



Valley Forge Minutemen



Midget 15U National "AAA"

Birth Years: 2005

Head Coach: Chris Gratton

484-300-5017, chrisgratton01@gmail.com

Goalie coach: Terry Denike

denikegoaltending@live.com

Conditioning Coach: Ryan Heickert

ryan@functionandstrength.com

Included in Team Fee

Off-season: 2x/week

1-2 Team Camps

Winter Season Schedule: September-February

- 2-3 practices per week with off-ice conditioning
- 5 Tournaments (high performance non-league schedule)
- Complete AYHL schedule
- Full Beast League Member
- Practice uniforms
- Goalie training
- Hudl Video Analysis

Off-ice Conditioning:

50 sessions run by Function and Strength @ Center Ice

Objectives:

- Player Development: Skills, Position, System Concepts/Knowledge, Physical Strength
- Exposure to Junior and College programs
- Promotion and Advancement of Athletes

Team Fee: \$ 6,500