



Mt. Lebanon Hornets

Squirt "AA"
2021-2022 Season



Important Dates

Season: August 2021 through March 2022

Tryout dates: April 21 & April 22 (callback / final)

Costs

Skater Fee - \$1,950, Goalie Fee - \$500

Team slush fund to cover tournament fees and miscellaneous expenses.

Team Information

Division (Level of Play): PAHL "AA"

Head Coach: Nick Santora

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

Weekly Ice Expectation: Three (3) - combining practices and games.

- Weeknight - One (1) shared ice practice session
 - Weekend - Practices provided on non-travel/game days
- **Practice sessions will be a combination of individual skills, team concepts, and fundamental hockey play

Games: Approximately 40-50 games, including the PAHL schedule, non-league games and tournaments.

Tournaments: Anticipated participation in 4 "away" tournaments.

- Preseason (September / October)
- Fall (November)
- Silver Sticks (December)
- Winter (February)
- Local tournaments as availability allows

Dryland: 1-2 off-ice training sessions 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.

Summer workouts: (June – August) Weekly team workouts designed to improve coordination, balance, strength, and speed.

Eligible Players:

- Any interested 2011 or 2012 player