

# GVAHA Stars ~ Bantam AA Pre-Tryout Meeting

Wednesday, March 3, 2010

# Why Travel Hockey, now?

- With the growth of both the number of players and talent, GVAHA is now capable of fielding a Bantam AA travel team.
- The '96 and '97 birth years are the strongest birth years in GVAHA until the '99 and '00 birth year comes along.
  - Many of these players are ready to be challenged and held to a higher standard of training and performance.

# Our Goals...

- To be the only hockey association in Michigan 100% committed to following core ADM principles...
  - We feel our travel programs should set the standard for development.
    - No other association is willing to attempt this direction.
  - Make it affordable...
    - Sub \$2,000.00 for travel hockey.
      - \$500 - \$2,500.00 less than other programs.

# Our Goals...

- Make it Fun!

- We want each and every one of these young men to enjoy what will prove to be a very demanding season.
- We want a season of ups, downs, and filled with a lot of learning.
- This first travel year will be 100% about player development, not much else, and the greatest achievements may not be seen until the next season, or the one following.
- We want to win, but we are also very realistic.

# Our Goals...

- Like the Midget A JV Red team this season, our goal is to set a standard of development, work ethic, dedication and bench marking for other GVAHA teams, coaches and players.
  - Many of the bantam drills and situational philosophies have come from JV Red this season.
- On ice practice interaction between the travel and our house teams will occur weekly in practices.
- Inclusive rather than Exclusive.

# Our Goals...

- To develop those players ready for the next level of training and hockey learning within our association.
- To make sure the players which are not selected for this team are also properly challenged and developed at the House level.
  - No scout, let alone a coach or parent can clearly predict where a player's talents will peak.
    - 20% of current NHL players were never drafted.

# Coaching Staff

- Head Coach – Joel Breazeale / Level 5
- Asst. Coach – Dan Stockel / Level 5
- Asst. Coach – Todd Rozema / Level 4
- Asst. Coach – John Cekander / Level 4

# This first season...

- Will be comprised of what we believe will be the right mix of some of GVAHA's most dedicated '96 and '97 athletes.
  - Being a second year is not the main determinant for selecting the team this first season.
    - It's about balancing our new commitment to travel and our long standing commitment to house hockey.

# Season Outline

- Team will compete in the Little Caesar's West Division.
- Ice touches vs. ice time
  - 80+ training sessions.
  - 3 days per week.
- Two weekday training sessions, one Sunday when there are no games.
- 34 games, with potential of more depending on performance of team.

## The second Bantam AA season...

- The first season is a stepping stone primarily an all 2<sup>nd</sup> year Bantam AA in 2010-2012.
- Many more slots will open for the Bantam AA team the following season as we round the roster out with nearly all '97 birth years again primarily from GVAHA.

# Tryouts

- Dates:
  - April 20 @ 9pm
  - April 21 @ 8pm
  - April 23 @ 6pm (by invite only)
- Cost \$35.00...guaranteed 2 sessions.
  - Invite only for 3<sup>rd</sup> session.

# Tryouts

- Bring running shoes and proper work out clothes to each session.
- All players will be tested in...
  - 1 mile run.
    - Test of basic stamina.
  - # of push ups in one minute.
    - Basic Strength test.
  - How long a plank (bridge) can be held?
    - Core strength test.

# Deposits once team is formed

- \$200.00 down payment (non-refundable)
- \$200.00 each month June – December.
- Final Balance Due – December 31<sup>st</sup>.
  - No player will be allow on ice, in classroom or allowed to participate in power and strength development sessions during the summer.

# Off Season Plans

- Dryland Training Clinics Available
  - Session 1 May thru mid June
    - Endurance, Core Strength, Agility
    - Cost: \$60.00
  - Session 2 July thru mid August
    - Speed, Leg Strength, Core Strength, Agility
    - Cost \$60.00

# Tentative On Ice Plans

6 weekly sessions beginning mid-July.

- All Bantams can/will train together.

- Mandatory travel Classroom and Video Discussion for Travel players.

- On Ice for all Bantams.

- (cost included in travel player fee)

- 7:00 – 8:30pm

- Bantam house players are encouraged to attend on-ice training sessions.

- Cost will be very reasonable...\$15.00 per session.