



# '08 BLADES

## AA HOCKEY PROGRAM

Players on the 2019-20 Blades 10U PeeWee Minor AA team will have a complete travel hockey experience. Our goal is to advance the skills and ability of our players through a competitive environment, commitment to practice, and love for the game.



2019 – 2020

SEASON



11U PEEWEE

MINOR



2008

BIRTH YEAR



TRYOUTS

MARCH 28 – 29,  
2019

ROCHESTER ICE  
CENTER



Head Coach

Tim Finke

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585-261-4802

# 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 TIM FINKE*

Tim Finke is returning as the Head Coach of the Blades 2008 AA team. With over 30 years of experience, he has played at the youth (AAA), High School, and College levels. During his AAA years, he spent most of his summers staying with his Toronto family attending advanced camps to enhance his skating and hockey skills. Coach Finke's skating was trained by Soviet skating coach Dr. Yasha Smuskhin (Toronto) and Czech National team member, Martin Maglay. At the age of 15, he was serving as a skating instructor for Hockey Tech International in Toronto, Ontario.



Coach Finke played five years of Varsity Hockey for Pittsford High School. During this time, he captured one Section V title, and was NYS Runner-up. Coach Finke captained the Panthers his senior year and was selected to the Senior Showcase team in his final year. He was selected to numerous Western, NY (Buffalo/Rochester) invitation only/showcase teams throughout the Northeast US. Upon graduation, Coach Finke was recruited by and continued playing at Cortland State and later transferred to St. John Fisher College, where he would captain the ACHA Division 1 Cardinals in his final two years.

Coach Finke holds his level 3 USA coaching certification and has coached youth hockey for the past 6 years in Perinton. He started coaching many of his current players at the beginner level and was most recently the Head Coach of the 10U AA last season.

Coach Finke's approach to coaching revolves around creating an environment where his players are willing to push themselves beyond their comfort zone. He maintains a high-tempo practices, where his players are challenged and are held accountable. The results are visible and fun is evident. Coach Finke places a key emphasis on the value of skating ability (you can't play hockey if you can't skate). Coach Finke echoes the USA Hockey model on skills and skating. His team will spend a large amount of time on skill development. Coach Finke believes that a positive environment is achieved when expectations of his players, their families, and himself are clear and transparent.

Coach Finke resides in Pittsford, NY with his wife Nok, his two hockey crazy boys, Steffen (11) and Lucas (7) and daughter, Kaela (19). He is a third-generation owner of his family business. Away from the rink, Coach Finke is an avid golfer and die-hard Toronto Maple Leafs fan.

# SEASON FORECAST



- Duration: August 1, 2019 – March 15, 2020
- Practices:
  - Two 50-minute shared practices per week
  - One advanced skills development session each month
  - Off-ice training session at Next Level throughout the season
  - One goaltender training session per month
  - Advanced Skills instruction starting in early August with third party instruction in lieu of “Team Camp”
  - Additional full ice practices to be added to supplement our shared practices throughout the season
- Games: 50+
  - 20 league games in WNYAHL AAA “Orange” division
  - 15+ independent schedule games against AAA/AA teams throughout Central and Western New York
  - 4-5 tournaments
- Events:
  - Team social gatherings throughout the season
- Composition of team: 14 skaters plus 1-2 goaltenders
- Budget Estimate: \$1,750 - \$1,950 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.*