



2018-19 Season

18U

AAA

TRYOUTS

APRIL 11 & 12

COACH

Lindsay Putnam

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U18 MONARCHS

-AAA HOCKEY PROGRAM-

Our U18 team will build off the success of our U16 team using the model we used combining Midget AAA Hockey and High School Hockey. We are excited to bring this model to the U18 Level!



PROGRAM OVERVIEW

The Rochester Jr Hockey Club is one cohesive unit consisting of tuition free hockey, junior hockey, and Midget AAA hockey. The goal of the program is to product both local and nationwide talent at the college level.

LINDSAY PUTNAM

-HEAD COACH-



Lindsay comes to the U18's with over 23 years of coaching and Individual Player Development experience. Putnam has a created a tremendous reputation and many relationships over his nine years of coaching Jr. Hockey with Jr Teams, Prep Schools and Colleges.



SKILL DEVELOPMENT

The option for additional skill sessions will be made available to fit the players wants and/or needs. Sessions will be scheduled with the Rochester Ice Center Academy or the Academy at PLA, who we will work closely with throughout the season.

OFF-ICE TRAINING

Throughout the season the boys will have the option to train with Next Level. Next Level not only provides the athletes workout tailored to their needs and sport, but they provide the knowledge of nutrition and preventative techniques to stay injury free in season.





SEASON FORCAST

2018-19 SEASON

- USPHL Schedule
- NYS Bound
- Independent Schedule
 - Pitt, Columbus, Buffalo
- *POSSIBLE TOURNAMENTS*
 - Harbor Center Tournament/ Other Showcase (Sept)
 - Honey Baked Tournament (Oct)
 - State Playdowns (Nov)
 - Philadelphia Showcase (Feb)
 - 3 League Games played in this Showcase
- Pre-High School
 - Two 75 minute Practices a Week
 - Optional Skill Sessions & Next Level Sessions
- High School Friendly
 - Allows players to play high school if they want
 - During H.S. Season: team will go to one Monday night practice. There will be scheduled skill sessions, which will be available to those looking for more time during this time or not playing H.S.
- U18 Monarch Fee: \$2,100 (based on 20 players)
 - Players individual expenses NOT above-- game jerseys, socks, shells, team parkas

The information above is a forecast, or is a prediction of the 2018-2019 Season. The actual season plan may vary slightly.