



'05 BLADES

AA HOCKEY PROGRAM

Players on the 2019-20 Blades 14U Bantam Major 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



14U BANTAM
MAJOR



2005

BIRTH YEAR



TRYOUTS

APRIL 12th & 15th

ROCHESTER ICE
CENTER



HEAD COACH

JAESON RENE

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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 JAESON RENE



Jaeson Rene will be coaching the 2005 Perinton Blades Bantam Travel Team in 2019-2020. He has coached in Perinton Youth Hockey since 2011 as a coach of the Beginners and Intermediate programs, Mites teams, PeeWee teams and Bantam team. Playing on a number of teams himself and having many positive coaches in his life; that has helped shape Jae as a person. Jae wanted to become a coach to be a positive influence the way many coaches had been for him.

Jae's coaching objective is to teach his players the rules, techniques and strategies of hockey while instilling a level of commitment in them that they can carry with them through life. Jae considers himself positive, hard working and a team player with an ability to keep things in perspective. Jae has learned how to set goals for himself and to accomplish those goals through hard work and dedication and works to help his team in developing those valuable characteristics.

Jae keeps an open line of communication ensuring goals and objectives are clear in that they are all done with the overall development of the team in mind.

Jae lives in Fairport with his wife Tricia and their four sons, Jaeson, Nicholas, Corey & Jacob - all of whom play for Perinton Blades.

SEASON FORECAST



- Duration: August 2019 – April 2020
- Practices:
 - One shared practice per week
 - One full ice practice per week
 - One advanced skills development session each month
 - Off-ice training session at Next Level throughout the season
 - One goaltender training session per month
- Games: 40-50
 - 15-20 league games in WNYAHL
 - 10-15 independent schedule games against teams throughout Central and Western New York
 - 5-6 tournaments with two local and four outside the area
- Events:
 - Summer off-ice team building and conditioning
 - Team social gatherings throughout the season
- Composition of team: 14 skaters plus 1-2 goaltenders
- Budget Estimate: \$1,400 - \$1,600 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.*