



Valley Forge Minutemen



U14/Bantam Major "AAA"

Birth Year: 2006

Head Coach: John Geverd

603-494-9391, jgeverd8@comcast.net

Goalie Coach: Terry Denike

denikegoaltending@live.com

Conditioning Coach: Ryan Heickert

ryan@functionandstrength.com

Included in Team Fee

Off-season: 2x/ week

Winter Season Schedule (September-February):

Approximately 60 practice slots (1 full ice, 1 half ice per week)

Bi-weekly skills sessions depending on tournament schedule

4-5 Tournaments

Complete AYHL schedule

Practice uniform

Goalie training

Off-ice Conditioning:

Off-ice sessions run by Function and Strength @ Center Ice

Objectives:

Development of: Fundamental skills, positioning, system concepts/knowledge and physical strength

Promote Teamwork and Sportsmanship

Enhance Confidence and Self Esteem

Social and Character Development

Team Fee: \$4,750