



FALMOUTH ICE ARENA
a state-of-the-art facility in Falmouth, Cape Cod
falmouthicearena.com

MISSION STATEMENT

Cape Cod Lightning is dedicated to providing world class, multifaceted coaching in a comprehensive skills and conditioning based environment. Through on-ice practice, off-ice training and competitive game play, we will emphasize our core values while building and enhancing integral life skills for our hockey players.

PROGRAM OVERVIEW

Cape Cod Lightning will offer a U12 full-season and a U14 and U18 half-season program. All teams will play in the PHL-Premier Hockey League of New England.

U12 Level

- 30 games, 2 practices (including skills development) per week plus 1 off-ice training
- Full-Season Program Fee: \$ 1850.00 Goalie Fee \$925.00

U14 - U18 Level

- 12 games, 1 practice (including skills development) per week plus 1 off-ice training
- Half-Season Program Fee: \$ 750.00 Goalie Fee \$375.00

TRYOUTS: \$25.00 fee

3/5/2017 U12 @6:10, U14 @7:20, U18 @8:30

3/6/2017 U14 @7:40, U18 @8:40

3/7/2017 U12 @7:40

WORLD CLASS SKILLS

Under the Direction of Paul Vincent, a Stanley Cup Champion and NCAA Champion Coach, is the Head Skills Instructor for the Florida Panthers in the National Hockey League. Having previously worked with Florida, Tampa Bay, Chicago, Boston and New Jersey, Coach Vincent is a world renowned leader in the Skating and Skills Development field and is regarded as the best in the industry.

WORLD CLASS OFF-ICE TRAINING

Under the Direction of Pete Tormey Owner of Athletic Performance Training Systems. A defenseman for Catholic Memorial and the University of Massachusetts-Lowell, Pete continued on to play professional hockey in the AHL and ECHL for Trenton Titans, Cleveland Barons and the Bridgeport Soundtigers. For more information regarding Athletic Performance Training visit www.aptrainingsystems.com

Michael Donoghue is the Director of Performance of Athletic Performance Training Systems facility in Falmouth and the Associate Coach in Chief for USA Hockey Massachusetts District. A graduate of Springfield College with a degree in Exercise Science, Mike has applied his knowledge of training to coach youth players, professional athletes and Olympians.

REGISTRATION

To register online go to: www.falmouthyouthhockey.com

For more information regarding **Cape Cod Lightning**, contact Falmouth Youth Hockey at (508) 548-7080

Paul Vincent
Director of
Player Development

