



20<sup>25</sup>  
26

SEASON WELCOME EVENT

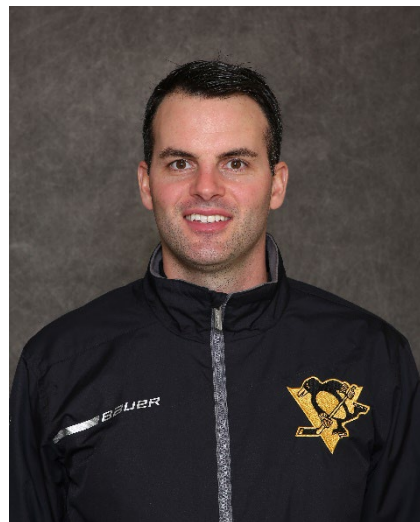
AUGUST

16  
and  
17

2025



# WELCOME AND INTRODUCTIONS



**DANNY  
MACKINNON**  
Executive Director of  
Hockey Operations and  
President of Pittsburgh  
Penguins Elite



**DAN MAYES**  
Director, Player & Coach  
Development



**SHAUN SUISHAM**  
Girls Hockey Director,  
Pittsburgh Penguins Elite



**JASON JEROME**  
Director,  
Penguins Performance  
Training



**DR. DHARMESH  
VYAS**  
University of Pittsburgh  
Physicians Department of  
Orthopaedic Surgery  
  
Head Team  
Physician,  
Pittsburgh  
Penguins



**COREY RATCH  
MS, LAT, ATC**  
Athletic Trainer,  
UPMC Sports Medicine



# WORLD CLASS TRAINING AND MEDICAL CARE



20<sup>25</sup>  
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16  
and  
17

2025



# PROGRAM EXPECTATIONS

- Facility and Pittsburgh Penguins Elite organization is held to a higher standard.
- Expectations are that coaches, players and families will:
  - Act in a professional manner at home and on the road.
  - Respect coaches, facilities, officials and opponents.
  - Give back to our community.
  - **Volunteer for events hosted by the organization at the facility.**



# FAMILIES EXPECTATIONS

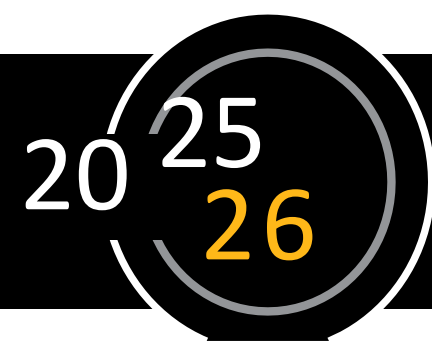
- Support Son / Daughter.
- Embrace the Struggle of a Hockey Season.
- Support the Team and Be a Good Fan.
- Be Positive.
- Display Control, Respect and Professionalism to All Involved.





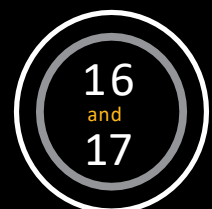
# OPEN LINES OF COMMUNICATION

- Partnership
- Trust
- Expect and Embrace Adversity
- Teamwork
- 24 Hour Rule



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# COACHES EXPECTATIONS

- Be Professional, Model Behavior You Want from Them.
- Be Organized.
- Team First Attitude.
- Demonstrate Caring, be a good role model.
- Parent / Player Meetings (Start, Middle, End).
- Video.



# PLAYER EXPECTATIONS

1. Team Player - Unselfish
2. Passionate
3. Disciplined
4. Skilled with High Compete
5. Tough to Play Against



# PLAYER DEVELOPMENT



TEAM VIDEO ANALYSIS

SHIFT VIDEO ANALYSIS

SELF-EVALUATION



# FastModel & Elite Prospects- How it Works

Data



Online  
Showcase

elite  
prospects

Showcase Your Players &  
Organization to the  
Public & Higher Hockey  
Organizations

