



Sound Tiger TII-TIII Coaches and Practice Schedule (2018-19)

Mite Silver ST	Name	Mite Silver (10 & 11,12)
Head Coach	Brian Sigler	*Two, 1 hour 1/2 ice practice per week @ Northwell
1st Assistant		*Practice are Tuesday & Thursday @ 5:15pm
2nd Assistant		*Skill Sessions provided periodically each month
Mite ST Bronze	Name	Mite Bronze (10, & 11,12)
Head Coach	TBD	*Two, 1 hour 1/2 ice practice per week @ Northwell
1st Assistant		*Practice are Thursday 5:15pm & TBD
2nd Assistant		*Skill Sessions provided periodically each month
Squirt AA ST	Name	Squirt Tier II (08-09)
Head Coach	Joe Calandra	*Two, 1 hour 1/2 ice practice per week @ Northwell
1st Assistant		*Practices are Monday & Wednesday @ 5:15pm
2nd Assistant		*Skill Session on Thursdays @ 5:15pm
Squirt A ST	Name	Squirt Tier III (08-09)
Head Coach	TBD	*Two, 1 hour 1/2 ice practice per week @ Northwell
1st Assistant		*Practices are Monday & Wednesday @ 5:15pm
2nd Assistant		*Skill Session on Thursdays @ 5:15pm
Pee Wee AA ST	Name	Pee Wee Tier II (06-07)
Head Coach	Craig Sirota	*Two, 1 hour ice practice per week @ Iceworks
1st Assistant		*Practices are Monday & Wednesday @ 7:20pm
2nd Assistant		*Off-Ice on Monday 6pm @ Iceworks - Institute 3E
		*Skill Session on Friday @ Iceworks 7:20pm
PW A ST	Name	Pee Wee Tier III (06-07)
Head Coach	TBD	*Two, 1 hour ice practice per week @ Iceworks
1st Assistant		*Practices are Tuesday & Thursday @ 7:20pm
2nd Assistant		*Off-Ice on Tuesday 6pm @ Iceworks - Institute 3E
		*Skill Session on Friday @ Iceworks 7:20pm
ST Bantam AA	Name	Bantam Tier II (04-05)
Co-Coach	Anthony Carbone	*Two, 1 hour full ice practice per week @ Northwell
Co-Coach	Chris Coschignano	*Practices are Monday @ 7:45 & Thursday @ 6:45pm
1st Assistant		*Off-Ice on Monday 6:15pm @ Northwell - Institute 3E
		*Monthly Power Skating w Besa Tsintsadze