



****UPDATED 3-23-2011****

Rochester Monarchs ... The Next Generation!

Sensible Travel Hockey!

The Rochester Monarchs will be skating in the upcoming 2011-12 hockey season at the 2000, 2001 and 2002 birth-year levels. The Monarchs have the reputation locally and regionally for being the pre-eminent hockey organization in Rochester since their inception in 1973. Many high-caliber players came thru the program and went on to prep, collegiate and professional careers as a result. The tradition of the Monarch's program includes a long-list of alumni and avid hockey people, still active locally, who want to continue the legacy.

In the year 2004, the Monarchs returned and select teams again wore the jersey and the tradition continued. Many players from those teams are now playing at the Prep and Junior level with aspirations or current plans to continue at the collegiate and professional level. Recently, many players have received Division 1 scholarship offers, selected for the USA Hockey Development Program (NTDP), been drafted into Major Junior Programs (USHA, OHL) and the National Hockey League (NHL). The Monarch's will be focused on player development and maintaining a balance in scheduling, strict adherence to the practice-to-game ratio and limitations on games, tournaments and off-season activities.

The Monarch program is an extension of the Perinton Youth Hockey program and will be directed by an advisory board of experienced hockey people that have the athlete's best interest in mind, offer the AAA-experience locally without the sacrifices of playing for a team in another city with excessive travel, game or off-season schedules. The player needs to have balance in the schedule to succeed and have the support of family, school and the local hockey community to help nurture them during their formative years.

Coaches: 2000 Birth Year

- Jared Haims: Played travel hockey, high school and youth coach for over 10 years.
- Jeff Nuccitelli: Played travel hockey, high school, empire states games, college (RIT) and AQ graduate. Boys Youth Coach.

Jeff and Jared share a passion for developing the kid's skills to the highest level without sacrificing fun.

The Advisory Board:

- Rory Fitzpatrick: Retired NHL/AHL Player, Former Monarch Player and Boys Youth Coach.
- Jim Hofford: Retired Rochester Amerk, Current Aquinas Institute Head Coach and Boys Youth Coach.
- Gary Moss: Former Monarch Player, Boys/Girls Youth Coach and Co-founder of Edge Girls Program.
- Tosh Farrell: Former Monarch Player, University of Notre Dame Player and Boys Youth Coach.
- Jim Young: President, Perinton Youth Hockey.

The Plan:

We will follow the development program outlined below – the schedule will be broken down into four-segments.

- Practice Plan: The team will practice at least 2x per week with one practice per week held at Thomas Creek Ice Arena (TCIA) and one at the Skating Institute of Rochester (SIR). The practice schedule will run from September thru mid-March and split 50/50 between the facilities. The practices will be full ice with the exception of some skills clinics and extra practices utilizing small area games.
- Games: We will play approximately 50-55 games combined from League, Non-League and Tournaments. All home games will be held at Thomas Creek Ice Arena.
- Tournaments: We will participate in four tournaments, including one hosted by the Monarchs at Thomas Creek Ice Arena. State-bound teams (Major ages) will include the NYSAHA State tournament and schedule accordingly.
- Weekend Skills Clinics When Age Appropriate (Sat/Sun): One weekend/segment will be devoted to skill-development at home. These will include specific skill programs, clinics, video and focus on long-term player development. Instructors: Prep-School, Junior Coaches and featured speakers. [4 weekend sessions/year – 1/session]

The Schedule:

Each team schedule will be developed with the following in mind:

- Practice Times: Team practices will be held at age-appropriate times beginning no sooner than 5:30pm and ending by 8:00pm. Monarch teams will practice back-to-back and overlap when appropriate sharing ice for select portions of the session.
- Games: Home Games will be scheduled to keep the schedule back-to-back with other Monarch teams.

The team will receive the game and practice schedule at the beginning of the season so that each player/family has a clear understanding of the team's entire season plan.

Off-Season:

There will be no required off-season activities for the players at these current levels (2000-2002), as players develop to older ages off-season and off-ice sessions will be incorporated. The Monarch's encourage participation in other off-season team sports or camps that will help with the overall development of the individual athlete. Players will not be required to attend program sessions in the off-season which is defined as Mid-March until the start of the pre-season training (late August). We will kick the season off with a mandatory team camp late August.

The Budget:

The Monarch budget will be developed for the entire year and reflect the plan above. Once the schedule and budget are developed and distributed they are final with the only exception being unforeseen expense or changes due to weather or success.

The Monarch Objective:

- Provide a program for the developing elite players that emphasize skill development and schedule balance to ensure that players are not pushed too hard at the formidable development years.
- Create a hockey development program that will instill a long-term passion and love for the game of hockey without having to sacrifice other team sports or activities.
- Provide a controlled environment with supervision by an advisory board to ensure coaches are

following the plan and player progression programs throughout the season.

Player Development:

- The primary goal of the Rochester Monarchs Program is player development and to standardize the teaching of skills and systems while incorporating each coach's creativity to attain maximum potential of each player.
- The program is focused on developing players to compete successfully beyond high school hockey. The team progressions will develop the basis for advancement into the higher level hockey while providing controls to ensure there is no 'over-scheduling' and avoid burn-out.
- Our coaching philosophy combines individual skill development with team play concepts. Practice drills will simulate game situations to allow the player to understand how the skill being worked on in practice can make the player more effective in games.
- By maintaining a 2:1 practice-to-game ratio the program strives to maximize the development of both the team as well as the individual player. The main object of each Monarch coach will be to maximize the overall development of each player on his team.

Player Selection/Tryouts:

Tryouts will be conducted by the Monarch Advisory Board with assistance from the coaches. **Tryouts will be held at Thomas Creek Ice Arena** as follows:

2000 AAA Monarchs

4/4/11 6:30-7:30pm.

4/5/11 6:15-7:15pm.

4/6/11 5:15-6:15pm.

Questions: Any/All Questions about this program can be emailed to monarchs@perintonyouthhockey.org. The questions and answers will be added to Monarchs FAQ page, if appropriate. There will be no organizational meetings prior to tryouts. All program information will be posted on the Perinton Youth Hockey website (www.perintonyouthhockey.org) – go to header tab: "Rochester Monarchs."