



Rochester Monarchs – U16 AAA / National Midget Minor Program

The Rochester Monarchs are proud to present the season plan for Monarch Midget U16 AAA New York State Tournament bound Team for the upcoming 2015-16. The team will consist of 1999 and 2000's birth year players focused on enhancing/developing their skills to play at higher levels.

Games: (approximately 40-45 games)

-4 Highly Competitive Tournaments ("tournaments being strongly considered include: Toronto Titans Minor Midget Prospect Tournament, Boston Jr. Bruin Shootout, East Coast College Cup, Jr. Sabers Invitational and Compuware / Honeybaked Invitational.)

-20-25 exhibition games (some on Sunday's during HS season)

-West Section Play-downs

-NYS Tier 1 Tournament

Practice: (approximately 50 hours of ice)

-August 10-12 hours of practice ice which includes Team Mini-Camp

-September – November – 30 hours

-February – mid-March – 10-12 hours leading up to NYS Tournament

-No Practice during HS season

Seminars / Clinics: (The advisory board and coaches will work with their contacts to organize seminars and clinics in order to educate players and parents on options to advance to higher levels.)

-Colligate Coaches

-Prep School / Junior Coaches

-Former Professional and Colligate Players

Examples: Classroom Seminars, On Ice Clinics, Exhibition games at Colleges and Prep School Rinks.

We also will have a local NCAA Hockey Coach speak about their workout plan to reinforce the importance of working out, self-motivation and being good citizens within the community.

RIT Team Camp: The team will attend RIT team camp which is run by current RIT coaches and players.

Boot Camp / Team Building: The team will do a week of off-ice training with certified trainers to teach proper workout, dietary and team building exercise's.

Off-Season: Team will work on facilitating a 6 week summer work out plan with professional certified trainers that will be customized for our players.

Rinks: We will primarily utilize the following local rinks for practices and games Paul Lewis (SIR), RIT & Thomas Creek.

The Budget: \$2,500 per Player. Fundraising and Sponsorship can reduce this cost but correlates on how involved parent volunteers implement the efforts.

Player Selection/Tryouts:

Tryouts will be conducted by the head coach with the assistance of the Monarch Advisory Board. Final decisions on team selections will be the decision of the head coach. Players interested in playing for the team must attend tryouts.

Tryouts: Please check the website for rink and times.

Tuesday, March 31 TBD

Wednesday, April 1 TBD

Monday, April 6 TBD (for those on Spring Break)

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: “Monarch Hockey.”

Coaching Resumes

Head Coach: Ryan Gage

Email: geneseo05@gmail.com Cell: 585-749-5577

Coaching

Head Coach – Rochester Monarchs 2014-2015 – Midget Minor AAA
Head Coach – Rochester Monarchs 2013-2014 – Midget Minor AAA
Assistant Coach – Team Rochester Prep Division – Bowman Cup
Assistant - Aquinas 2006 State Finalist with Chris Schultz (SUNY Geneseo Coach)
Assistant - Aquinas 2010-2014
Head Coach - Perinton Youth Hockey 2011-2012 - Midget Minor
Head Coach - Perinton Youth Hockey 2012-2013 - Midget Minor

Playing

2001-2003 - SUNY Geneseo - Head Coach Brian Hills (RIT coach)
1998-2001 - Aquinas - 4 Sectional Titles, 2 State Championships, 3/4 x's played in NYS Champ Game.
NYS Midget Major AAA Finalist 1999 & 2001

Professional

Caliber Commercial Brokerage VP of Brokerage Services - Commercial Real Estate Sales, Leasing and Consulting

Assistant Coach: Ryan LaShomb

Email: lashom35@yahoo.com

Coaching

Assistant Coach – Rochester Monarchs 2014-2015 – Midget Minor AAA
Assistant Coach – Rochester Monarchs 2013-2014 – Midget Minor AAA
Head Coach – Perinton Youth Hockey 2011-2013 – Midget Minor
Assistant Coach – Aquinas High School – 2008-2015

Playing

2004-2007 – SUNY Cortland
2002-2003 – Syracuse Stars Jr Hockey Team
1999-2002 – Aquinas High School – 2 x NYS Finalist – 4 Sectionals – 1999 State Championship
NYS Midget Major AAA Finalist 2001 & 2002

Professional

Owns and Operates Lashomb Lawn and Landscaping, specializing in Hardscapes and commercial snow removal.

Assistant Coach: Jonathan Scott

Email – Jonathan.Scott@RochesterGeneral.org

Coaching

Assistant Coach – Rochester Monarchs 2014-2015 – Midget Minor AAA
Assistant Coach – Rochester Monarchs 2013-2014 – Midget Minor AAA

Playing

1998-2000 – RIT Hockey – Head Coach Eric Hoffberg and Wayne Wilson
1998-2000 – Division III ECAC East Champions
1998-1999 – Division III NCAA National Championship Semifinalist
1999-2000 – Division III NCAA National Championship Quarterfinalist
1995-1998 – St. Joseph's (Buffalo) Collegiate Institute Federation Hockey Team
1996-1998 – All WNY Hockey and Baseball
1996-1998 – Buffalo Saints Selects – State Champion and National Championship Finalist

Professional

2003-Current – Rochester General Hospital SICU: Critical Care Physician Assistant
2011-Current – Whitbeck Spinal Associates: Orthopedic Spine Physician Assistant
2011-Current – Strong Memorial Hospital Burn Trauma ICU: Critical Care Physician Assistant

Personal

John is married to Casey who is a High School Social Studies teacher; they reside in Penfield, NY.

Assistant Coach: Jody Gage

Email: jgage@amerks.com

Coaching

Assistant Coach – Rochester Monarchs 2014-2015 – Midget Minor
Assistant Coach – Rochester Monarchs 2013-2014 – Midget Minor
Head Coach – Rochester Youth Hockey – 2000-2001 – Midget Major (State Finalist)
Hockey School-Ran Hockey School throughout 90's

Playing

1976-1978 – Hamilton Fincups – OHL
1978-1979 – Kitchener Rangers - OHL
1979-1985 – Detroit Redwings –NHL & Adirondack Red Wings - AHL
1985-1996 – Buffalo Sabers-NHL & Rochester Americans AHL – 1987-88 AHL MVP

Professional

1996-2009 – General Manager Rochester Americans
1996-2008 – General Manager Rochester Knighthawks-NLL
2000-2008 – General Manager – Rochester Rattlers- MLL
2008-2011 – Director of Player Personnel – Rochester Americans
2011-2013 – General Manager of Hamilton Nationals - MLL
2010-present- VP of Player Personnel – Rochester Knighthawks - NLL
2011-present – Director of Strategic Planning – Rochester Americans

Manager –Will handle all team budget responsibilities and work with Scheduler.

Scheduler – 1-2 parent volunteers will work directly with the coaches and manager to assist with implementing the season plan.

Sponsorship and Marketing – 1-2 parent volunteers will work directly with the coaches and manager to assist with sponsorship and promotional materials.

The Monarch Supremacy

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 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). And again, since 2011, the Monarch's have been 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 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.

The Monarch program is part 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.

The Advisory Board:

- Gary Moss (Director): Former Monarch Player, Boys/Girls Youth Coach and Co-founder of Edge Girls Program.
- Rory Fitzpatrick: Retired NHL/AHL Player, Former Monarch Player and Boys Youth Coach.
- Tosh Farrell: Former Monarch Player, University of Notre Dame Player and Boys Youth Coach.