



# Valley Forge Minutemen



**Midget 15U National "AAA"**

**Birth Years: 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. 25 practices

**Winter Season Schedule: September-February**

2-3 practices per week with off-ice conditioning

Weekly video review

7 Tournaments (select Beast Events, NAP, etc)

Complete AYHL schedule

2 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: \$ 7,375**