



Valley Forge Minutemen



14U/Bantam Minor AAA

Birth Year: 2012

2025-2026 Season

Head Coach: Toni Porkka

484-529-0452, toniporkka@yahoo.com

Conditioning Coach: Function & 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 ice, 1 half ice per week)

Bi-weekly skills sessions depending on tournament schedule

Video Review

5 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: \$6,250