



## Monroe County AA 18U NTB Split Season Plan 2021-22

**Coaching Staff: Tom Callen, Kris Murante & Ty Zinkiewich**

### GOALS OF THE TEAM

- Competitive, rigorous high intensity practices to prep kids for their HS season
- Play the game Fast
- Small area games to emphasize stick skills & quick thinking
- Focus on mental preparation & the "mental" aspects of the game
- Complete understanding & execution of a **Team** Game Plan
- Discipline and accountability on and off the ice
- Be One Family, on & off the ice

### GAME OUTLOOK: 25-30 games total

14-16 WNYAHL League Games, 4-6 Scrimmages

2-3 Tournaments and/or Round Robins (Potential: War @ the Shore / July)

### PRACTICE SCHEDULE

1x per week: Summer Ice Practices – Begin early August (4-5 practices)

2x per week: Full Ice – (TBD, preferred) Monday (60 Minutes) / Thursday (60 Minutes) @ LSHA

### TEAM BUDGET

Team Budget - \$1,370 per player (\$1,020 MCYH Fee, \$350 Team Fee)

The Team Fee of \$350 will be split into 2 payments.

**1<sup>st</sup> payment of \$200** is due **July 15<sup>th</sup>\*** & **2<sup>nd</sup> payment of \$150** is due **August 7<sup>th</sup>**.

**\*Perhaps earlier if we do War at the Shore**

**For those wishing to make 1 payment, it is due July 15<sup>th</sup>**.

Checks made payable to (TBD) & mailed to (TBD). Treasurer to be named after Tryouts

### TEAM GEAR

New game jerseys & socks, cost approximated at \$200 per player. All Players will be required to purchase team jerseys and socks. Warm Ups will not be mandatory, but welcomed if you have them.

### ICE TIME

Ice time may not always be equal, it will be based on player's commitment to team objectives listed above along with player's commitment to conditioning, as well as attendance. Game situations will also play a factor into ice time. Every player will be given fair opportunity to earn ice time.