



'07 BLADES

AA HOCKEY PROGRAM

Players on the 2019-20 Blades 12U PeeWee 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



12U PEEWEE

MAJOR



2007

BIRTH YEAR



TRYOUTS

MARCH 28 – 29,
2019

ROCHESTER ICE
CENTER



Head Coach

Anthony Rizzi

Arizzi12@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

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 ANTHONY RIZZI

Coach Anthony Rizzi grew up in Niskayuna, NY where he played youth hockey for Schenectady County. He attended Niskayuna High School and played varsity hockey included being team captain and a 1st team all-suburban council his senior year. After graduation, Anthony focused on baseball and played one season at SUNY Fredonia. However, he decided to return to hockey and played for the Junior B Springfield Indians and then went on to play three years with the Buffalo State Division III hockey team.



Coach Rizzi is a level 3 USA hockey certified coach. He has been coaching for 8 years.

Outside the rink, Coach Rizzi is an Applications Developer for a law firm in Rochester. He lives in Pittsford with his wife Shawna, son Griffin (11), and daughter Peyton (8). During the summer, he coaches 12U travel baseball. He also enjoys watching sports, playing men's league hockey and spending time with friends and family.

SEASON FORECAST



- Duration: August 2019 – March 2020
- Practices:
 - Two shared practices per week
 - 1-2 full ice practices per month
 - One advanced skills development session every other week
 - Three off-ice training session at Next Level during the season
 - One goaltender training session per month
- Games: 45-55
 - 20 league games in WNYAHL
 - 10-15 independent schedule games against AA and AAA teams from Western and Central New York
 - 3-5 tournaments with two outside the area
- Events:
 - Community service day
 - Rochester Americans or RIT Tigers hockey game
 - Team social gatherings throughout the season
- Composition of team: 12-14 skaters and 1-2 goaltenders
- Budget Estimate: \$1,800 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.*