



Canandaigua Knights Youth Hockey

2019–2020 Squirt Mixed/Major AA Season Plan

Head Coach: Pete Stasko

Pmstasko25@gamil.com

Assistant Coaches: Todd Warren, Vince Abbate, Paul Stasko

Manager(s): TBD

General

The Canandaigua Knights Squirt travel team will be Mixed or Major AA (2009-2010) and will participate in the WNYAHL travel division. Division placement will be based on team strength and consultation with the Canandaigua Knights Board. In addition to league games, the team will compete in 3 tournaments and schedule competitive scrimmages.

Team Size: A maximum of 18 skaters and 2 Goalies

League Bound: WNYAHL Travel – Squirt Major/Mixed AA

Tryouts: March 26, 2019 from 6:00 to 7:00pm at Greater Canandaigua Civic Center
March 28, 2019 from 6:00 to 7:00pm at Greater Canandaigua Civic Center

Season Forecast:

- Pre-season: Dryland Training July to mid-August
- Pre-season: Multiple on-ice opportunities
- Team Training Camp (on-ice): starting August 12th
- Regular Season Program: Mid-August, 2019 – Mid-March, 2020
- Practice Schedule:
 - Pre-season practice starting in mid-August, on ice starting August 12th
 - Regular season practice 2x/week - fixed days/times @ GCCC beginning in September
 - Additional player developmental sessions will be organized by the Knights Coach and Player Development Committee
 - Several other off-season and in-season clinics and workshop opportunities
- Games ~38-43
 - 16-20 WNYAHL League Games
 - 10-15 Scrimmages
 - 3 Tournaments

Season Goals

- **Mission** – A commitment to excellence in three areas:
 - (1) Excel as a student
 - (2) Excel as an athlete
 - (3) Excel as a person that lives for others



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- **Culture** – Success cultivates success. Players will understand that winning is an attitude and a habit, and while we accept defeat with dignity and class, we do not settle for mediocrity. **We must never lose sight of the fact that hockey is a game and it is meant to be fun.** We will foster a family oriented atmosphere, in which players will be encouraged to focus on the goals and needs of the team as opposed to those of the individual. In the process of winning, and losing, we will look for opportunities to improve and develop skills, demonstrate humility, as well as develop character. We will use our victories, and defeats, as teachable moments for both athletic and personal growth. In our **Team First** philosophy, we will focus on relationships and building young people that live for others. Players will not only be cared for, but will be expected to care about each other.

The player will develop hockey knowledge and respect for the game. The individual development of the player will focus on a fast-paced, puck moving game that is fun to play. Players will come out of the season more confident on their edges, more creative with the puck and with an understanding of the team game.

Hockey Skills: USA Hockey ADM – 10U model – Emphasis on individual skill development and application of those skills in team concepts and systems.

Team practices will focus on:

- Skating!!!!
 - Quickness
 - Edge work
 - Agility
- Puck Possession, Play-Making & Creativity
 - Hockey IQ
 - Situational Play
 - Zone exits and entries
- Game Sense and Systems
 - Passing
 - Shooting
 - Decision-making

Budget (estimation only)

- ~\$1,300 (includes team fee, additional development clinics, extra ice, tournament fees, scrimmages, practice jerseys, misc.)
- Game jerseys, socks, and additional summer camps/dryland training, are not included in the budget estimate
- Fundraising and sponsors can offset player costs
- This only an estimate. Cost may vary depending on actual costs and final roster size.