



Valley Forge Minutemen



U14/Bantam Major "AAA"

Birth Year: 2008

Head Coach: Al St. Hilaire

484-868-6933, alainsthilaire@yahoo.com

Conditioning Coach: Function and Strength

ryan@functionandstrength.com

Included in Team Fee

Off-season: on-ice and off-ice training
training camp
approx. 30 off season practices

Winter Season Schedule (September-February):

2-3 practices per week, in season (1 full, 1 half ice)
5 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: \$5,250