



Valley Forge Minutemen



15U AAA

2024-25 Season

Birth Year: 2010

Head Coach: John Geverd

603-494-9391, jgeverd8@comcast.net

Conditioning Coach: Function and Strength

ryan@functionandstrength.com

Included in Team Fee

Off-season: on-ice and off-ice training
training camp
off-season practices, May-June, Aug

Winter Season Schedule (September-February):

2 practices per week, in season (1 full, 1 half ice)
Bi-weekly Skills sessions depending on tournament schedule
Video review
7 Tournaments
Complete AYHL schedule
2 Practice uniforms and player gloves
Goalie training

Off-ice Conditioning:

Off-ice sessions run by Function and Strength @ Center Ice

Objectives:

Development of: Fundamental skills, positioning, system concepts/knowledge and physical strength
Promote Teamwork and Sportsmanship
Enhance Confidence and Self Esteem
Social and Character Development

Team Fee: \$8,250