



2007 Birth Year Team Information:

Building on the success of our birth year team program, we are excited to announce that we will continue the program with the 2007 Birth Year.

This team will compete both in the Pittsburgh Amateur Hockey League, as well playing a portion of their schedule outside of the league against some of the best teams in North America. This group will practice multiple times a week, and focus on the development of our players as they enter into an important time in their hockey development process. The team information is as follows:

- **Head Coach** – Shawn Lynam
 - **USA Hockey Level 4**
 - **Hockey Canada Tier 1**
 - **14 Years coaching experience including Tier 1 “AAA” in the PCAHL in British Columbia, Tier 2 “AA” in the LCAHL in Michigan and Tier 2 “Major” in the PAHL**
 - **4 seasons_Duquesne University_ACHA D1**
- **League** - PAHL - U14 AA “Minor”
- **Non-League schedule** – this team will play a hybrid AA/AAA schedule during the 2020-21 season consisting of local and out of town teams
- **Practice** - this team will practice twice on weeknights, one session will be a very high intensity skills practice following the USA Hockey American Development Model based shared ice session, and the second weeknight session will be full ice as a team. In addition, weekend days when games are not scheduled, practices will also be held giving each player a minimum of 4 ice sessions per week.
- **Weekly Dry Land Training** - before or after weeknight practices and based on USA Hockey ADM ABCs of athleticism curriculum. Also team concepts and stick skills will be reinforced and optimized through creative off-ice methods. Certain time slots will also be allocated to video review and strategy sessions.
- **High School Friendly** – We encourage our players to compete with their school teams if they so choose. As an organization we believe at this age level kids should have the opportunity to play for their schools, getting a chance to compete in front of their friends and classmates.
- **Tournaments** – this team will compete in several high-level tournaments including
 - CCM World Invite (Chicago, IL)

- Mo-Town Classic (Detroit, MI)
- MLHA Classic
- Harbor Town Tournament (Buffalo, NY)
- Other tournaments possible

If your player is interested in trying out for this team, we will have series of open skates that are open to all current and prospective MLHA members. Space for these is limited, and so we will hold spots based on a first come – first serve basis. The cost for these sessions is \$30

Try-out registration link: <https://go.teamsnap.com/forms/226628>

Try-Out dates:

April 20th - 8:10 – 9:30 PM

April 21st – 6:10 – 7:30 PM

April 25th - 8:10 - 9:30 AM

David Klasnick
VP of Hockey Operations

Scot Lehman
PAHL Rep and Director of Coaching

Jeremy Church
American Development Model Coordinator