



'05 MONARCHS

ELITE AAA HOCKEY PROGRAM

Players on the tournament bound 2019-20 Monarchs 14U Bantam Major 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.

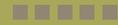


2019 – 2020



14U BANTAM

MAJOR



2005

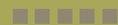
BIRTH YEAR



TRYOUTS

APRIL 10 – 11,
2019

ROCHESTER ICE
CENTER



COACHES

FRANCOIS METHOT

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CHRIS PALMER

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JOE DUGAN

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.



COACH FRANCOIS METHOT

Methot was a 3rd round pick in the 1996 entry draft out of the Quebec Major Junior Hockey League (QMJHL) and made his professional debut with the Rochester Americans of the American Hockey League (AHL) during the 1995-1996 season. Methot played 334 regular season games with the Americans and another 39 in the Calder Cup playoffs. After a season with Portland Pirates (AHL), Methot moved on to a very successful career in Europe until he retired from playing professionally and returned to Rochester in 2015 and has quickly developed into the preferred skills coach for the current NHL, NCAA, Major Junior, and other players in the region.

COACH CHRIS PALMER

Coach Palmer, a native of Ontario, Canada, played collegiately at Rochester Institute of Technology where he finished his three-year career with the Tigers as one of the leading scorers in RIT men's hockey history, earning All-American accolades and was also a 2005 inductee into the RIT Athletic Hall of Fame. Following his college career, Coach Palmer signed a professional contract with the New Jersey Devils and spent 12 years playing professional hockey in the AHL, ECHL, UHL, and leagues overseas in Great Britain, Germany, Italy, and Switzerland, as well as times with the Canadian National team. He spent time during the 1999-2000 season with the Rochester Americans where he was teammates included fellow Monarch coaches François Methot and Scott Nichol. In addition to his recent coaching experience with the Monarchs program, Coach Palmer has also spent time as assistant coach with his alma mater RIT and in the Rochester Alliance program previously as well.

SEASON FORECAST



- Duration: August 2019 – April 2020
- Practices: (Rochester Ice Center, Bill Gray's Iceplex)
 - Two full ice practices per week
 - One advanced skills development session per week
 - 1-2 off-ice training session at Next Level per week
 - Additional shared practices with Monarch AAA Midget Team throughout the season
 - Goaltender training session throughout the season
- Games: 50-60
 - Independent schedule against elite AAA teams
 - Six or more tournaments with possible destinations of Detroit, Boston, and Toronto
- Events:
 - Team social gatherings throughout the season
 - Volunteering and community service events
 - End-of-season Monarchs annual banquet
- Composition of team: 17 players
- Budget Estimate: \$3,150 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.*