

2025-26 ACES 14U AA Green Season Outline

Head Coach: Brenton Paris

Team Mission: *To provide players with the opportunity to develop their skills in a fun and challenging environment, while emphasizing the value of teamwork, sportsmanship and friendship.*

Core Values: RESPECT, SPORTSMANSHIP, TEAMWORK, WORK ETHIC, FAMILY

Summer 2025

- Parent/Player/Coaches Meeting Late June Maybe July.
- At Home Summer Training - Strength, Conditioning, Stickhandling & Shooting Curriculum
- Beginning In July - 1x a week of strength and conditioning sessions with Relentless Strength and Training
- Beginning In August - 1x a week on ice training with the coaching staff

Season Practice Plan

- Practices 1x-2x A Week
- 1x A Month Player Skills Clinic with Relentless Strength and Training
- 1x A Month Goalie Clinic with Aces Goalie Coaches

Games

- Participate In WNYAHL, with approximately 20 league games
- Targeting 40-50 total games for the season including league, tournaments and scrimmages.

Tournaments

- Tentatively 4-5 Tournaments, 2 out of town.

Classroom Sessions

- 1x-2x a month minimum consisting of:
- Video sessions - review of games and situations of what we can do better
- Hockey IQ building systems and situational breakdowns

Contacts

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