



Monroe County AA 16U TB Split Season Plan 2018

Coaching Staff:

Tony Hettinger & Brad Wheeler – Co Head Coaches

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
- Qualify and win NYS tournament at 16u AA level

GAME OUTLOOK: 28-30 games total

18-20 WNY League Qualifying Games
2 Tournaments (tentative 1 in August & 1 in either Sept / Oct)

PRACTICE SCHEDULE

2x per week: Summer Full Ice starting August
1x per week: Off-Ice workouts with Relentless Conditioning (July-Oct)
2x per week: Full Ice: Tuesday (60 Minutes) / Thursday (75 Minutes) @ Lakeshore
2x per Month: During High School season (60 Minute) practices on Sundays

TEAM BUDGET

Team Budget - \$1600 per player (\$985 MCYH Fee, \$615 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.