



Rochester Monarchs U16

The Monarchs U16 team will consist of a split season that will develop players for their respective high school seasons while playing a competitive schedule through the first week of November. The team will be comprised of 2003/2004 birth year players focused on enhancing/developing their skills, while competing at a high level.

Tryouts:

- April 11th and 12th at Rochester Ice Center

Games: (approximately 30 games)

- 2-3 Tournaments prior to high school season (Rochester, Buffalo, Toronto, Boston or Detroit)
- Potential for 1 tournament post high school season in early March
- Approximately 20 exhibition games

Practice:

- August – starting after 8/15
- Team Mini-Camp at 3rd or 4th week of August
- September – 1st week of November: 2 - 80 minute high tempo practices per week

Off-Season:

The coaching staff will facilitate workout groups for interested players. It is our belief that players must work out at least 4-5 days a week to truly see results. Note that this is necessary to play at a high level but it is not MANDATED as this level of commitment must be intrinsic for the player.

We will work with Next Level to provide testing and, individual plans, however, gym memberships or personal trainers, are also individual choice.

The Budget: Approximately \$1,350 per player

*Additional Expenses Include Tournament Registrations and Apparel

Head Coach: Steve Zanon

Steve Zanon is excited to coach the U16 Monarchs team for the 2019-2020 season. Coach Zanon is a native of Rome, NY and has called Fairport his home for over 25 years. Coach Zanon possesses 20 years of coaching experience that encompasses all levels of youth hockey. Coach Zanon began his playing career in Rome at Rome Free Academy where he was captain of two NYS Division I state championship teams. He then played one year of Junior A hockey with the Massena Turbines before completing his playing career with SUNY Geneseo.

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