



Valley Forge Minutemen



U12/Peewee Major "AAA"

Birth Year: 2012

2024-2025 Season

Head Coach: Mike Schmidt

313-657-0738, mrschmidt12@gmail.com

Conditioning Coach: Function & Strength

ryan@functionandstrength.com

Included in Team Fee

Off-season: off-season practices, May-Aug
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
- Video Review
- 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: \$5,500