



# '09 BLADES

## AA HOCKEY PROGRAM

Players on the 2019-20 Blades 10U Squirt Major 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. Our focus will be on fundamentals while also learning how to play the game.



2019 – 2020

SEASON



10U SQUIRT

MAJOR



2009

BIRTH YEAR



TRYOUTS

MARCH 28 – 29,  
2019

ROCHESTER ICE  
CENTER



HEAD COACH

CRAIG ABBOTT

[Craigpyhcoach@gmail.com](mailto:Craigpyhcoach@gmail.com)

585-481-6245

# 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 CRAIG ABBOTT*

Returning for a second season with the 2009 team, Coach Abbott grew up playing hockey in Fulton, NY as part of the Fulton Youth Hockey program. He played his high school hockey there, being named team Captain his senior year ('86). Following high school he went on to play College hockey at Brockport State University from 1986-1990 for Coach Bob Pedersen and then Rick Ross. While in college he also ran skating lessons and helped organize, and coach, the Brockport State University women's club hockey team.



Like many, Coach Abbott has a passion for the game that started when he was young and continues today – still playing 2-3 times a week and on the backyard rink when the weather cooperates. He has been part of the Perinton Youth Hockey program for the past five years helping with the beginner, intermediate and Mites before moving into the Squirt program.

Coach Abbott's philosophy centers around making the game fun and helping kids develop both their skills (a focus on skating, balance, passing and shooting) and confidence. He believes strongly in a positive environment that emphasizes respect for all and a family friendly atmosphere.

Outside of hockey, Coach Abbott lives in Victor with his wife Kristin, daughter Meghan, son Jack and golden retriever Reilly. He enjoys watching his kids pursue their varied interests and during the summer months likes to go boating and play an occasional round of golf.

# SEASON FORECAST



- Duration: August 15, 2019 – March 15, 2020
- Practices:
  - Two 50-minute shared practices per week with some full-ice practices throughout the season
  - One advanced skills development session each month
  - One power skating session per month
  - Off-ice training session at Next Level throughout the season
  - One goaltender training session per month
- Games: 40-45
  - 15-20 league games in WNYAHL (Buffalo, Rochester, & Syracuse)
  - 10-15 independent schedule games against teams throughout Central and Western New York
  - 3-4 tournaments with possible destinations of Buffalo, Syracuse, and Cleveland
- Events:
  - RIT hockey game
  - Team social gatherings throughout the season
  - End of season team party
- Composition of team: 13-14 skaters plus 1-2 goaltenders
- Budget Estimate: \$1,300 - \$1,500 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.*