



The Mount Lebanon Hornets U16AA Team intends to play in the PAHL Midget U16AA division during the 21/22 hockey 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 U16 Tier II national bound programs from week to week throughout the season.

USA Hockey Level of Play: Youth Tier II 16U
PAHL Level of Play: 16U AA

Tournaments: 6 Total (3 Local) (3 Out-of-town)
Probable out-of-town tournaments include:

- CCM World Invite Motown (Detroit, MI)
- AA Cup (Buffalo, NY)
- The Freedom Cup (Philadelphia, PA)

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...

- 2006 Birth Year
 - 4/19 8:20 - 9:30pm
 - 5/7 7:00 - 8:00pm
- 2005 Birth Year
 - 4/20 6:10 - 7:00pm
 - 4/23 4:40 - 5:40pm
 - 4/25 4:20 - 5:20pm

Tryouts in May...

- 8th 2:10 - 3:20pm
- 9th 12:00 - 1:20pm

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.