



## Rochester Monarchs – U15 AAA Midget Minor Program 2004's

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The Rochester Monarchs are proud to present the season plan for Monarch Midget U15 AAA New York State Tournament bound Team for the upcoming 2019-20. The team will consist of 2004 birth year players focused on enhancing/developing their skills to play at higher levels.

**Games:** (approximately 35-40 games)

- 3 to 4 Competitive Tournaments 2 Local (Roch/Buff/Cuse) and 2 Travel
- 15-20 exhibition games
- West Section Play-downs
- NYS Tier 1 Tournament

**Practice:** (approximately 50 hours of ice) 2 per week

- 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 and Prep for Tryouts
- 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.

**Team Training Camp:** The team will have a training camp in mid-August to late August (depending on game schedule).

**Skill Practices:** The team will do a skill practice every other week using Power Edge Pro and/or Power Skating. Players are encouraged to do other work outside the team as needed / wanted.

**Off-Season:** Team will offer "FREE" optional Skates in Spring and Early August. We encourage our players to play a spring/summer sport, so conflicts are ok. (No Ice in July enjoy the SUN).

**Rinks:** We will primarily utilize the following local rinks for practices and games Paul Lewis (SIR), RIT, Bill Gray's Ice Plex & Thomas Creek (RIC).

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

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**Player Selection/Tryouts:**

Tryouts will be conducted by the head coach and assistant coaches' 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.

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**Questions:** Any/All Questions about this program can be emailed to Ryan Gage at [geneseo05@gmail.com](mailto:geneseo05@gmail.com) or by phone at 585-749-5577.

## Coaching Resumes

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### **Head Coach: Ryan Gage**

Email: [geneseo05@gmail.com](mailto:geneseo05@gmail.com) Cell: 585-749-5577

#### Coaching

Head Coach – Rochester Monarchs 2017-2019 – Peewee  
Head Coach – Rochester Monarchs 2013-2016 – Midget Minor 16 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 2011-2013 - 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: Jody Gage**

Email: [jgage@amerks.com](mailto:jgage@amerks.com)

#### Coaching

Assistant Coach – Rochester Monarchs 2017-20159 – Peewee  
Assistant Coach – Rochester Monarchs 2013-2015 – 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

### **Assistant Coach: Tim Dion**

Email: [tim.w.dion@gmail.com](mailto:tim.w.dion@gmail.com)

#### Coaching

Assistant Coach – Rochester Monarchs 2017-19

#### Playing

2002-2007 – Rochester Institute of Technology – Club  
1999-2002 – New England Prep School  
1998-1999 – Saratoga Springs Hockey – NYSPHSAA Champion

#### Professional

Online Coordinator with Nielsen Media

### **Assistant Coach: Kyle Wallenhorst**

2013-14 – Bradford Bulls – Greater Metro Jr A Hockey League

**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.

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