



Valley Forge Minutemen



Midget 18U "AAA"

2005, 2006

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

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