

## **Perinton Youth Hockey – Player Development**

Dear Perinton Youth Hockey Members –

I am pleased to announce our Perinton Youth Hockey Player Development Program for the 2016-17 Hockey Season. For over 6-years we have partnered with Professional Organizations to provide our players the best instruction possible – sponsored by Perinton Youth Hockey. We believe player development goes beyond the team and we elect to expose our players to programs that can help with long-term development and to get the most out of our players at all levels.

Players from our program have gone on to play High School, Junior, Prep-school, Collegiate and Professional Hockey. Program players have also elected to play Club and Adult League Hockey finding the passion for the sports based on their Youth Experience – *Hockey is a Sport for a Lifetime!*

As an organization we have programs for all player levels from our Doodle Bugs (Development) Program, Overage, Blades House, Blades Travel and Monarch Elite Travel Programs. We model our Player Development Program after some of the top programs regionally and nationally ... we give our players a taste of professional programs and opportunity to enroll individually in a top Player Development Program – depending on needs and desire to train.

NEW this year is the RHA POWER HOUR – Power Skating and Skill Development – a 50-minute session focused on skating, helping players become more explosive and comfortable on-ice. The program cost is \$10.00/player and players register with Rochester Hockey Academy at [RHA WEBSITE/Register “Power Hour”](#). This program coupled with our Team Sessions with Rochester Hockey Academy, Goalie Sessions with Janosz School of Goaltending and off-ice with Next Level Strength and Conditioning provides players of all skill type and levels programs to help them improve and succeed.

We are proud of the programs offered and the players we develop at all levels and skill sets. Our program is recognized locally and regionally for our team accomplishments and we provide the best Youth Experience Possible for our players going above and beyond what is found elsewhere.

Yours In Hockey,

Jim Young  
President – Perinton Youth Hockey

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### **Rochester Hockey Academy Training Sessions – Team Skills and Player Development ... PYH-Sponsored** *Mondays starting September 12, 2016 as part of Team Schedule at Bill Gray’s Regional Iceplex*

Perinton Blade Travel and House Teams skate with Rochester Hockey Academy throughout the season. These sessions are meant to provide an alternative to team functions and skill development with Professional Instruction. We have offered this program for the last 6 years and players find it as a good introduction to alternative skill development programs away from the team.

Rochester Hockey Academy has partnered with Perinton Youth Hockey to provide skill development for Teams, Individual and run a series of Holiday Clinics. The Academy is run by Rory Fitzpatrick (Retired NHL/AHL Player) and Instructors include former Junior, Collegiate and Professional Players.

See team schedule for session times.

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### **Janosz School of Goaltending – Goalie Training ... PYH-Sponsored Clinics and More** *Mondays starting October 3, 2016 – See Schedule below - at Bill Gray’s Regional Iceplex*

Perinton Youth Hockey and Janosz School of Goaltending have partnered to provide Goalies Clinic Style Instruction to players throughout the hockey season. Goalies can work on specific skills targeting footwork, save skills and more. We have offered this program to our Goalies for 6-years and many take full-advantage of the professional instruction away from their team.

Janosz School of Goaltending is run by Bob Janosz who has over 20-years experience instruction goalies of all ages and skill levels. Bob has worked for the NHL Buffalo Sabres, Florida Panthers and the current Goalie Coach for the AHL Rochester Americans and worked with over 7 different NHL Head Goalie Coaches as well as several NHL, AHL and ECHL goaltenders. Bob is a USA Hockey Coach and Scout and played Collegiately at Canisius College as well as Junior (NAHL) and Professionally ECHL and UHL.

We offer two programs: Perinton Youth Hockey Sponsors clinics throughout the season for players of all levels (no charge) as well as the opportunity to work in additional Janosz School of Goaltending Clinics (fee-based) which players can register for online at [www.bobjanosz.com/programs/](http://www.bobjanosz.com/programs/)

**PYH Sponsored Clinics: 6:00 – 6:50pm**

Mite/Squirts: 10/3/16, 11/7/16, 12/5/16, 1/16/17, 2/13/17.

PeeWee/Bantam/Midget: 10/17/16, 11/21/16, 12/19/16, 1/2/17, 1/30/17.

**Janosz School of Goaltending Clinics** – see [www.bobjanosz.com/programs/](http://www.bobjanosz.com/programs/)

**Footwork and Save Sessions (50-minutes):**

See Registration for Start Times: 10/3/16, 10/17/16, 11/7/16, 11/21/16, 12/5/16, 12/19/16, 1/2/17, 1/16/17, 1/30/17, 2/13/17.

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**Next Level Strength and Conditioning - Off-Ice Training ... PYH-Sponsored**

*Team Sessions throughout the Season – Team Manager schedules team sessions – Thomas Creek*

Perinton Youth Hockey and Next Level Strength and Conditioning have partnered to provide team sessions and expose our players to Professional Off-Ice Training. Program sessions are tailored to meet the specific age experience, skill level and training goals of the players. Players gain a competitive edge on your competition and reduce risk of injury, while building team camaraderie under the supervision of a qualified Strength Coach. Many teams who have participated in the program have scheduled additional team session during the season.

Next Level Strength and Conditioning is managed by co-owner Nate VanKouwenberg, MA a Certified Functional Strength Coach (CFSC) and USA Weightlifting Certified Sports Performance Coach (USAW) with 13-years experience training Youth, High School, College and Professional Athletes in Hockey, Lacrosse, Baseball/Softball, Soccer, Golf and more. Nate is also a Physical Health Education Teacher in Victor Central Schools as well as Strength & Conditioning Coach for Division 1 RIT Men's Hockey. Nate employs a large staff of professional and certified Strength Coaches.

Teams schedule sessions directly with Nate and his team.

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**NEW => "RHA POWER HOUR" – Power Skating and Skill Development Sessions ... \$10.00/session**

*Mondays starting September 19, 2016 thru February 20, 2017 at Bill Gray's Regional Iceplex*

The RHA POWER HOUR is a co-sponsored initiative between Perinton Youth Hockey and the Rochester Hockey Academy providing players the up-tempo instruction and training developing players seek. Sessions focus on:

Skating Stride and Extension | Sharp Turns | Quick Start and Stop | Puck Protection | Overspeed and Acceleration | Resistance Exercises | Breakaway Speed with the Puck | Stickhandling Skills | Backwards Stride and Turns | Explosive Moves.

Session training will take place in smaller groups (or stations) that will provide players of like skills the opportunity to train and develop at a proper pace. Sessions start Monday September 19, 2016 and held at Bill Gray's IcePlex as below. Program Instructors include: Rory Fitzpatrick, David Leaderer and the RHA Staff.

Registration is found at: [RHA WEBSITE/Register "Power Hour"](#).