



'10 MONARCHS

AAA HOCKEY PROGRAM

Players on the 2019-20 Monarchs 9U Squirt Minor AAA 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



9U SQUIRT

MINOR



2010

BIRTH YEAR



TRYOUTS

MARCH 26 – 27,
2019

ROCHESTER ICE
CENTER



HEAD COACH

NATHAN PAETSCH

npaetsch@hotmail.com

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

Monarchs 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

Monarchs 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 Monarchs 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. Monarchs players develop life-long friendships and memories that will last forever.



HEAD COACH NATHAN PAETSCH

The Rochester Monarchs AAA Hockey Club welcomes Nathan Paetsch as head coach for the 2010 birth year team in the 2019-20 season. After serving as an assistant coach the past two seasons at the 8U level, Coach Paetsch will assume the head coaching responsibilities in 2019.



Coach Paetsch has an extensive hockey background including 15 years of professional hockey and 160 games in the NHL with the Columbus Blue Jackets and Buffalo Sabres. He ranks amongst the top scoring defensemen in Rochester Americans history and has played in more than 100 Calder Cup playoff games in the American Hockey League.

Coach Paetsch is also an instructor with the Rochester Ice Center Hockey Academy where he leads the Nathan Paetsch School of Defensemen. He offers clinics and private lessons to help defensemen develop their skills.

A native of LeRoy, Saskatchewan, Coach Paetsch now resides in Spencerport with his family.

SEASON FORECAST



- Duration: August 2019 – March 2020
- Practices: (Rochester Ice Center, Bill Gray's Iceplex)
 - One 60-minute full-ice practice per week
 - One 60-minute shared practice per week
 - One advanced skills development session per week
 - One off-ice training session at Next Level every other week
 - Goaltender training session throughout the season
- Games: 50
 - Independent schedule against elite AAA teams
 - Five or more tournaments with possible destinations of Detroit, Boston, and Toronto
- Events:
 - Pre-season team party
 - Team social gatherings throughout the season
 - Volunteering and community service events
 - End-of-season Monarchs annual banquet
- Composition of team: 15-16 players
- Budget Estimate: \$2,400 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.*