



'99 AAA Mid-America Generals

Spring 2014



WELCOME

Players and Parents

I would like to thank you for your interest and welcome you to the 2014 '99 Generals AAA spring team tryouts. I am looking forward to watching your sons compete over the next few days and look forward to helping them achieve their hockey goals.

The Generals team has just finished its second regular season. Our focus this season has been on skill development and hockey awareness.

My goal as the coach is to help your son identify his own identity as a hockey player and create new pathways of performance. This will help develop your player's confidence. From there we will help your son enhance what he does well and eliminate weaknesses. We will challenge him with "blended" skill sets and to continually adapt and adjust his game.

There will be quite a few players at tryouts and I will be looking for different components that will make a competitive hockey team. I'm looking for players that are enthusiastic for the game and are willing to work hard to separate themselves from other players. I am really excited to make this Generals team one of the top teams in the Midwest with players that have the ability to evolve and become better skilled and smarter players.

Thanks and Good Luck

Mike Kellermeyer



COACHES AND STAFF

Mike Kellermeyer – Head Coach

Mike Kellermeyer is entering his third season as head coach with the Generals after spending the last five seasons as head coach of Cathedral-Chatard Hockey Club in Indianapolis, Indiana. This will be Mike's 13th year coaching hockey. He spent the last nine seasons playing a major role in the development of youth hockey in the Indianapolis area as head coach of the Arctic Blast, Indianapolis Racers, Indiana Jr. Ice and Cathedral-Chatard.

Born and raised in Ft. Wayne, Indiana, Mike has enjoyed success as a player at all levels of hockey from high school through juniors and college. Playing for the Toledo Cherokees, he won several league titles, a national championship runner-up, and in his last year, 1998, the USA Hockey National Championship. In his senior year at Eastern, Mike was recognized as a leader by being named captain. In all eight years of juniors and college, his teams went to the national championships.

Mike's coaching philosophy focuses on team chemistry and he believes "It's the most crucial ingredient for a successful season." Skilled individuals in combination with team concepts and sportsmanlike attitudes are a guaranteed formula for success. Consistent teaching of the game on and off the ice with an emphasis on team cohesion will deliver substantial rewards for the team as a whole as well as individual achievement.

Mike believes that a team's players should be respected for being responsible for themselves, playing cohesively and displaying good sportsmanship at all times. A game's final score is not always indicative of a team's true performance and performances will be remembered long after the scores are forgotten.

Mike lists his short team objectives as development of basic skills with an emphasis on teaching the players to use teamwork to achieve success at the rink. His long term goals are to build on the team's short term advances to further the team's collective skill and to maximize team cohesiveness. Mike lives in Noblesville, Indiana with his wife, Abby and his daughter, Ella.



David Bailey – Associate Head Coach

Born in Canada, David coached at the AAA level for seven years in Brampton, Ontario, Canada at the mite, squirt and peewee levels. David has coached many players who went on to play in the NHL including Rick Nash and Tyler Sequin. David holds a Hockey Canada coaching level 4 rating.

David spent one season coaching at the professional level, coaching the 2010 Bloomington Prairie Thunder in the CHL.

This is David's third season with the Generals. Prior to joining the Generals, David coached for six years at the AA level in Bloomington, Illinois. His 2011-2012 Peewee team won the NIHL Elite (Chicago) AA division President's Sup. David holds a USA Hockey level 3 rating. David lives in Bloomington, Illinois with his wife, Lisa, and son, Cooper.

Scott Bricker – Assistant Coach / Defensive Coach

This is Scott's second season with the Generals coaching the defense. In the two years prior to joining the Generals, Scott coached the Dublin Coffman Shamrocks high school team in the Ohio High School Hockey Association. Scott has been a hockey coach developing young players since he moved back to Columbus, Ohio eight years ago. Currently, he also instructs with the Junior Jackets learn to play hockey program, which develops youth and adult hockey players in the Columbus area.

Born in Toledo, Ohio, Scott played his youth hockey in Columbus. He went on to play his junior hockey back in Toledo, for the Toledo Cherokee where he won a USA National Championship in 1998. After his junior career, Scott went on to play college hockey for Eastern Michigan University.