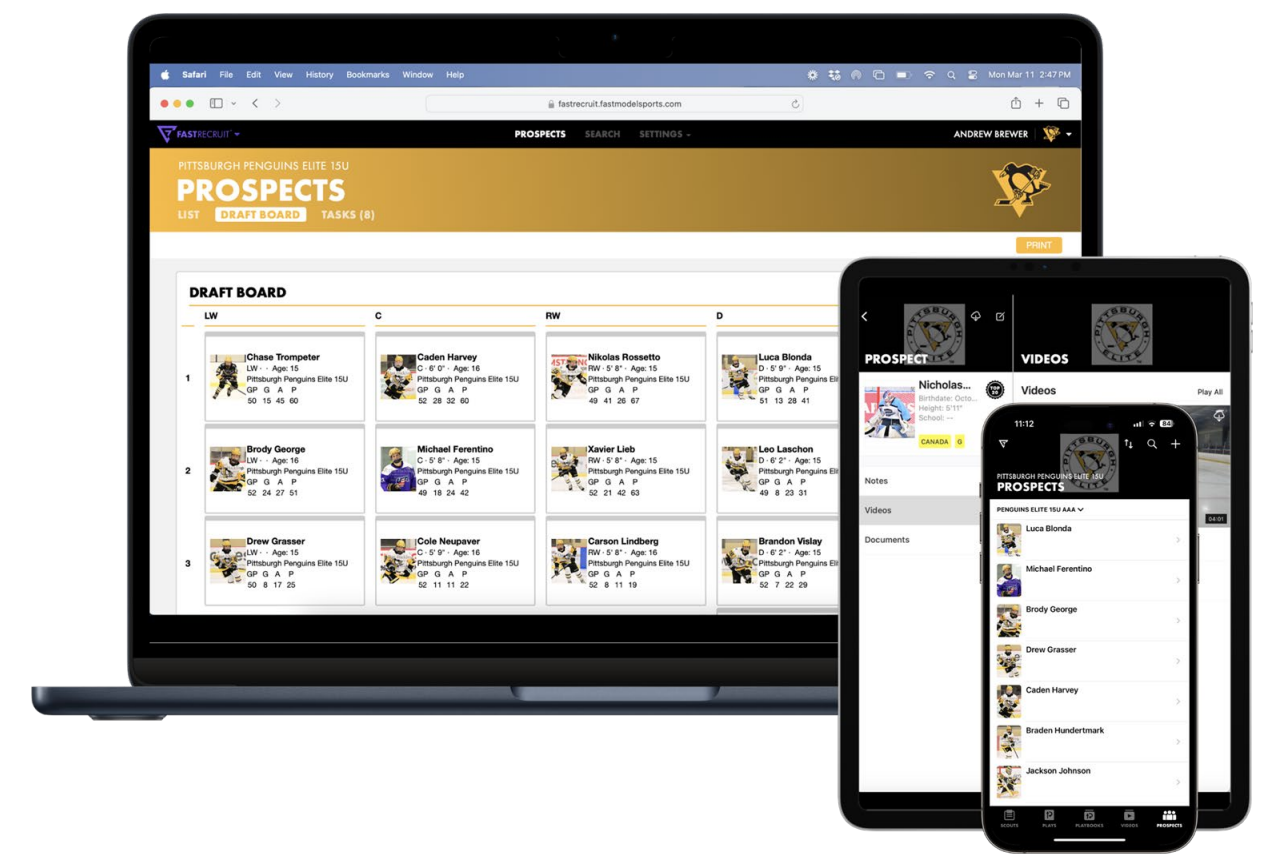
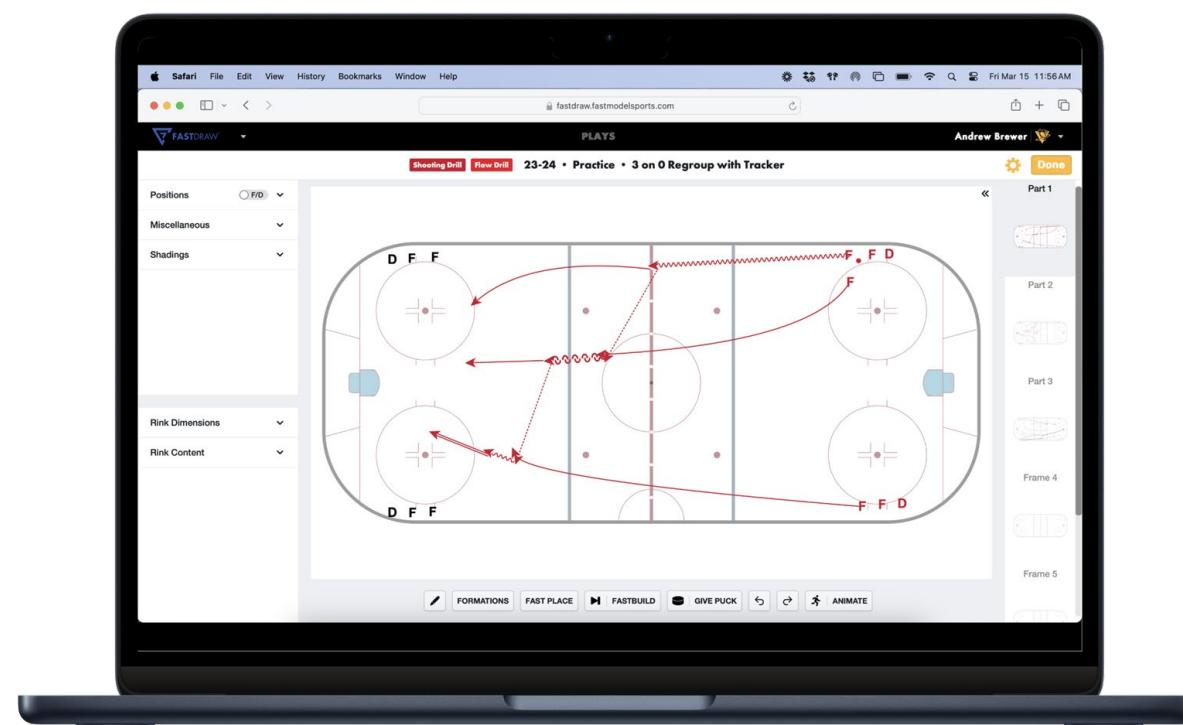
