

North Jersey Avalanche



2012-2013 Season

- ❖ **Dan May** - Director of Spring/Summer AAA Super Skill sessions.
- ❖ **Victor Baryshevtsev** - Spring/Summer AAA Super Skill sessions. See Victor at www.victoryonice.com
- ❖ **Tom Preville and Glenn Carlough** - Skill Coordinators and Lead Instructors for Tier II Spring Training Sessions.
- ❖ **Mike Buckley's GDS** – Regular Season Director of Goaltending for all Avalanche teams (www.gdsgoalies.com). All Avalanche goaltenders will be provided on-ice goaltending clinics throughout the season.
Lead instructors: Joe Ballance and Dan Meyers.
- ❖ **Vakhtang Murvanidze** – Regular Season Squirt AAA Powerskating Instructor.
- ❖ **Sergei Simonov** – Regular Season Peewee AAA and Bantam AAA Skills Coach.
- ❖ **Todd Johnson** – Prep School Placement Counselor (Prep Seminar in August for Midget & Bantam levels)

Team and Season Outline

Midget Level

U 16 AAA American (1996-1998)

- **Spring/Summer** - 10-12 on-ice training sessions, attend Labor Day tournament.
- **Fall** - front loaded game schedule, three practices per week (third practice is a skill session with Sergei Simonov), attend two tournaments.
- **Winter** - reduced game schedule, one practice per week.

U 16 AAA National (1996/1997)

- **Spring/Summer** - 10-12 on-ice training sessions, attend a Labor Day tournament.
- **Fall** – full game schedule, three practices per week, (third practice is a skill session with Victor Baryshevtsev) attend Motor City Cup in September, College Cup and Beantown Fall Classic in October and Bauer Invite in November.
- **Winter** – full game schedule, two practices per week.

U 18 AAA (short season) (1994/1995)

- **Summer** – August on-ice training sessions, attend Labor Day tournament.
- **Fall** - front loaded game schedule, two practices per week (practices at 4:30 PM). Attend College Cup in October.
- **Winter** - only playoff games if team qualifies.

U 16 AA / A / B (short season) (1996/1997)

- **Summer** – late August on-ice training sessions, attend Labor Day tournament.
- **Fall** - front loaded game schedule, two practices per week.
- **Winter** – only playoff games if team qualifies.

U 18 AA / A (short season) (1994/1995)

- **Summer** – late August on-ice training sessions, attend Labor Day tournament.
- **Fall** - front loaded game schedule, two practices per week.
- **Winter** – only playoff games if team qualifies.

Bantam Level

Bantam AAA Minor (1999)

- **Spring/Summer** - 15 on-ice sessions, 10 off-ice training sessions, attend Gatorade tournament June 22-24 and Valley Jr Warriors Tournament Aug 24-26.
- **Fall/Winter** - full game schedule, three practices most weeks (third practice is a skill session with Sergei Simonov), attend two or three tournaments.

Bantam AA, A, B Blue & B White (1998/1999)

- **Spring** - 7 on-ice training sessions.
- **Summer**- no mandatory programs, several options are available @ www.icehousenj.com
- **Fall/Winter** - full game schedule, two practices per week, attend two tournaments

Peewee Level

Peewee AAA Major (2000)

- **Spring/Summer** - 25 hours of on-ice training, attend Gatorade tournament June 22-24 and Valley Jr Warriors Tournament Aug 24-26
- **Fall/Winter** – full game schedule, three practices most weeks (third practice is a skill session with Sergei Simonov), attend two or three tournaments

Peewee AAA Minor (2001)

- **Spring/Summer** - 25 hours of on-ice training, attend Gatorade tournament June 22-24 and Valley Jr Warriors Tournament Aug 24-26
- **Fall/Winter** – full game schedule, three practices most weeks (third practice is a skill session with Sergei Simonov), attend two or three tournaments

Peewee AA, A, B Blue & B White (2000/2001)

- **Spring** - 7 on-ice training sessions.
- **Summer**- no mandatory programs, several options are available @ www.icehousenj.com
- **Fall/Winter** - full game schedule, two practices per week, attend two tournaments

Squirt Level

Squirt AAA Major (2002)

- **Spring/Summer** - 25 hours of on-ice training, attend Gatorade tournament June 22-24 and Valley Jr Warriors Tournament Aug 24-26
- **Fall/Winter** - full game schedule, three practices most weeks (third practice is a powerskating session with Vakhtang Murvanidze), attend two or three tournaments

Squirt AAA Minor (2003)

- **Spring/Summer** - 25 hours of on-ice training, attend Gatorade tournament June 22-24 and Valley Jr Warriors Tournament Aug 24-26
- **Fall/Winter** - full game schedule, three practices most weeks (third practice is a powerskating session with Vakhtang Murvanidze), attend two or three tournaments

Squirt (2004)

- **Spring/Summer** - 10 on-ice training sessions. Gatorade tournament June 22-24 and Valley Jr Warriors Tournament Aug 24-26
- **Fall/Winter** - full game schedule, two practices per week, attend two tournaments.

Squirt A Blue & A White, B Blue & B White (2002/2003)

- **Spring** - 7 on-ice training sessions.
- **Summer**- no mandatory programs, several options are available @ www.icehousenj.com
- **Fall/Winter** - full game schedule, two practices per week, attend two tournaments

Mite Level (ADM)

Mite B (2004/2005)

- **Spring** - 7 on-ice training sessions.
- **Summer**- no mandatory programs, several options are available @ www.icehousenj.com
- **Fall/Winter** – one game per week (possible intra-rink games), two practices per week.

Mite C (2004 and younger)

- **Spring** - 7 on-ice training sessions.
- **Summer**- no mandatory programs, several options are available @ www.icehousenj.com
- **Fall/Winter** – one cross ice game per week, two practices per week.