



Mt Lebanon Hornets

16u AAA Midget Minor

(2021-2022 Season)

❖ 2021 – 2022 Season Objectives

- **Division (Level of Play):** Tier 1 AAA Independent Schedule
- **Head Coach:** David Klasnick
- **Skills and Skating sessions with,** Tyler Kennedy of TK Training (before school on an assigned weekday - optional)
- **Goalie Coach:** Jeff Siwik
 - Significant fee discount AND stipend (\$750 per goalie) given to goalies, offsetting cost of personal instruction
- **Season Start/End:** Weekday practices starting in August; regular practices/games beginning around Labor Day, ending in March
- **Practice Slots:** 2 full ice practices each week
- **Dryland:** 2 days of off-ice training starting after tryouts - 1 day in season (Hornet Conditioning Coordinator to run sessions)
- **Video Review:** Video reviews to occur during season - sessions run by coaching staff using XOS video software
- **Games:** 50-60 games
- **Tournaments:** Attendance in premiere events in North America (others might be added)
 - CCM Detroit Tournament
 - Toronto Titans Invitational
 - Waterloo Wolves AAA Invitational
 - Boston Breakout AAA Tournament
 - Culver Military Academy Showcase
- **Showcases:** TBD (per schedule/ event competition)
- **High School Friendly:** This team is high school hockey friendly, we encourage our players to play for their schools if they wish
- **Location:** Most home events will be at Mt. Lebanon rink; others used as well (RMU, Southpointe, and Rostraver)
- **Cost: Skater Fee \$3,150; Goalie Fee (\$500)**

❖ Spring 2021 through start of next season

- **Tryout dates—** May 10th and 12th (may add a 3rd day and goalie session as well) - try-out links on mlhahornets.com
- **Summer ice slots —**TBD, but plan on 1 per week during the summer months @ Lebo
- **Information sessions via Zoom or Google Meet—**As needed throughout the summer

- **Spring Training**

- Twice weekly (Monday / Thursday) late May through August
- 60 minute sessions
 - 1st 30 minutes speed/agility/strength/conditioning training
 - 2nd 30 minutes strength focus

- **Summer workouts**

- Players will be provided with a comprehensive 12-week workout plan specifically customized for the team and its players. The workout plan will be all-inclusive running the gamut from speed and agility training to strength training to pre-season conditioning. These will be used in self guided sessions outside of the team activities or other training activities they are participating in