



# Valley Forge Minutemen



**U10/Squirt Major "AAA"**

**Birth Years: 2010**

**Head Coach: Doug MacCormack**  
484-336-7913, [dmaccormack12@gmail.com](mailto:dmaccormack12@gmail.com)

**Goalie Coach: Terry Denike**  
Email: [denikegoaltending@live.com](mailto:denikegoaltending@live.com)

## **Included in Team Fee**

**Off-season:** 2x/week

### **Winter Season Schedule (September-February):**

- Approximately 60 practice slots (1 full, 1 half/week)
- Bi-weekly skills sessions depending on tournament schedule
- 3 Tournaments
- Complete AYHL schedule
- Practice uniform
- Goalie training

### **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: \$4,000**