Scott lives in Blacklick, Ohio with his wife, Katie, and two sons, Luke and Mason.



Tommy O'Brien – Goalie Coach

A Chicago native, Tommy O'Brien began his AAA career with the Chicago Mission. Prior to his senior year in high school, he signed with the NAHL Youngstown Phantoms. He played with the Phantoms for a year before joining the EJHL's Bridgewater Bandits, where he was named to the league's All Star Game. Tommy then accepted an offer to play for the University of Notre Dame, where he was the first goaltender in Notre Dame history to record a shutout in his first start. He was a member of the CCHA championship teams for 2007 and 2009, and went to the Frozen Four Finals in 2009.

Tommy received his training from Ian Clark. In 2002, Clark offered him a coaching position with the Goaltender Development Institute, where he coached each summer for the next seven years. Following Tommy's graduation from Notre Dame in 2010, he was offered a research assistantship in the University of Illinois College of Engineering where he is currently pursuing his Doctorate Degree. For the last two years, he has been the goalie coach for the Champaign-Urbana Chiefs. This is Tommy's third season with the Generals.

Bryan McDowell – Fitness Trainer

In his third year with the Generals, Bryan McDowell serves as the team fitness trainer, working with the players in person as well as developing and overseeing their dryland fitness training. Bryan is a AFAA, MAT, Jumpstart certified trainer and has completed various continuing education courses including RTS123, knee and shoulder structure, training on unstable surfaces, medicine ball training, and client programming. Bryan grew up playing competitive baseball as a teen for the Indiana Bulls and Lawrence North High School. During his years playing he was fortunate enough to have won an AAU National Championship and be an All-State center fielder. Bryan went on to play Junior College baseball for short time before a career ending elbow injury. Bryan trained with a personal trainer throughout his baseball career and knows firsthand how hard work off the field pays large dividends. He is passionate about helping others become their best and reaching their potential. Bryan works at Indy Fitness Clinic and runs his own personal training business called Customfit. Bryan is continuing his relationship as trainer for the Mid-America Generals in Spring 2014 as well as for the 2014-2015 regular season.



PLAYER SELECTION AND ROSTER

All prospective players shall attend the tryouts unless prior arrangements have been made with the head coach. Cuts may be made after the first and / or second tryout sessions in the head coach's sole discretion. All players being invited back will be notified via email. The callback list will also be posted on the team website. All roster decisions of the head coach are final.

It is anticipated at this time that the final roster will include 20 full time players. It is possible that additional players (up to 4) may be selected as alternates to play in a specific tournament in the event of illness or injury to a player on the 20-player roster. Any substitutions of players on the 20-player roster by an alternate are subject to the sole discretion of the head coach and completion of any necessary supplemental roster documentation.

TRYOUT SCHEDULE

SATURDAY, MARCH 29, 2014

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|-------------------|---|
| 11:30am – 12:30pm | Check-in and registration; receive tryout jersey; completion of forms |
| 12:30pm – 12:45pm | Parent meeting with head coach |
| 1:00pm – 2:30pm | On ice |
| 4:30pm – 5:30pm | On ice |

SUNDAY, MARCH 30, 2014

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|-------------------|----------------------------------|
| 9:00am – 9:45am | Check-in; dress for tryout skate |
| 10:00am – 11:30am | On ice |



BUDGET AND ASSESSMENTS

The total assessment budget for the spring team is \$750.00 per player. Families of players selected for the final roster will be required to sign a commitment letter with the team, including the selection of a payment plan for assessments. Assessments may be paid in a single payment of \$750.00 due April 10, 2014, or in two payments with \$500.00 due April 10, 2014 and \$250.00 due May 10, 2014. Methods of payment are set forth in the commitment letter which will be sent via email to the families of each player selected on the final roster.

Assessments cover the cost of practice ice, tournament registrations, practice equipment, practice jerseys, home and away jerseys and socks, helmet decals, head coach stipend, goalie coach stipend, roster registration, and other necessary items. Assessments do not cover personal protective equipment or supplies which are the responsibility of the individual player and his family.



