



## Valley Forge Minutemen



**U14/Bantam Major "AAA"**

**Birth Year: 2007**

**Head Coach: Toni Porkka**

484-529-0452, toniporkka@yahoo.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):**

Approximately 60 practice slots

Skills sessions depending on tournament schedule

5 Tournaments /Beast Showcase

Complete AYHL schedule

Practice uniform and gloves

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: \$4,950**