a \$1000 plus per player plus travel/hotel/meal costs. We are not anything like that. This event is 95% subsidized and the most exceptional 2005 female birth year players will be in attendance.

Q: How does a player get selected to attend the Girl's STX 68 Combine Presented by 200 x 85 LLC?

A: Registration and "Invite Only" information is sent out to top female players/recruits who are in the 2005 birth year category. 200 x 85 LLC will rely on a scouting staff that know the 2005 age level and will select invitees based on a combination of the athlete's performance during the past playing seasons, effort, determination attitude and potential. We will also consider recommendations by their current coaches for any high level recruit to be considered by the 200 x 85 LLC staff. We are looking for the best players and the best prospects. There will be many great athletes we will potentially miss out on. When judging hundreds of potential prospects across the country, there are going to be dozens of late bloomers, as well as a few who slip through the cracks. Only those athletes who receive an invitation will gather in Chicago August 8-11, 2019. Invitations will be sent out on April 24, 2019 following the STX Chi Town Shuffle Tournament. We will have a 2005 Birthyear Division set up at this Spring Tournament (April 19-21) to use as our last weekend to evaluate players.

Q: What exactly happens at the Girl's STX 68 Combine Presented by 200 x 85 LLC?

A: Female Athletes who are accepted to the Girl's STX 68 Combine Presented by 200 x 85 LLC will check in on Thursday, August 8, 2019. A pre camp arrival package will be sent out (after

acceptance) and include a full itinerary on where to check in, what to bring and how the players pick up their team outfitting, gloves, and stick. An "athlete & parents only" reception and presentation kicks off the Opening Night at the DoubleTree Hotel in Lisle, IL. Starting Friday morning, August 9th the STX Combine is then broken down into four parts:

1. STX 68 Combine Testing: All of our female athletes will start off with an assessment (individual player profile) and receive an overall needs analysis once the testing is complete. The STX Combine is an opportunity for all our players to get an understanding of their own physical and psychological makeup. We will have off ice testing for grip strength, vertical jump, long jump, pushups, pullups, fatigue, speed and agility. The on ice tests that factor into the STX 68 Combine Sports Testing Profile will be forward/backward speed with and without the puck, agility transition weave, reaction times, and stamina. It is extremely important to note here that we are only testing to gauge further progress within each player, not to compare players. Our goal is to accurately and objectively gauge the athlete's talent level and provide insight and feedback to improvements, providing the athlete an opportunity to become a more skilled and polished prospect.

2. On & Off Ice Training. Each group will also receive three (hours) of intense on ice training. In addition, participants will be separated into position groups during some of our on ice training sessions (Forwards, Defense and Goalies) to work individually on hockey skills and techniques with top-notch position coaches with college and Pro experience. 200 x 85 LLC trainers will also work participants through specific off ice drills designed to improve athletic ability, speed and explosiveness. This part of our overall program educates participants (individually) on how to improve hockey-specific speed, agility and quickness movements, and also how to train specifically for the needs and requirements of their individual positions.

3. Team competitions: Each team will play three (3) highly competitive games during the course of the ***STX 68 Combine Presented by 200 x 85 LLC***.

4. Lectures & Seminars: In addition to all the on and off ice training activities 200 x85 LLC, will bring in notable guest speakers, providing these athletes and parents valuable knowledge about nutrition, psychology, and how to be effective both on and off the ice at the youth, college and National level. In addition, topics such as the truths and myths regarding the recruiting process, family advisors, player agents, Amateurism and NCAA Eligibility.

Q: What are the player benefits for attending this camp?

A: Players participating in the ***Girl's STX 68 Combine Presented by 200 x 85 LLC*** will be given the opportunity to showcase their abilities and get early national exposure from well-attended scouts at the college and National level. Our athletes will gain exposure to a combine style event with the testing and requirements needed as early as possible so their performance on the ice and at other events increase as they become more aware and comfortable to what recruiters and college coaches are looking for. Video and action photos will be taken, players will be evaluated by numerous scouts and athletes will learn more about what it takes to compete at the highest level and gauge their current abilities against the very best.

All the results from our on and off ice testing (200 x 85 LLC Player Profile) will be sent out to every college program in the country. The information included will be your individual player profile assessment including your on and off ice stats, ranking, school, personal, and address information so colleges will have you in their database. And, if they deem you a prospect, they will begin recruiting you from January 1st of your grade 10 sophomore year.

This Female Bantam Major camp will be known for the quality of hockey players we attract and one benefit to you will be seeing how you rate with your peers. The ***Girl's STX 68 Combine Presented by 200 x85 LLC*** is about getting better and competing. Bottom line, this is a top-of-the-line, well-organized event that the very best players can come to compete with and learn from the best.

Q: What is the cost to attend the *Girl's STX 68 Combine Presented by 200 x 85 LLC* ?

A: The ***Girl's STX 68 Combine Presented by 200 x 85 LLC*** is \$195.00 per player. All player costs (dorms, food, bus transportation, ice, testing, training, instruction) are covered as part of this minimal fee. In addition, each player receives Jerseys, Socks, Tees, Shorts, Hockey Gloves, 2 Hockey Sticks, Backpack and much more. Lastly, selected prospects will have to provide their own transportation to and from the camp.

Q: What should players bring to the camp?

A: Players who are accepted in the ***Girl's STX 68 Combine Presented by 200 x 85 LLC*** will be provided with a punch list of items needed for the event.

Q: What is the location of the Dorms and Ice Facility for the camp?

A: Players will be housed at the Hilton Hotel in Lisle, IL. All on/off ice training and lectures will take place at Seven Bridges Ice Arena in Woodridge, IL.

Q: I am a College Scout... Do I need to pre-register to attend?

A: Yes, all scouts and media outlets must pre-register and be pre-approved before coming to the STX 68 Combine. Please contact Mike Embach @ mike@200x85.com

