

Webster Cyclones Bantam Major/Mixed

2018-2019 Season plan

Andrew La Pietra

Main focus

- For players transitioning to high school hockey
- May or may not have played travel hockey (15-17 players plus 3-6 alternates)
- Continued stress on skills development (skating, stickhandling, passing, checking, heads up hockey)
- Basic hockey systems (Power play, Penalty kill, cycling, fore checking, etc)
- Higher tempo practices combined with player's own off-ice work

Off-ice programs

- Chalk talks (for systems concepts), video analysis of games and individual skills
- Workouts for performance enhancement and injury prevention (school based lifting programs)
- Nutrition and rest
- Team building events for players AND families

Standard travel schedule

- 30-50 games and scrimmages (15-20 league games, 5-10 non-league, 10-20 tournament)
- 3-4 tournaments (Beginning and end of season with two out of town)
- 2 on-ice practices per week (half sheet, full sheet per week)
- Monthly off-ice performance sessions (PCX)
- Monthly on ice development (skating technique)
- 1-2 Monthly off-ice chalk talks (before practice)

Financial

- Registration fee approximately \$1300-1400 per season
- Extras add approx. \$400 month per player BEFORE fundraising (lower overall cost)
- Two fundraising events per season (Goal of \$2000 or two tournament entry fees)
- Solicitation of sponsorships and donations from local businesses

Friendly team

- Travel friendly (will try to double up and play two games out of town when possible)
- JV/Varsity hockey friendly (slow down mid-season to accommodate school hockey season)
- Financially friendly (minimize extras other than jerseys and shirt, tie and dress pants)
- Parent friendly (Parental backing on academics and behavioral expectations both on and off ice)
- Community friendly (Service events – MSB wrapping, Foodlink, younger player development, etc)
- Family friendly (early season event for families and throughout the season, sibling game (because hockey is a family sport)