



Valley Forge Minutemen



U14/Bantam Minor "AAA"

Birth Year: 2011

2024-25 Season

Head Coach: Thomas Kisela

920-246-2426, thomaskisela1995@gmail.com

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