



Understanding the
Female Hockey
University
Pathways

USports | NCAA | ACHA Club Hockey
For the KMHA Female Hockey Sub
Committee
By Carsen Moffett

USports vs NCAA vs ACHA

- National Collegiate Athletic Association (DI vs DIII)
- USports (Canada)
- American Collegiate Hockey Association (Club Hockey in the USA)
 - Monday-Saturday Training Schedule
 - On Ice/Training Every Day




USPORTS Women's Hockey Overview

Canadian Universities (UBC, TWU, UofC, UofA, etc.)



Scholarship Opportunities: offer mix of academic & athletic aid
(varies by school) mostly academic



Up to 5 years of varsity play



Recruitment: early outreach is essential



USports Timeline/Notes

- Players who **reach out early stand out.**
 - Coaches do NOT want to hear from parents
 - Parents can step in for campus visits or zoom meetings after coach/player conversation has progressed
- Emphasize academics first
- Film should be uploaded via YouTube, make a channel with different videos for different plays/scenarios
- Ask about scholarship opportunities when conversation has progressed

| Grade / Year | What Happens |
|---------------------|-----------------------------------------------------------------------------------------|
| Grade 9–10 | Focus on academics; start emailing coaches & build resume. |
| Grade 11 | Visit campuses, attend ID camps, communicate consistently. |
| Grade 12 | Receive offers, apply to universities, confirm roster spot, sign letter of intent (LOI) |

NCAA Women's Hockey Overview

U.S. Universities (Division I and Division III)

Main difference

- **Division I:** Highest level, full/partial athletic scholarships allowed
 - **Division III:** Strong focus on academics, *no athletic scholarships offered*, but academic/merit aid scholarships are
- Main Message:** Recruiting starts early - **Grade 9–10 matters**

Note most Division I players are chosen and identified by grade 10- process must start early

NCAA Division I – Recruitment Timeline

| Grade / Year | What Happens |
|------------------------|-------------------------------------------------------------------------------------------------------|
| Grade 9 (Freshman) | Build GPA, play competitive hockey, start highlight video. Coaches can watch but not contact . |
| Grade 10 (Sophomore) | Attend summer showcases; coaches are tracking players. |
| June 15 after Grade 10 | Coaches can contact athletes directly (calls, emails, messages). |
| Grade 11 (Junior) | Visits and offers begin. Verbal commitments common. |
| Grade 12 (Senior) | National Letter of Intent (NLI) signing; finalize school choice. |

”The DIII Philosophy”:
Student > Athlete

NCAA Division III Recruitment Timeline

| Grade / Year | What Happens |
|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grade 9–10 | Coaches begin to track players; academic record becomes key. |
| Grade 11 | Athletes can contact coaches freely; visits often begin. |
| Grade 12 | Commitments made after admissions offers (no scholarships). Must apply and be accepted to school before committing - SAT/ACT scores needed for most schools |

ACHA Club Hockey Overview (Division I-III)

ACHA Division I is usually comparable to Division III hockey

Apply to university, attend hockey tryouts as “walk-on”, but can verbally commit to team beforehand

High commitment level

At a Glance

| | NCAA Div. I | NCAA Div. III | U SPORTS | ACHA |
|-------------------------|-----------------------|----------------------|-----------------------------|-------------------|
| Scholarships | Full/partial athletic | Academic only | Academic + limited athletic | Academic only |
| Recruiting Start | Grade 9–10 | Grade 10–11 | Grade 10–11 | Grade 11–12 |
| Commitment | Early (Gr. 10–11) | Later (Gr. 11–12) | Flexible | Open |
| Competition | Elite | Strong | National-level | Varies |
| Focus | Athletic > Academic | Academic > Athletic | Academic + Athletic | Lifestyle Balance |

