



Coach's Bio: My wife, Lisa, Oliver (9) and Violet (7) currently reside in Webster. I started playing hockey when I was 4 years old and played both travel for Rochester Youth Hockey and high school hockey at West Irondequoit. I also continue to play pickup hockey. After I graduated college, I was a defensive assistant coach under Rick Giuffrida for four years at West Irondequoit High School. Once Oliver started skating, I began volunteering at Lakeshore's Learn-to-Skate programs and coached his Pony, Mite and Squirt Minor AA teams the last four years.

Coaching Philosophy: My goal is to teach our players the fundamentals of the great game of hockey in a competitive and fun environment.

I have three rules for all our skaters:

1. Strive to get better every time we touch the ice
2. Be a great teammate
3. Be a respectful opponent – Win with class, lose with class

I am passionate about the game of hockey and want to pass down my love of the game down to our players, so they'll enjoy the game long after their playing careers are over.

Ice Time Philosophy: our goal for each of the players is to have equal playing time throughout the game but we will allow more ice time to the players who give us the best chance to win depending on the circumstances of the game. Playing time will also be dependent not only on skill alone, but also their ability to take direction from the coaching staff and sportsmanship with both their teammates and our opponents.

Season Layout:

Summer Practices: 1 practice per week in first two weeks of August, two practices/week in the last two weeks. We will also participate in off-ice training sessions through Relentless Strength and Conditioning following our on-ice sessions. Further, I advise that our skaters participate in a one-week long clinic or camp during the summer as well. If you need any recommendations, please let me know.

In-Season begins after Labor Day

- a) 2-3 practices per week
- b) Games: 16-18 league games with approximately 10 additional exhibition games. Games will typically be in Rochester, Buffalo or Syracuse.
- c) 4-5 tournaments: 2 away max, 3 in Rochester area.

Team Budget: \$500-1,250/ player in addition to league dues. I understand that some people don't like to fundraise, so we'll provide a buyout option for the player's budget once we have our year's budget in place. If you'd like to fundraise (like myself), then we'll be looking to do a few simple fundraisers for the year to pay for the tournaments, team parties and extra ice.

Fundraising: Corporate Sponsors, Golf Tournament, Super Bowl Squares, etc.

