



'06 MONARCHS

ELITE AAA HOCKEY PROGRAM

Players on the 2019-2020 Monarchs 13U Bantam 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



13U BANTAM

MINOR



2006

BIRTH YEAR



TRYOUTS

APRIL 10 – 11

2019

ROCHESTER ICE
CENTER



HEAD COACH

ISAIAH PATTERSON

isaiahdpatterson@gmail.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.

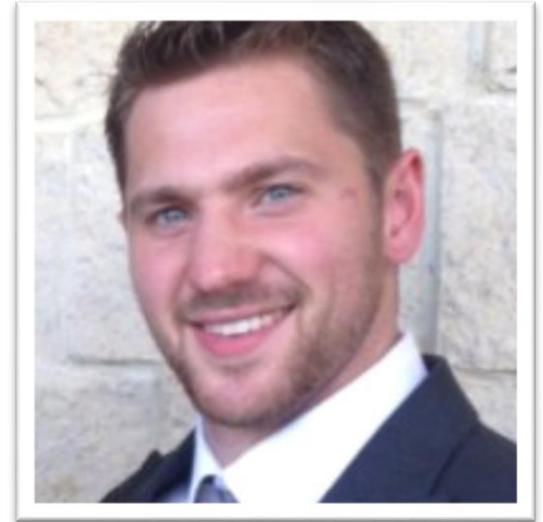
FOCUS ON CULTURE

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 ISAIAH PATTERSON

Isaiah Patterson is returning for his second season with the 2006 team. Prior to serving as head coach, he was an assistant coach for the 2017-18 Monarchs 14U AAA Gold team under the mentorship of Coach Scott Nichol and Coach Francois Methot. The Monarchs 14U AAA Gold team is currently ranked in the top 20 nationally and won the New York State 14U Tier 1 State championship.



Coach Patterson played hockey during his collegiate career for the University of Rochester and SUNY Canton. He also played junior hockey for the Laconia Leafs (AtJHL) and South Grenville Rangers (EOJHL).



A native of Potsdam, N.Y., Coach Patterson is a USA Hockey CEP certified Level 3 coach. He also works as an instructor for the Rochester Ice Center Hockey Academy.

SEASON FORECAST



- Duration: August 1, 2019 – March 15, 2020
- Practices: (Rochester Ice Center, Bill Gray's Iceplex)
 - Two full-ice practice per week
 - One advanced skills development session per week
 - One off-ice training session at Next Level per week
 - Goaltender training session throughout the season
- Games: 50-60
 - Independent schedule against elite AAA teams
 - Five or more tournaments with possible destinations of Buffalo, Pittsburgh, and Cleveland.
- 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: 13-15 skaters + 2 goaltenders
- Budget Estimate: \$2,650 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.*