



# Valley Forge Minutemen



## Midget 18U National "AAA"

**Head Coach: Ryan Tyson**

484-319-7415, [ryan.tyson.c@gmail.com](mailto:ryan.tyson.c@gmail.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:** 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