



'06 BLADES

AA HOCKEY PROGRAM

Players on the 2019-20 Blades 13U Bantam Minor 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



13U BANTAM

MINOR



2006

BIRTH YEAR



TRYOUTS

APRIL 12 – 13,
2019

ROCHESTER ICE
CENTER



Head Coach

MATT MANG

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585-784-0360

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 MATT MANG

Matt is a Level 3 certified coach entering his 10th year coaching youth hockey, and 7th in the role of head coach. He started coaching career with the Canandaigua Knights organization, before joining Perinton in 2016. Most recently Matt enjoyed very successful season as head coach of 12U team that captured Empire League regular season and playoff championship along with winning Griffin's Guardian tournament in Cicero, NY. Matt also serves as assistant coach for his daughter Lucy's 8U team at Perinton.



Matt played 11 years of travel hockey in Providence R.I and Rochester area before enlisting in US Navy. After the conclusion of military service, he played 3 years of Senior AAA hockey in the British Columbia Provincial league. Matt was also a member of USA Hockey Senior A National Championship teams in 2001 and 2003.

On the ice, Matt promotes a structured team-first environment, building a strong and consistent work ethic. Practices are fast-paced with a focus on improving individual skills, hockey sense, and systems/team play. There will also be a strong focus on power skating techniques. Players will learn a system based on defensive structure and a free-flowing offense, where creativity is encouraged.

Outside the rink, Matt lives in Canandaigua with his wife Inca, son Jackson (12), and daughter Lucy (6). He enjoys traveling, going to concerts, and playing as much golfing as possible in the off-season.

SEASON FORECAST



- Duration: August 2019 – March 2020
- Practices:
 - Two 50-minute shared practices per week
 - 1-2 full ice practices per month
 - One advanced skills development session per month
 - Three off-ice training session at Next Level during the season
 - One goaltender training session per month
- Games: 45-50
 - 20 league games in WNYAHL
 - 10-15 independent schedule games against AA and AAA teams from Western and Central New York
 - 4 tournaments with two destination events and two in the western NY region
- Events:
 - Preseason team bonding events
 - Season kickoff party
 - Team community service day
 - Rochester Americans or RIT games
- Composition of team: 13-14 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.*