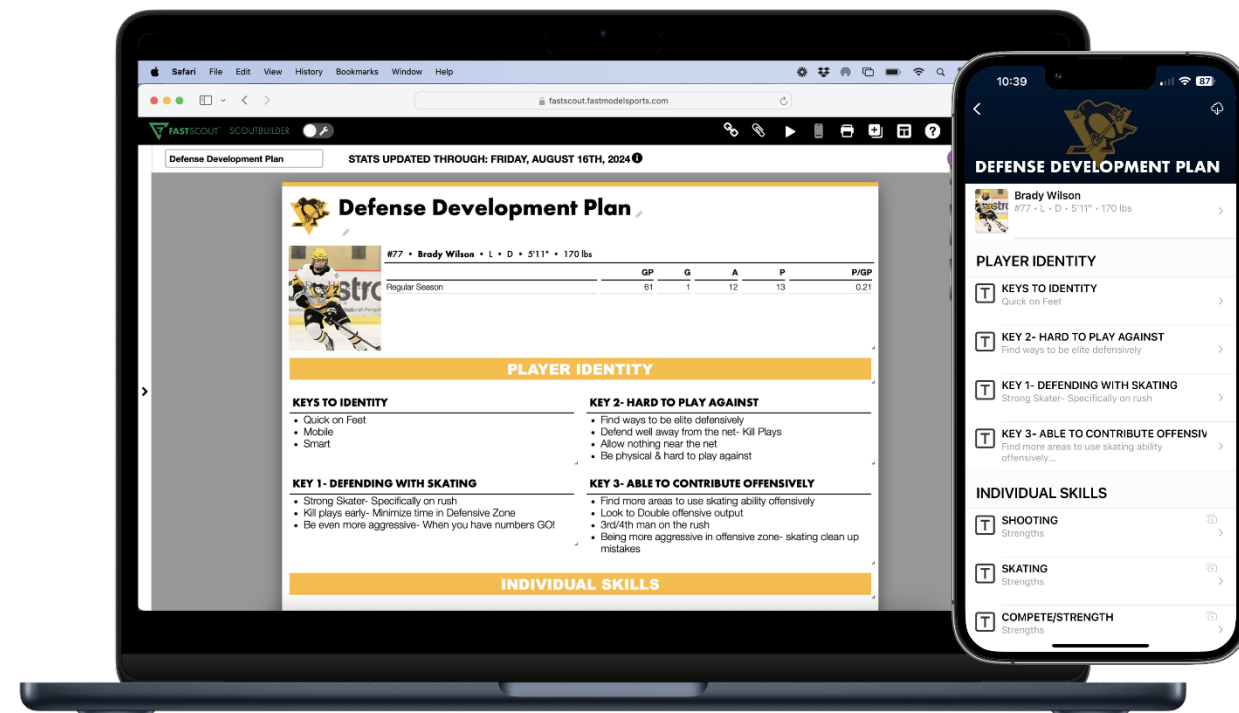
Innovative  
Technology



