



Anchorage Jr. Aces U18 Midgets

Dear Hockey Parents,

Your hockey player's abilities on and off the ice have been brought to our attention and we would like to consider you for the Anchorage Jr. Aces U18 Midget Team. Our organization holds a high standard for the development of youth hockey in Anchorage. It is for those reasons that your child has been invited to try out for the 2009-2010 Anchorage Jr. Aces U 18 Midget Hockey Team. This year, our goal is not only to develop your child's hockey skills and team play to the fullest potential, but also to create a cohesive and positive atmosphere among the players, coaches, and parents. Our hockey season will develop players to reach beyond their own abilities and current standards. Expectations for our team will be to display outstanding sportsmanship, excellent discipline, and the personal desire to improve their individual and team skills.

This year's Jr. Aces U 18 Midget team is prepared to take on the 2009-2010 hockey season under the coaching of Rob Snelson and Pat Duggan. Our coaching staff brings numerous years of expertise to the Jr. Aces organization this year.

Coach Snelson has coached hockey at various levels ranging from Mighty Mite AAA through High School Varsity since 1985 after finishing a college hockey career at the University of Alaska Anchorage. Coach Snelson has worked with student athletes for over 24 years and is currently a Physical Education/ Health Specialist with the Anchorage School District and a certified personal trainer with International Sports and Science Association. He has won dry land training awards and a body-building championship. His knowledge and experience of hockey and the physiology of training will be great assets that will help our team develop to the fullest capacity this year.

Coach Duggan is also a product of Alaska Hockey. While growing up in Alaska, Pat played for various Comp. hockey teams. He played his first three years at Dimond High and finished his high school career in Michigan playing Midget AAA for the Ann Arbor Ice Dogs. After high school he played 2 years of Jr. Hockey with the USHL Billings Bulls. He played college hockey at Augsburg University in Minnesota before returning to Anchorage. Coach

Dugan coached with the South Central Wolves as a defensive coach and is enthusiastic about giving back to the community this season.

Midget comp hockey is a demanding and strenuous program that requires commitment and dedication during a rather short period of time. We have arranged to have the team prepare and train for the upcoming season at Polaris Athletic Club for a nominal fee of \$25.00 a month. This training will include a comprehensive 12-16 week sport specific training program to better prepare each player for the upcoming Midget season as well as the High School Hockey Season. The professionals that will train the team are well versed in knowledge of fitness and conditioning. This off-ice training will include body fat testing, a diet designed for each players body type, overall core strength training, dry land conditioning, and palates/yoga stretching. The objective of this macro cycle is to increase each players fast twitch muscle fibers to gain strength, flexibility, and endurance while adding lean muscle that will help prevent injury. There will be several meso cycles during the summer to reach this goal. Players that want to take their hockey to another level and are serious about their training will benefit the most from this summer program. Additionally, proper training techniques will benefit them not only this season but for a lifetime of fitness. Off ice training will commence shortly after tryouts in late April. We will be skating a few times a week during the summer months either early in the morning or evening. Most of the summer program will be developed so that players will have the ability to free up their days and weekends. We can guarantee that you will not find a comprehensive program that will allow your young adult to develop the level of conditioning at a minimal cost.

Our ultimate goal for this team this year is to develop athletes on and off the ice. We will expect a high level of dedication from both coaches and players. These young adults will develop positive relationships, moral character, and positive self-esteem. We feel that hockey is just an avenue for players to build relationships, develop cooperation, ethics, and life-skills that will last a lifetime. We hope that we will see you at the tryouts.

Sincerely,

Coach Snelson (907) 244-6709

Coach Duggan (907) 250-5447

Tryout date and times

Sat 4/11/09 10:30-11:30am Sub Blue

Tues 4/14/09 6:45-07:45pm Sub Blue

Wed 4/15/09 4:15-05:15pm Sub Blue