



'03/04 BLADES

AA HOCKEY PROGRAM

Players on the 2019-20 Blades 16U Midget AA team will have a complete travel hockey experience. Our goal is to form a team of skilled and competitive players who have passion for and commitment to the game.



2019 – 2020

SEASON



16U MIDGET



2004 & 2003

BIRTH YEAR



TRYOUTS

APRIL 12 – 13,
2019

ROCHESTER ICE
CENTER



Head Coach

LOUIS DIMARTINO

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585-739-3309

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 LOUIS DiMARTINO

Louis has over 30 years' experience coaching in the Rochester area. He believes in skill development and preparing his players for high school hockey. His resume includes:

- 2017-2018 Webster Bantam Major AA & 15U AA
- 2013-2016 PYH 16U AA & 18U AA
- 2010-2012 MCYH 16U AA
- 2002-2006 RYH Bantam Major AAA, Midget Minor & Midget Major AAA (2005 NYS Champions; 2005 and 2006 USA Hockey Nationals)
- 1999-2001 MCYH 16U AAA
- 1984-1994 Varsity Head Coach Bishop Kearney & Webster



ASSISTANT COACHES

Mike Broccolo – Former Penn State '11 (ACHA) and Green Mountain Glades EJHL Junior A player from Webster NY.

Evan Kaiser – Former Perinton Travel Hockey and Fairport High School '18 player

Justin Ball - Former Perinton Travel Hockey and Fairport High School '18 player

Mike Winters – multiple stints with Rochester Americans & Buffalo Sabres training staff

SEASON FORECAST



- Duration: August 2019 – November 2019
- Practices:
 - Two full ice practices per week
 - Advanced skills development sessions
 - Three off-ice training session at Next Level during the season
 - One goaltender training session per month
- Games: 25-30
 - League games in WNYAHL 16U AA Division
 - 10 independent schedule games against AA and AAA teams from Western and Central New York
 - Tournaments TBD
- Composition of team: 14-18 skaters and 1-2 goaltenders
- Budget Estimate: \$1,200-\$1,400 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.*