



Valley Forge Minutemen



Midget 16U Premier "AAA"

2008, 2009

2024-25 Season

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

Mini camp

Off season practices, May-Aug

Winter Season Schedule: September-February

2-3 practices per week with off-ice conditioning

Skills sessions depending on tournament schedule

Video review

7 Tournaments (Select Beast Events, 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: \$ 7,800