



Valley Forge Minutemen



Midget 16U National "AAA"

Birth Years: 2004-2005

Head Coach: Ryan Tyson

484-319-7415, ryan.tyson.c@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