



Valley Forge Minutemen



U12/Peewee Major "AAA"
2023-2024

Birth Year: 2011

Head Coach: Thomas Kisela
920-246-2426, thomaskisela1995@gmail.com

Conditioning Coach: Function & Strength
ryan@functionandstrength.com

Included in Team Fee

Off-season: approx. 25 practices
Mini-camp

Winter Season Schedule (September-February):

- Approximately 60 practice slots (1 full ice, 1 half ice per week)
- Skills sessions depending on tournament schedule
- 4 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