



*U14 Full Season: 2020-'21 Outline*



## Connecticut Jr. Huskies Elite

Head Coach: Mike Anastasio (*Middlebury College*)

Assistant Coach: Sean Murphy (*Princeton University*)

Skills Coach: Paul Dowe (*SUNY-Plattsburgh*)

Power Skating Coach: Sasha Malkov

## Springfield Jr. Thunderbirds Tier 1 and Springfield Jr. Pics Tier 1

Coaches: TBA; Based on Tryout Results

Skills Coach: Paul Dowe (*SUNY-Plattsburgh*)

Power Skating Coach: Sasha Malkov

### **Weekly Off-Season Sessions: August 2020** (Enfield Twin Rinks)

On-Ice Practices – 1x/week

Dryland Sessions – 1x/week

### **Pre-Season Training Camp: August 28, 2020 – August 30, 2020** (Enfield Twin Rinks)

On-Ice Practices – 5 Hours

Dryland Sessions – 3 Hours

Classroom/Video Analysis Sessions

### **Weekly Practices**

#### **Connecticut Jr. Huskies** (Enfield Twin Rinks)

September – November

Team Practices – 2x/week

Power Skating/Skills Sessions – 1x/week

#### **Springfield Jr. Pics** (Primary - Olympia Ice Center; Secondary – Enfield Twin Rinks)

#### **Springfield Jr. TBirds** (Primary - Enfield Twin Rinks; Secondary – Olympia Ice Center)

September – November

Team Practices – 2x/week

Power Skating/Skills Sessions – 1x/month

#### **All Teams**

December – Mid-March

Team Practices – 2x/week

Power Skating/Skills Sessions – 1x/month

*-continued-*

## **Eastern Hockey Federation**

Connecticut Jr. Huskies Elite\* – Fall Schedule

*\*Supplemented by prep school/independent games and showcases/tournaments*

Springfield Jr. Thunderbirds Tier 1 – Full Season Schedule

Springfield Jr. Pics Tier 1 – Full Season Schedule

## **Visiting Coaches**

### ***Springfield Pics Midget/Junior Program***

#### 2019-'20 Visiting Prep Schools

Albany Academy

Avon Old Farms

Choate Rosemary Hall

Hotchkiss School

Kent School

Loomis Chaffee School

Pomfret School

Westminster School

## **Mid-Season Break: 11/22/2020 – 11/29/2020**

## **Showcases/Tournaments: TBD by Coaching Staff**

### 2019-'20 U14 CT Jr. Huskies Tournaments

Labor Day East Coast Cup – Boston, MA

EHF Invitational, Marlboro, MA

Eastern Exposure Cup, Hooksett, NH – *Champions!*

Frosty Cup, Dallas, TX – *Champions!!*

Eaglebrook School Tourney, Deerfield, MA – *Champions!*

## **Prep School/Independent Games: TBD by Coaching Staff**