PRACTICES AND FITNESS TRAINING

It is anticipated that the spring team will hold two weekend practice camps during the season. A typical practice weekend will include 2-3 hours on ice on a Saturday afternoon / evening followed by 2-3 hours on the ice Sunday morning. The players will also have dryland training and classroom sessions with the coaches. Practices will be held in Indianapolis, Indiana and hotel accommodations for out-of-town players will be coordinated by the team manager. Hotel, travel and meal expenses are the individual responsibility of each player family.

Between practice camps, the head coach will occasionally send out video or other coaching notes to the players via email. The team uses a subscription to HUDL to allow the coach to use game film for teaching purposes.

In addition to on ice training, team athletic trainer, Bryan McDowell, has developed a fitness training regimen for the players. Bryan attends several team training camps each year to observe and work personally with the players to assist them with exercise and workout technique and training. Each player receives a written workout plan and a scoresheet for keeping track of their workout schedule and progress.



GAMES

It is anticipated at this time that the spring team will compete in 4 tournaments and /or game weekends. The team is currently working on tournament registrations as well as plans to host an invitational tournament during the spring season. Most likely travel destinations will be Detroit, Chicago, Philadelphia, Buffalo, and southern Ontario, Canada. Therefore, it will be important for all players and family members traveling with them to have a current, valid passport.



EQUIPMENT AND UNIFORM

Players are responsible for their own protective equipment, skates, and sticks, etc.

Practice jerseys will be provided. Game uniform includes home and away jerseys, home and away socks, and pant shell.

No particular brand or color scheme of helmet or gloves will be required for the spring season. However, the required color scheme for the regular season team includes a navy blue helmet with number and team logo stickers and red/white/navy blue gloves.

The team travels with a skate sharpener and provides skate sharpening and maintenance services at no additional charge to player families. Additional equipment repair and maintenance supplies are also provided.



TEAM WEBSITE

generalshockeyclub.com

The team website can be located at www.generalshockeyclub.com. The roster, schedule, game results, statistics, and news articles and announcements are posted regularly on the website. There is also a team Twitter feed which you can follow on the website or via Twitter. The team Twitter feed is [Generals_Hockey](#).



2014-2015 15U TEAM

The 2014-2015 15U team will be selected through invitation and / or tryout by Head Coach Mike Kellermeyer. It is anticipated at this time that the roster will include 20 full time players and will be rostered as Tier 1 Independent.

To kick off the season, the Generals players and coaches will be participating in a training camp and team building experience hosted by Miami University, in Oxford, Ohio, August 1-3, 2014.

The practice schedule for the 2014-2015 season will include 8 - 10 weekend practice camps in Indianapolis, as well as at destinations such as Miami University, Notre Dame, University of Michigan and Bowling Green University. Most camps will include 5-7 hours of on ice practices as well as 1-2 hours of classroom sessions with the coaches over two days. Some camps will be strictly on ice practices held on a single day. Additional weeknight practices will be scheduled to accommodate players in smaller groups in separate locations such as Danville, Illinois, Bloomington, Illinois, Indianapolis, Indiana, and Dayton, Ohio.

The game schedule for the 2014-2015 season will include approximately 60 games, inclusive of tournament play. It is anticipated that the Generals will compete in 7 or 8 tournaments, including showcases and some higher-profile invitationals and tournaments.



FORMS

The following forms are available on the team website at www.generals hockeyclub.com, under "Player Questionnaire" and "Team Resources".

WAIVER

Please submit your completed and signed waiver form at check-in. In the event you have not completed the waiver form or did not bring it with you, a copy of the blank form is located in the front pocket of this folder. Please complete, sign and submit the form at check-in.

USA HOCKEY CONSENT TO TREAT / MEDICAL HISTORY FORM

Please complete this form and turn it in at the registration table prior to your first on-ice tryout session.

USA HOCKEY PARTICIPANT CODE OF CONDUCT FORM

Please complete this form and turn it in at the registration table prior to your first on-ice tryout session.

HEAD COACH QUESTIONNAIRE

This form will take some time for you to complete. It is completed and submitted online. Please submit your completed form prior to tryouts.