



MCYH  
123 Ling Road  
Rochester, New York

18u Coaching staff:

Brian Shaw & Tim Comanzo

Goals:

- Develop the mental aspects of the game.
- Individual skills development
- Small area situations development

Season Plan:

- Team to consist of 2 goalies and up to 18 skaters.
- League play in Western New York Amateur Hockey League, Level TBD after tryouts
- Team will get back together after High School season
- Dry land training / team building to start in August.
- On ice practices to start in August
- 2 Practices per week, Tuesday and Thursdays, primarily at Scottsville, starting in September.
- 25 – 30 games, consisting of 16 – 20 league games and non-league games
- 3 Tournaments – Niagara Falls early bird end of August.
  - 1 away tournament (TBD) in fall
  - 1 away tournament (TBD) in spring

Team Budget:

\$600 per player, team dues, \$350 due in fall, \$250 due in spring

New socks Mandatory, purchase through team

New players will need to purchase jerseys, purchase through team.