



Monroe County AA 16U NTB Split Season Plan 2021-22

Coaching Staff:

Mike Palma & Brad Fish

GOALS OF THE TEAM INCLUDE:

- Discipline and accountability on and off the ice
- 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)

GAME OUTLOOK: 28-30 games total

- 18-20 WNYAHL League Games
- 1-2 Local Tournaments

PRACTICE SCHEDULE

- 2x per week: Summer Ice Practices (8-10 practices)
- 2x per week: Full Ice: Tuesday (60 Minutes) / Thursday (60 Minutes) @ Lakeshore- Begins TBD

TEAM BUDGET

- Team Budget - \$1600 per player (includes league fees plus team budget)
- The Team budget fee will be split into 2 payments.

TEAM GEAR

Returning MCYH players will be responsible for the new black game jerseys, shells and socks, cost is \$200 per player. All new players to MCYH will be responsible for the above items as well as the additional white jersey.

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.