



Valley Forge Minutemen



Midget 15U National "AAA"

Birth Years: 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: on-ice and off-ice training
Mini camp

Winter Season Schedule: September-February

2-3 practices per week with off-ice conditioning
7 Tournaments/Beast Events
Complete AYHL schedule
Practice uniforms and gloves
Goalie training

Off-ice Conditioning:

Off-ice 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: \$ 6,750