



U14 ('05) Full Season: 2019-'20 Outline



Connecticut Jr. Huskies: U14 ('05) Elite

Coaches: Head Coach: Tom O'Connor; Assistant Coach: Sean Provost

Springfield Jr. Thunderbirds: U14 ('05) Tier 1

Coaches: *Announcement will be made prior to tryouts*

Weekly Off-Season Sessions: August 2019

On-Ice Practices – 1x/week

Dryland Sessions – 1x/week

Pre-Season Training Camp: August 23, 2019 – August 25, 2019

On-Ice Practices – 5 Hours

Dryland Sessions – 3 Hours

Classroom/Video Analysis Sessions

Weekly Practices

On-Ice: September 2019 – November 2020: Practices – 3x/week

On-Ice: December – Mid-March: Practices – 2x/week

Dryland: September – Mid-March: Sessions – 1x/week

USPHL (EHF Division)

Jr. Huskies Elite – Fall Schedule and Winter Schedule

Jr. Thunderbirds Tier 1 – Full Season Schedule

Schedule will be supplemented by independent games and tournaments

Playoffs: Mid-March

Independent/Prep School Games: TBD by Coaching Staff

3 – 5 Tournaments: TBD by Coaching Staff

Mid-Season Break: 11/25/2018 – 12/2/2018

Development Days (9:00 AM – 3:00 PM): Dates TBD by Coaching Staff

Each Development Day will consist of the following:

Two On-Ice Practices

Classroom/Video Analysis Sessions

Visiting Coaches

Guest Speakers (Topics will include – Nutrition, Training and Prep/College Process)

Lunch Provided