



U14 AA Major (2007 Birth Year Team)

The Mount Lebanon Hornets 2007 Birth Year Team intends to play in the PAHL Bantam U14 AA Major division during the 21/22 hockey season. Building off the progress we made throughout the 20/21 season, this group will be expected to contribute vigorously in the pursuit of constant improvement as we compete in Western PA, the Midwest and the Mid-Atlantic regions against other top U14 Tier II national bound programs from week to week throughout the season.

USA Hockey Level of Play: Youth Tier II 14U

PAHL Level of Play: 14U AA

Tournaments: 6 Total (3 Local) (3 Out-of-town)

Probable out-of-town tournaments include:

- CCM World Invite Motown (Detroit, MI)
- Harbortown (Buffalo, NY)
- The Freedom Cup (Philadelphia, PA)
- Silver Sticks (Fort Wayne, IN)

Weekly Practices: 2 weekly practices (more added based on game schedule)

- One high tempo skills based practice
 - Age appropriate concepts & skills
 - High speed competition in small area emphasis
 - Weekly focus on checking/battle drills
- One hybrid skills and team concepts practice
 - Systems implemented and practiced using drill-flow repetition concepts for optimal practice to rest ratio
 - Emphasis on learning concepts and strategies while utilizing all skills at higher speeds with tempo

Off-Ice Training: Off-ice training sessions every week

- Strength & conditioning
 - Linear movement and cardio
- Advanced speed progression
 - Plyo and sprint work
- Stick handling, passing, shooting
- Team concept walkthroughs

Coaching Staff: Head Coach: Shawn Lynam

- 15+ years youth hockey coaching experience at the AAA & AA levels coaching teams based in Pennsylvania (PAHL), Michigan (LCAHL) and Washington (PCAHL_Canada)
- USA Hockey Level 4
- Hockey Canada Tier 1

Assistant Coaches: Dedicated, experienced, volunteer-based

Goalie Coach: Weekly sessions paid for by MLHA

Upcoming dates and times: Spring Skills Sessions...

- 2007 Birth Year
 - 4/19 6:10 - 7:00pm
 - 4/20 8:20 - 9:30pm
 - 4/24 5:50 - 7:00pm
 - 4/25 5:30 - 7:00pm

Tryouts in May...

- 8th 3:30 - 4:50pm
- 9th 1:30 - 2:50pm

Practices begin in early August with regular ice times and off-ice training sessions.

Three day intensive team training camp will be held in late August prior to the start of school.

Please contact Shawn Lynam at slynam@gmail.com with any questions about our team.