



Monroe County AA 13U Bantam Season Plan 2018

Coaching Staff:

Brad Wheeler – Head Coach

Goals of the team include

- Competitive and rigorous high intensity practices
- Emphasizing mental preparation & the “mental” aspects of the game
- Emphasizing execution of a Game Plan
- Developing needed skills (skating, stick handling, passing, shooting)
- Discipline and accountability on and off the ice

GAME OUTLOOK: 40-45 games total

18-20 WNY League Qualifying Games
4 Tournaments
8-10 non league games

PRACTICE SCHEDULE

2x per week: Summer Ice starting August
1x per week: Off-Ice workouts with Relentless Conditioning (August-Feb)
2x per week: Tuesday (60 Minutes) / Thursday (60 Minutes) @ Lakeshore

TEAM BUDGET

Team Budget - \$2105 per player (\$1105 MCYH Fee, \$1000 Team Fee)

TEAM GEAR

Anyone needing new game jerseys & socks, cost is \$190 per player. Warm-ups and shells are mandatory.

ICE TIME

Ice time will not always be equal, it will be based on player's commitment to team objectives listed above along with player's commitment to conditioning as well as attendance. Game situations will also play a factor into ice time. Every player will be given fair opportunity to earn ice time.

ROSTER

We will roster between 17-20 players depending on numbers and talent at tryouts.