



'06 BLADES

ENHANCED AA HOCKEY PROGRAM

Players on the 2019-20 Blades 13U Bantam Minor AA team will have a complete travel hockey experience. Our goal to provide players with a fun and memorable hockey experience grounded in nurturing talent, enhancing skills, and developing a passion for the game.



2019 – 2020

SEASON



13U BANTAM

MINOR



2006

BIRTH YEAR



TRYOUTS

APRIL 12 – 13,
2019

ROCHESTER ICE
CENTER



HEAD COACH

DAVID ANDREATTA

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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 may participate in optional 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.

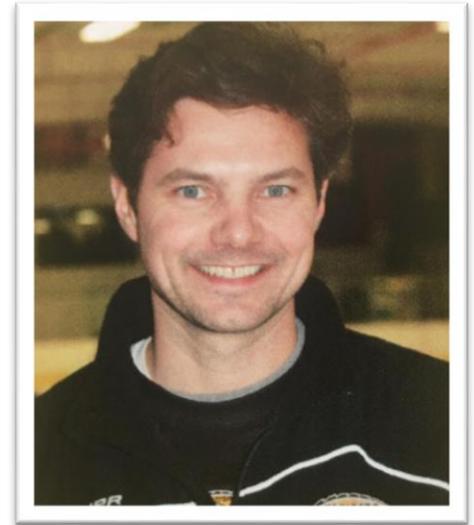
FOCUS ON CULTURE

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 DAVID ANDREATTA

David Andreatta is returning to coach the '06 Perinton Blades again in 2019-2020. He has coached youngsters in Perinton Youth Hockey since 2012 in a variety of capacities, including as head coach of the Beginners and Intermediate programs, head coach of a Mites team, and an assistant with the Rochester Monarchs 2008 team.



David grew up in Ontario, Canada, and played youth travel hockey in the towns of Grimsby and Stoney Creek. As a midget, David was selected by the Belleville Bulls of the Ontario Hockey League in the 1992 O.H.L. Draft. He went on to play in the former Golden Horseshoe Junior Hockey League and at Hamilton College in Clinton, N.Y., from which he graduated in 1997.

As a youth coach, David is most passionate about ensuring his players have fun, nurturing their natural talents and helping them mature into good sportsmen and sportswomen. On his team, wins and losses and personal statistics are secondary to playing hockey with passion and effort. On the ice, he promotes a fast-paced offense and a responsible defense that allows his players to be creative. Off the ice, David fosters a family-friendly culture built on open communication with players and their parents.

David lives in Fairport with his wife Wendy and their two sons, Owen (12) and Lucas (10) and two fat cats.

SEASON FORECAST



- Duration: August 15, 2019 – March 15, 2020
- Practices: (Rochester Ice Center, Bill Gray's Regional Iceplex, and Paul Louis Arena)
 - Two 50-minute shared practices per week
 - 1-2 50-minute full-ice practices per month
 - One advanced skills development session every other week led by Rochester Ice Center Academy
 - One goaltender training session per month
- Games: 50+
 - 20 league games in WNYAHL (Buffalo, Rochester, & Syracuse)
 - 10-15 independent schedule games against AA and AAA teams throughout Central and Western New York
 - Four tournaments with possible destinations of Buffalo, Syracuse, and southern Ontario
- Events:
 - Preseason team bonding activities
 - Preseason team party
 - Team community service day
 - End of season team party
- Composition of team: 13-14 skaters plus 2 goaltenders
- Budget Estimate: \$1,300 - \$1,700 total per player + apparel and tournaments. Fundraising opportunities are available.

**The information above is a forecast, or prediction, of the 2018-2020 season. The actual season plan may vary slightly.*