



# Valley Forge Minutemen



**16U AAA**

2025-26 Season

**Birth Years: 2009**

**Head Coach: Tim Feoli**

276-250-8502, tfjr.23@gmail.com

**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 with off-ice conditioning

Bi-weekly skills sessions depending on tournament schedule

Video review

7 Tournaments (select Beast Events, etc)

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:**

Player Development: Skills, Position, System Concepts/Knowledge, Physical Strength

Exposure to Junior and College programs

Promotion and Advancement of Athletes

**Team Fee: \$ 8,250**