



P.A.L. TII & TIII Coaches and Practice Schedule (2018-19)

Mite Silver	Name	Mite Silver (10 & 11,12)
Head Coach	TBD	*Two, 1 hour 1/2 ice practice per week @ The Rinx
1st Assistant		*Skill Sessions provided periodically each month
2nd Assistant		*Practice Days & Times will be posted by 4/15
Mite Bronze	Name	Mite Bronze (10, & 11,12)
Head Coach	Nick Blaschuk	*Two, 1 hour 1/2 ice practice per week @ The Rinx
1st Assistant		*Skill Sessions provided periodically each month
2nd Assistant		*Practice Days & Times will be posted by 4/15
Squirt AA	Name	Squirt Tier II (08-09)
Head Coach	Donny Richardson	*Two, 1 hour 1/2 ice practice per week @ The Rinx
1st Assistant		*Skill Sessions provided once per week
2nd Assistant		*Practice Days & Times will be posted by 4/15
Squirt Major A	Name	Squirt Tier III (08-09)
Co-Coach	Russ Lee	*Two, 1 hour 1/2 ice practice per week @ The Rinx
1st Assistant		*Skill Sessions provided once per week
2nd Assistant		*Practice Days & Times will be posted by 4/15
PeeWee AA	Name	Pee Wee Tier II (06-07)
Head Coach	Rob Antonucci	*Two, 1 hour 1/2 ice practice per week @ The Rinx
1st Assistant		*Off-Ice Once Per Week
2nd Assistant		*Skill Sessions provided once per week
		*Practice Days & Times will be posted by 4/15
PW A	Name	Pee Wee Tier III (06-07)
Head Coach	George Alamia	*Two, 1 hour 1/2 ice practice per week @ The Rinx
1st Assistant		*Off-Ice Once Per Week
2nd Assistant		*Skill Sessions provided once per week
		*Practice Days & Times will be posted by 4/15
Bantam AA	Name	Bantam Tier II (04-05)
Co-Coach	TJ Smith	*Bantam AA Practice slots will be posted prior to Tryouts
Co-Coach	George Alamia	*Off-Ice Once Per Week
		*Skill Sessions provided once per week
2nd Assistant		*Practice Days & Times will be posted by 4/15
Bantam A	Name	Bantam Tier III Team (04-05)
Head Coach	TBD	*Bantam A Practice slots will be posted prior to Tryouts
1st Assistant		*Off-Ice Once Per Week
2nd Assistant		*Skill Sessions provided once per week
		*Practice Days & Times will be posted by 4/15