Recruitment Email Example

Always to Head Coach

To Include in Your Email

- Subject: (Your last name) program inquiry
 - Ex: Moffett PSU Women's Ice Hockey Inquiry
- Include name, high school graduation year, current team, academic program of interest at school, insert YouTube link for film
- Ask for a phone call to learn more about the school and hockey program
 - Come prepared with questions
 - Be genuinely yourself! Coaches can tell when something is copy/pasted

NCSA College Recruiting



Jordyn Williamson
RD | 5'6" | 135lbs
Mount Academy
⚡ Last Active 2/25/26
Committed to Anna Maria College

2026

0:00 / 3:03

2025 Highlights 11/10/2025

ABOUT JORDYN

The screenshot shows a recruitment profile for Jordyn Williamson. It includes a circular profile picture of her in a hockey jersey, her name, position (RD), height (5'6"), weight (135lbs), and school (Mount Academy). It also shows her last active date (2/25/26) and that she is committed to Anna Maria College. Below the profile is a video player showing a blue background with the NCSA logo and a progress bar at 0:00 / 3:03. The video is titled "2025 Highlights" and dated "11/10/2025". At the bottom, there is a section titled "ABOUT JORDYN".

Example of Recruitment Page

<https://recruit-match.ncsasports.org/clientrms/athletes/profiles/10372761>

Recruitment Email Example

- Subject: ____ (school name) ____ Women's Ice Hockey Program Inquiry

Hi coach _____, my name is _____, and I am very interested in learning more about your Women's Ice Hockey program at _____.

I graduate high school in _____ and am especially interested in pursuing the _____ program at _____ after graduation.

I currently play on the _____ and my player profile details can be found here _____ (insert link)

Do you have time for a brief phone call so I can learn a bit more about _____ and the women's hockey program?

Warmly,



Athlete Key Takeaways

Start early: Grade 10–11 is key for visibility

NCAA = structured recruitment rules

U SPORTS = flexible

ACHA = open access

Academics matter everywhere — doors close without them

Encourage your athlete to **advocate for herself**

Every player can find a place — it's about **fit, not fame**



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KENDRA WOODLAND
OTTAWA CHARGE

Position: G
Birthdate: 2000-02-18
Catches: L
Height: 5'8
Birth place: Kamloops, BC, Canada
Nationality:  Canadian

**U Sport
Experience**
*PWHL Goalie
Kendra Woodland*

Competing in U SPORTS women's hockey was a defining stage of my athletic and personal development. Over six seasons as the starting goaltender at the University of New Brunswick, I experienced a high-performance environment that demanded excellence both on the ice and in the classroom. The league provided daily access to elite coaching, strength and conditioning support, sport science resources, and competitive play against top athletes from across Canada. Just as importantly, U SPORTS allowed me to pursue a university degree while continuing to develop as an athlete, leader, and role model within the women's hockey community. My experience shows that U SPORTS is a viable and powerful pathway for female hockey players who want to compete at an elite level, grow as individuals, and keep future athletic and career opportunities open.



21 Carsen Moffett

Class: Graduate Student

Major: Interdisciplinary Studies (UG) / Business Administration (GR)

Hometown: Kamloops, British Columbia

Height: 5-7

Position: F

Previous Organization: Thompson Okanagan Lakers

NCAA DIII Experience

Carsen Moffett

I spent five seasons with Plymouth State University's NCAA Division III Women's Ice Hockey program. I traveled across the country at 17 to follow my dream of playing hockey while pursuing an education after high school. While being that far away from home was scary at first, I found a home within my team and school community and was able to complete both an undergraduate and graduate degree while at PSU. My last season ended with a championship win and a sellout crowd, which was history for my program. This experience gave me the confidence to know that if I can take a shot and follow my dream that far away from home and love it, I can do anything. It also taught me that you can find home in the people you meet. My advice to future NCAA female hockey players is to play until you can't play anymore, because hockey will take you farther in life than you can imagine!



Questions?

Carsen Moffett

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I would LOVE to help female athletes find their home on the ice! Please don't hesitate to reach out to me and I will offer any insight I can!