



MCYH Bantam Major AA, 2021-2022

Head Coach: Mike Anstett
585-301-6642
maka14_2000@yahoo.com

I will provide the kids a safe and positive atmosphere that is centered on having fun and emphasizes skill development. I will stress the importance of teamwork, determination, dedication to goals, good sportsmanship and discipline. I want them to love the game of hockey, make lifelong friends, and learn life lessons that extend beyond hockey. I hope to create a fun environment for both the players and their parents. This team will be your hockey family during the hockey season, and I want to make it as enjoyable as possible for all.

Bio:

- Level 3 USA Certified Coach

- Previous Coaching Experience:
 - 2020-2021 Head Coach MCYH Bantam Minor AA
 - 2019-2020 Head Coach MCYH PeeWee Major AA
 - 2018-2019 Head Coach MCYH PeeWee Minor AA
 - 2017-2018 Head Coach MCYH Squirt Major AA
 - 2016-2017 Head Coach MCYH Squirt Minor AA
 - 2015-2016 Head Coach MCYH RWB and Lakeshore Junior Eagles
 - 2014-2015 Asst. Coach MCYH RWB and Lakeshore Jesters

- Previous Playing Experience:
 - Youth hockey in the Buffalo area from Mites to Bantams
 - Grand Island HS Hockey (1987-1991)
 - Air Force Base team (1997-2000)



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Season Plan

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Duration: August 2021 – First Week in March 2022

Practices:

- Well-planned structured on ice practice sessions that focus on skills, tactics and systems
- Two team practices per week, every Tuesday and Thursday

Off Ice Activities:

- Dry land training sessions
- Classroom / Video analysis sessions

Games:

- 15-20 League games – Rochester, Buffalo and Syracuse
- 5-10 Scrimmages – Rochester, Buffalo and Syracuse
- 4-5 Tournaments - 2 in Rochester and 2-3 away (e.g. Buffalo, Cleveland, Lake Placid)

Targeted Composition:

- 15 Skaters and 2 Goaltenders

Events:

- Team Events – Summer party, mid-season party, and end of season party
- Fundraising – All team events/tournaments paid for with the money raised
 - Golf Tournament, Car Wash, Pie Sale, Applebee's breakfast, etc.
- One community service event