



# Valley Forge Minutemen



**U12/Peewee Minor "AAA"**  
2021-2022

**Birth Year: 2010**

**Head Coach: Thomas Kisela**  
920-246-2426, thomaskisela1995@gmail.com

**Goalie Coach: Terry Denike**  
Email: [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 (1 full ice, 1 half ice per week)  
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: \$4,650**