



Valley Forge Minutemen



U14/Bantam Major "AAA"

Birth Year: 2010

2024-25 Season

Head Coach: John Geverd

603-494-9391, jgeverd8@comcast.net

Conditioning Coach: Function and Strength

ryan@functionandstrength.com

Included in Team Fee

Off-season: on-ice and off-ice training
training camp
off-season practices, May-Aug

Winter Season Schedule (September-February):

- 2-3 practices per week, in season (1 full, 1 half ice)
- Skills sessions depending on tournament schedule
- Video review
- 5 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: \$6,000