



'02/01 BLADES

AA HOCKEY PROGRAM

Players on the 2019-20 Blades 18U Midget AA team will have a split-season travel hockey experience. Our goal is to develop our players to get them ready for the high school season.



2019 – 2020
SEASON



18U MIDGET



2002 & 2001

BIRTH YEAR



TRYOUTS

APRIL 12 – 15,
2019

ROCHESTER ICE
CENTER



Head Coach

JIM ARMSTRONG

jtarm@frontiernet.net

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 JIM ARMSTRONG

Jim is returning to coach again at Perinton Youth Hockey. Coach Armstrong has more than 30 years of experience including over 20 years of high school hockey coaching with Canandaigua High School, Webster High School, and Skaneateles High School. Additionally, he served as an assistant at the collegiate level with Lake Superior State, RIT, and Cortland State.

Coach Armstrong was a member of the USA National Team in 1982-83 after playing four years of college hockey at Clarkson. Jim grew up playing in Ithaca before heading to Northwood Prep in Lake Placid, NY.

Coach Armstrong is also the owner and lead instructor for Strong Hockey which has been hosting hockey camps and clinics around Rochester for more than 20 years.

SEASON FORECAST



- Duration: August 2019 – March 2019
- Practices:
 - Two full ice practices per week until high school season begins
 - Advanced skills development sessions
 - Three off-ice training session at Next Level during the season
 - One goaltender training session per month
- Games: 30-40
 - 20-25 games before high school season begins
 - 5-10 games after high school season ends
 - Tournaments TBD
- Events
 - Team camp August 18-22
- Composition of team: 14-18 skaters and 1-2 goaltenders
- Budget Estimate: \$1,200-\$1,800 total per player + apparel.
Fundraising opportunities are available.

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