ROAD MAP TO HOCKEY
AT YOUR LOCAL STARCENTER

START HERE

TRY HOCKEY FOR FREE!
ROOKIES PROGRAM  Ages 4-12

PRE HOCKEY
Gear is optional, no stick or puck, at this stage. This class is to learn how to skate and to try skating in hockey skates before the investment in equipment. Classes are 45 minutes in the Dallas Stars Hockey Academy. A helmet, pair of gloves, and skates are required. Skates will be available at the rink for participants to use, if needed.

HOCKEY ACADEMY
7 & UNDER | 8 & ABOVE
USA HOCKEY’s ADM-style drills, skill stations, and games. 45 minutes on-ice training sessions.

DALLAS STARS METRO HOCKEY LEAGUE
8 & UNDER
10 & UNDER
12 & UNDER
14 & UNDER
18 & UNDER

HIGH SCHOOL HOCKEY
18 & UNDER

HIGH SCHOOL

SENIOR STARS HOCKEY LEAGUE
18 & Over
A - LEAGUE
B - LEAGUE
C - LEAGUE
D - LEAGUE
ADULT FUNDAMENTALS