



Canandaigua Knights Youth Hockey

2019-2020 Midget U16 AA Elite Season Plan

Head Coach: Mike Burgio

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Asst. Coaches: Kyle Mattice and TBD

Manager(s): TBD

General

The Canandaigua Knights Midget U16 (2003 - 2004) AA Elite team will be a tournament showcase team. This will be a split-season team (August – November & February – March) playing an independent schedule (this team will not participate in the WNYAHL). The team will compete in 4 - 5 tournaments at competitive levels as well as non-league games of a highly competitive nature.

Team Size: A maximum of 18 skaters and 2 Goalies

Tryouts*: April 11th from 8:00 – 9:00PM at Paul Louis Arena
April 12th from 8:00 – 9:00PM at Paul Louis Arena

* A third night of tryouts may be scheduled following the spring break week, if necessary

Season Forecast:

- Team Camp – August 5th, 6th, & 7th (Tentative)
- On-ice Program: August 2019 – November 2019 & February 2020 – March 2020
- Practice Schedule:
 - Practice starting in Early August
 - Regular season practice 2x/week - fixed days/times. August @ RIT (Tentative), September – November & February – March @ GCCC
 - 2 full-ice practices per week
 - Additional player developmental sessions will be organized by the Knights Coach and Player Development Committee
- Games ~25-30
 - 18 – 22 Tournament Games
 - 5-10 non-league games

Season Goals

The goals for this team are twofold. The first goal is to get each of the players ready for their high school teams. The second goal will be to provide a platform for players to compete in tournaments that are monitored by college and/or Junior team coaches. We will focus on hockey and team skills with an emphasis on teamwork, discipline, and sportsmanship. The team will help build the hockey culture in the local community through participation with the beginner hockey program and other volunteer opportunities as appropriate. The ultimate, long term goal will be to build upon a foundation of teamwork, sportsmanship, inclusion and a lifelong love of the game.



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Hockey Skills:– Emphasis on individual skill development and the application of those skills in team concepts and systems.

Team practices will focus on:

- Skating
 - Quickness
 - Edge work
 - Agility
- Game Sense and Systems
 - Hockey IQ
 - Situational Play (power play/short-handed)
 - Zone exits and entries

Budget (estimation only)

- ~\$1,000 (includes team registration fee, additional development clinics, extra practice 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 is an estimate only and may vary depending on actual costs and final team roster size.