



'10 BLADES

AA HOCKEY PROGRAM

Players on the 2019-20 Blades 9U Squirt Minor AA team will have a complete travel hockey experience. Our primary goal is to create a fun and competitive environment where every player can develop their skills and a passion for the game.



2019 – 2020

SEASON



9U SQUIRT

MINOR



2010

BIRTH YEAR



TRYOUTS

MARCH 28 – 29,
2019

ROCHESTER ICE
CENTER



HEAD COACH

MIKE NAPIERLSKI

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PROGRAM OVERVIEW

Research from USA Hockey shows that our youth players are in their optimum “window of trainability,” so our program will focus on skill development. We utilize age appropriate training systems to help our players maximize their full athletic potential with an emphasis on skating,



speed and agility, puck control, shooting, and passing. In addition, we encourage creativity and nurture the players’ developing “hockey sense” through a variety of drills and small-area games.

SKILLS DEVELOPMENT SESSIONS

Blades players will participate in advanced skill development sessions that use the Power Edge Pro training system, as well as other power skating and training programs designed for elite athletes. Power Edge Pro is an on-ice player development system that focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player’s small area game performance. This training method challenges players to complete complex patterns while maintaining puck control, and provides five times the repetitions of standard drill based practices—leading to faster development of elite skills.



OFF-ICE TRAINING

Blades players will also participate in off-ice training sessions at Next Level Strength and Conditioning. Next Level's mission is to empower athletes on their journey to



self-improvement by prioritizing character development, injury prevention and performance enhancement. Next Level athletes use the latest in sports performance and functional training under the close guidance of positive role models and highly qualified professionals. While functional strength



training is a critical component of the program, Next Level's comprehensive approach to training helps athletes achieve maximal results. Mobility, corrective exercise, power, speed, agility, energy system specific conditioning, skill development, nutrition, sleep, and hydration are all key factors to our players reaching their full potential.

FOCUS ON CULTURE

The Blades culture is a part of everything we do. Players work hard and have fun on and off the ice. This includes tournaments, team dinners and other events, and community service. Blades players develop life-long friendships and memories that will last forever.



HEAD COACH MIKE NAPIERALSKI

Returning for his seventh season with Perinton Youth Hockey, Mike has a diverse hockey background that includes over 30 years of experience. A Rochester native, he grew up in the Rochester Youth Hockey program and went on to play at Greece High School ('94). Mike went on to play Rochester Junior Americans followed by four years at Kent State University ('99).



After college, Mike focused his hockey career on officiating and spent more than a decade in the USA Hockey Development Program and was a member of the NCAA Division I and Division III officiating staff for ECAC and Atlantic Hockey.

Since retiring from officiating in 2013, Mike dedicated himself to coaching youth hockey at PYH. He specializes in skill development with an emphasis on skating. He currently serves as the Director of Travel Hockey 8U-12U and Director of PYH's USA Hockey American Development Model (ADM) program. He currently resides in Fairport with his wife Julie and sons Jack (12), Matthew (10), and Danny (8). Recent coaching assignments include:

- 2018-19 Rochester Monarch 12U Assistant Coach
- 2018-19 Perinton House Red 10U Assistant Coach
- 2018-19 Perinton Mite 8U Assistant Coach
- 2017-18 Perinton Blades 11U AA Head Coach
- 2017-18 Perinton Mite 8U Head Coach
- 2016-17 Perinton Blades AA 10U Head Coach
- 2016-17 Perinton Mite 8U Assistant Coach
- 2015-16 Perinton Blades 9U AA Head Coach

SEASON FORECAST



- Duration: August 1, 2019 – March 1, 2020
- Practices:
 - Two 50-minute shared practices per week [example 1](#) | [example 2](#)
 - One advanced skills development session each month
 - Monthly Specialized power skating sessions [example](#)
 - Off-ice training sessions weekly during August and September led by coaching staff more info [example](#)
 - Off-ice training sessions at Next Level Strength & Conditioning
 - Monthly goaltender training session
- Games: 35-40
 - 4-8 Scrimmage games in August and September
 - 15-20 league games in WNYAHL (Buffalo, Rochester, & Syracuse)
 - 8-12 independent schedule games against teams throughout Central and Western New York
 - 2 local tournaments and 2 destination tournaments within 3 hours of Rochester
- Events:
 - Rochester Americans and RIT hockey games
 - Team social gatherings throughout the season
 - Preseason and post season team parties
- Composition of team: 13 skaters plus 1-2 goaltenders
- Budget Estimate: \$1,200 - \$1,400 total per player + apparel and tournaments. Fundraising opportunities are available.

**The information above is a forecast, or prediction, of the 2019-2020 season. The actual season plan may vary slightly.*