



# Valley Forge Minutemen



**U14/Bantam Minor "AAA"**

**Birth Year: 2007**

**Head Coach: Toni Porkka, Jeff Cameron**

484-529-0452, [toniporkka@yahoo.com](mailto:toniporkka@yahoo.com), 610-613-8182, [jeffc@scm-lp.com](mailto:jeffc@scm-lp.com)

**Goalie Coach: Terry Denike**

[denikegoaltending@live.com](mailto:denikegoaltending@live.com)

**Conditioning Coach: Ryan Heickert**

[ryan@functionandstrength.com](mailto: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

3 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: \$4,450**