



# Valley Forge Minutemen



**U12/Peewee Minor "AAA"**

**Birth Year: 2012**

**2023-2024**

**Head Coach: Mike Schmidt**

313-657-0738, [mrschmidt12@gmail.com](mailto:mrschmidt12@gmail.com)

**Conditioning Coach: Function & Strength**

[ryan@functionandstrength.com](mailto: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**