



# '07 BLADES

## **ENHANCED AA HOCKEY PROGRAM**

Players on the 2019-20 Blades 12U PeeWee Major AA Enhanced 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



12U PEEWEE

MAJOR



2007

BIRTH YEAR



TRYOUTS

MARCH 28 – 29,  
2019

ROCHESTER ICE  
CENTER



Head Coach

Jason MacBride

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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 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 JASON MACBRIDE*

Jason grew up in Greece, NY where he played AAA travel hockey for Rochester Youth Hockey as goaltender. Jason attended Greece Athena High School where he played Varsity hockey for the Greece Lightning for four seasons. As a senior in 1996, he was a member of the Section V and New York State championship team. After graduation, Jason played college hockey at the University of Rochester (ECAC). While at the U of R, he was an academic all-American and played for the league title twice.



In addition to his playing experience, Jason has coached youth hockey since 2004. He is a USA Hockey Level 4 Coach who has attended multiple seminars in Buffalo and Rochester with a concentration on goaltending. Jason began his coaching career at Monroe County Youth Hockey where he coached both Bantams and Midgets. After Jason's children were born, he coached at Tri-County Youth Hockey in the Beginner and Intermediate Programs. In 2012, his family moved to Victor, NY and joined Perinton Youth Hockey where he's been coaching ever since, including serving as the 11U PeeWee Minor AA Enhanced Head Coach last season.

Jason's approach to coaching revolves around creating a positive experience for players and families. He believes the players deserve to be challenged in an encouraging way that promotes skill development. A successful season is achieved when players evolve both on and off of the ice. The team will spend a great deal on skill development and skating technique. Additionally, his coaching staff prides itself on excellent communication with the players and parents.

Jason resides in Victor, NY with his wife Robyn, and two children Nate and Nora. Nate plays goalie for the 11U AA Enhanced team. Their daughter Nora plays in the 8U Program. In addition to his coaching responsibilities, Jason is the Perinton Youth Hockey Travel Director and his wife, Robyn is the Perinton Youth Hockey 8U Director. Outside of hockey, the Macbride's love to travel.

# SEASON FORECAST



- Duration: August 15, 2019 – March 15, 2020
- Practices:
  - Two 50-minute shared practices per week with some full-ice practices
  - One advanced skills development session every other week
  - Three off-ice training session at Next Level during the season
  - One goaltender training session per month
- Games: 45-55
  - 20 league games in WNYAHL
  - 10-15 independent schedule games against AA and AAA teams from Western and Central New York
  - 5-6 tournaments with four local and two outside the area
- Events:
  - Summer off-ice team building and conditioning
  - Team social gatherings throughout the season
- Composition of team: 14 skaters and 2 goaltenders
- Budget Estimate: \$2,000 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.*