



'09 MONARCHS

AAA HOCKEY PROGRAM

Players on the 2019-20 Monarchs 10U Squirt 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
SEASON

10 SQUIRT
MAJOR

2009
BIRTH YEAR

TRYOUTS

MARCH 26 – 27,
2019

ROCHESTER ICE
CENTER

HEAD COACH
SHAWN WILKINS

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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

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 SHAWN WILKINS

Shawn Wilkins is returning as head coach for the 2009 birth year team. Coach Wilkins is a Level 5 USA Hockey coach and also serves as assistant coach for the Rochester Institute of Technology men's lacrosse team.

Coach Wilkins played both lacrosse and hockey during his college career at RIT. He played forward and defense for the RIT men's hockey team, and

was a key member of three NCAA Tournament teams, including the 2001 squad that advanced to the national championship game. Coach Wilkins is also one of 14 players in RIT men's lacrosse history to score 100 career goals (104), and is 16th all-time in scoring with 147 points.

Coach Wilkins played lacrosse professionally for the Rochester Rattlers of Major League Lacrosse and the Rochester Knighthawks of the National Lacrosse League. He also played for the Italian National team in 2006 and was a member of the Canadian Jr. National team in 1996.

Coach Wilkins is a native of Burlington, Ontario, and resides in Penfield with this wife and children.



SEASON FORECAST



- Duration: August 1, 2019 – March 15, 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: 50-60
 - 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.*