



MCYH

123 Ling Rd

Rochester, NY 14612

2018-19 15U Scottsville Season Plan and Bio

Coach- Scott Leonard, USA CEP level 5

-20th season coaching at MCYH- Squirts though 18U midget travel- 4th Group of kids

-Non-parent coach- Team will be based at Scottsville- I will be making the 3-year commitment thru 18U

-MCYH Board member since 2003

Team make up

- 2003 Birth year

-Tryouts 4/13/18 and 4/16/18 at Scottsville

Philosophy

- Hockey is a vehicle to teach life lessons-This will be achieved through our team rules and commitment to each other to improve and be accountable to each other

-Teach the game of hockey with a heavy concentration of individual skill development and small area situations.

Season Plan

-Dry Land Training/team building start in August

-Ice will start mid-August

- Practice- 2 nights per week (Tue & Thur), 2 full sheets - emphasis on individual and team skill development

-Games 25-30 total (16-20 league games and scrimmages)

-2 tournaments first half of the split season-1 Niagara Falls Early Bird end of August & 1 away

-League play in Western NY Hockey- Level to be decided after tryouts

-Team will consist of 2 goalies and 15 to 18 skaters- More details to follow once the team is chosen

-Team will get back together for the second half after High School

