

# LANCASTER PHOENIX

## SPRING SELECTS

*“A spring hockey development program with a difference!”*

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The Lancaster Phoenix Spring Selects is a short, intense hockey development program designed to enhance both offensive and defensive team play, taught in an age-appropriate manner by former professional hockey coaches. The program emphasis will be to teach players positional responsibilities, proper reads and appropriate reactions in all three zones of the ice within a team framework. Players will be challenged to “learn and think the game.”

The program is offered to players at the Peewee (2007/2008), Bantam (2005/2006), and Midget (2003/2004) age levels. A team of up to 18 skaters and 2 goaltenders will be selected at each age level from an on-ice evaluation. Teams will have six on-ice training sessions enhanced with classroom instruction utilizing professional hockey video. Classroom sessions will be 45 minutes and on-ice sessions will be one hour in duration. Each team will compete in two tournaments at a skill-appropriate level. Five of the training sessions will take place preceding the tournaments with the final session held the week between tournaments. Players will receive a team play handbook summarizing program content.

### WHAT'S INCLUDED:

- 6 one-hour on-ice training sessions
- 6 video sessions
- Team play handbook
- 2 tournaments (tournaments are within driving distance to reduce travel costs)
- Home/away jerseys and socks

### PROGRAM FEE:

- \$475 (payment by cash or check to Excel Hockey Group, LLC)
- Goaltenders \$225

### TOURNAMENTS:

- The Spring Fling AAA Invitational Tournament – May 17-19, 2019 @ New England Sports Center, Marlborough, MA
- Philadelphia Shootout – May 24-27, 2019 @ Ice Line Quad Rinks, West Chester, PA

### PROGRAM TRAINING SCHEDULE:

All training sessions takes place at the Lancaster Ice Rink. All classroom sessions are 6:30-7:15 p.m. and all on-ice sessions are 7:45-8:45 p.m. on the dates listed below.

#### Peewee 12U (2007/08)

- April 23
- April 26
- May 1
- May 7
- May 13
- May 20

#### Bantam 14U (2005/06)

- April 24
- April 29
- May 2
- May 8
- May 14
- May 21

#### Midget 16U (2003/04)

- April 25
- April 30
- May 6
- May 9
- May 15
- May 22

## REGISTRATION AND EVALUATION:

- Register on-line by going to [www.lancasterfirebirds.org](http://www.lancasterfirebirds.org) and click on the “Spring Selects Teams” tab.
- Eval dates: **12U** – March 19 7:30–8:30 p.m. **14U** – March 18 8:30–9:30 p.m. **16U** – March 19 9:00–10:00 p.m.
- Non-refundable evaluation fee of \$15 is payable in cash or check on the night of the evaluation.

## COACHES:



**Larry Courville**

After a professional playing career in the NHL, AHL, and ECHL, Larry Courville was the Head Coach of the ECHL Reading Royals from 2009-2017. His teams made the play-offs in all eight of his full seasons behind the bench, winning the Kelly Cup (ECHL Championship) in 2013. He left the Royals as the ECHL's second-most winning coach with a single franchise in league history. In addition to his ECHL championship as a coach, Courville won a gold medal as a member of Team Canada in the 1995 IIHF U20 World Championship. Larry is currently in his second stint as the Lancaster Firebirds' Hockey Director, having held the job previously from 2006-2009.



**Andy Scott**

After playing college hockey at the Royal Military College of Canada, Andy Scott served as an officer in the Canadian Army for nine years. Retiring as a senior officer he began coaching hockey while working in the Canadian Government's executive development program. Following his passion for coaching and hockey, he became the head coach at his alma mater in 1996. His coaching career has included stints at the youth, junior, college and professional levels. He possesses a High Performance II coaching certification from Hockey Canada and a Level 5 Master Coach certification from USA Hockey. As well as being a licensed Professional Engineer in Ontario, he recently was granted the prestigious professional designation of Chartered Professional Coach (ChPC) from the Coaching Association of Canada.