



# Valley Forge Minutemen



**Midget 18U AAA**

**2007, 2008**

2025-26 Season

**Head Coach: Joe Slowik**

610-322-7650, jslowik10@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**

2-3 practices per week with off-ice conditioning

Skills sessions depending on tournament schedule

Video review

7 Tournaments (Select Beast events, etc)

Complete AYHL schedule

2 Practice uniforms and 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**