



# Mt. Lebanon Hornets

## 2009 Birth Year "AA"

### 2021-2022 Season



### Important Dates

**Season:** August 2021 through March 2022

**Tryout dates:** April 21, 22(callback), and 23(final)

### Costs

Skater Fee - \$2,350, Goalie Fee - \$500

Team slush fund to cover tournament fees and miscellaneous expenses.

### Team Information

**Division (Level of Play):** PAHL "AA"

**Head Coach:** Dave King

**Goalie Coaching:** At the discretion of the goalie, **\$750 stipend per team** provided by MLHA to offset costs.

**Team Composition:** Maximum of 15 skaters; 2 goalies

**Location(s):** Mt. Lebanon Recreation/Ice Center. RMU Island Sports Center also used.

**Weekly Ice Expectation:** Four (4) - combining practices and games.

- Weeknight - Two (2) shared ice sessions (**with Hornets 2008 BY "AAA"**).
  - One (1) Skills - group practices focused on individual skills and full ice concepts.
  - One (1) Team – team only, team specific practice.
- Weekend
  - Practices (primarily at Mt. Lebanon) provided on non-travel/game days.
- Skills with Tyler Kennedy

**Games:** Approximately 50-55 games, including the PAHL schedule, non-league games and tournaments.

- Tournaments: Anticipated participation in 3-4 "away" tournaments. Preseason (August/September), Silver Sticks (December), Winter (February), and PAHL End of Season (March).
- Local tournaments and other showcase events as availability allows.

**Dryland:** 1 off-ice training session each week (in conjunction with on-ice practice)

- Age-appropriate strength & conditioning combined with off-ice team concepts.

**Video Review:** Periodic video review breakout sessions hosted by the coaching staff.

**Spring Training:** (Late April – Mid June), 8 weeks, Twice per Week (Monday / Wednesday)

- Comprised of dryland training and "dek" hockey.

**Summer workouts:** 8-week workout plan, dryland stickhandling and shooting routines

**Preseason Camp:** (Early August) – Combined with 08 "AAA"

- 4 days on ice, drills and scrimmaging, introduction to dryland training and team concepts.

**Eligible Players:**

- Any 2009 player, and although this will be primarily a 2009 BY group, 2010 players who played "AA" and/or "AAA" hockey during the 2020-21 season is allowed to attend tryouts.