



Valley Forge Minutemen



U14/Bantam Minor "AAA"

Birth Year: 2008

2021-22 season

Head Coach: Al St. Hilaire

484-868-6933, alainsthilaire@yahoo.com

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):

- Approximately 60 practice slots
- Skills sessions depending on tournament schedule
- 4 Tournaments
- 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: \$4,750