



Valley Forge Minutemen



Midget 18U "AAA"

2004, 2005

Head Coach: Joe Slowik
610-322-7650, jslowik10@gmail.com

Conditioning Coach: Function and Strength
ryan@functionandstrength.com

Included in Team Fee

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

Winter Season Schedule: September-February
2 practices per week with off-ice conditioning
5 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: \$ 6,250