



South Hills Amateur Hockey Association 2008 Birth Year Team – Tier 1 AAA

(2022-2023 Season)

Team Mission:

Compete and succeed at the AAA level by focusing on work ethic, player integrity, and respect for the game. We will foster a positive team environment to facilitate preparation, commitment, team success and our athletes' individual growth.

On-Ice Program Focused on Development and Competition

- 2 practices per week with consistent days/times (Full and half ice)
- Tier 1 AAA 45-50 game schedule; ~15 home
- Tournaments: 3-4 away events; additional local tournaments
 - CCM Detroit Motown Classic Tournament September 2022 (2021 champions)
 - Buffalo Jr Sabers Tournament September/October 2022
 - AAA Showcases
- On-ice skills instruction by experienced professionals
 - ISS and NAHL Scout
 - Canadian Junior A Scout
- Goalie specific training
- Hockey/Life Balance: Approx. one weekend each month “off” or on “light duty”

In-Season Off-Ice Program

- Weekly dryland training in the adjoining YMCA facility
- Regular video sessions with coaching staff
- HUDL membership for video development and player promotion
- Player statistics tracked and posted weekly on the SHAHA website
- Team social media presence

Tryouts and Spring Sessions

- Tryout dates - 4/12, 4/13, & 4/14 at the Spencer Family YMCA
- Registration opens in early March at shaha.org
- Spring skates / parent information session—TBD

Summer Workouts

- Players will be provided with a comprehensive 8-week workout plan specifically customized for the team
- The workout plan will be all-inclusive
 - Speed and agility training
 - Strength training
 - Pre-season conditioning
 - Dryland stickhandling and shooting routines

Additional Details

- Varsity-friendly (SHAHA practices can be missed for games); however, SHAHA takes precedence over any JV/Middle School hockey activity
- Outside of other academic, religious, and extremely strong family commitments, attendance at all team events is mandatory

Head Coach – Tom Chiappetta

- USA Hockey level 4 certified; 9 years of coaching experience
- Proven track record of development and success at the AAA and AA levels
- Played for both the Pittsburgh Hornets and Upper St. Clair High School
- Off the ice: soccer/lacrosse/basketball dad and husband