



# Valley Forge Minutemen



**Midget 16U Premier "AAA"**

**2006**

**Head Coach: John Geverd, 603-494-9391, [jgeverd8@comcast.net](mailto:jgeverd8@comcast.net)**  
Ryan Tyson, [ryan.tyson.c@gmail.com](mailto:ryan.tyson.c@gmail.com), 484-319-7415

**Conditioning Coach: Function and Strength**  
[ryan@functionandstrength.com](mailto:ryan@functionandstrength.com)

### **Included in Team Fee**

**Off-season:** on-ice and off-ice training  
Mini camp  
Approx. 25 practices

**Winter Season Schedule: September-February**

- 2-3 practices per week with off-ice conditioning
- Video review
- 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: \$ 6,950**