Technology Tools for  
Coaches, Players &  
Organizations

- Rosters
- Stats
- Schedule
- Team Info

# FastModel- The Keys to What We Do



## Data Automated Custom Scouts

- Practice Plans
- Player Development Plans
- Pre-Scouts
  - Lineups
  - Systems
  - Coaches Cards
- Systems Packages

## Build your tactical & drill library

- Intuitive Drawing
- Fine-Tuned Animation
- Attach Video from Any Source

## Roster & Player Management

- Creating Lists
- Managing Data & Video
- Communication

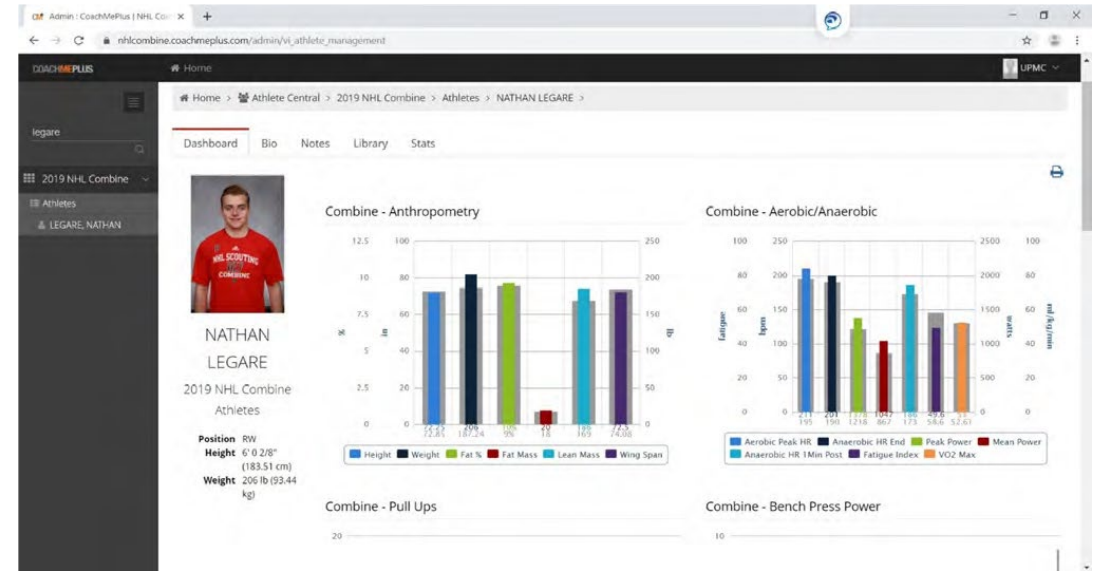


# **JASON JEROME**

**Director,  
Penguins Performance  
Training UPMC Lemieux  
Sports Complex**



# ORGANIZATIONAL PHILOSOPHY

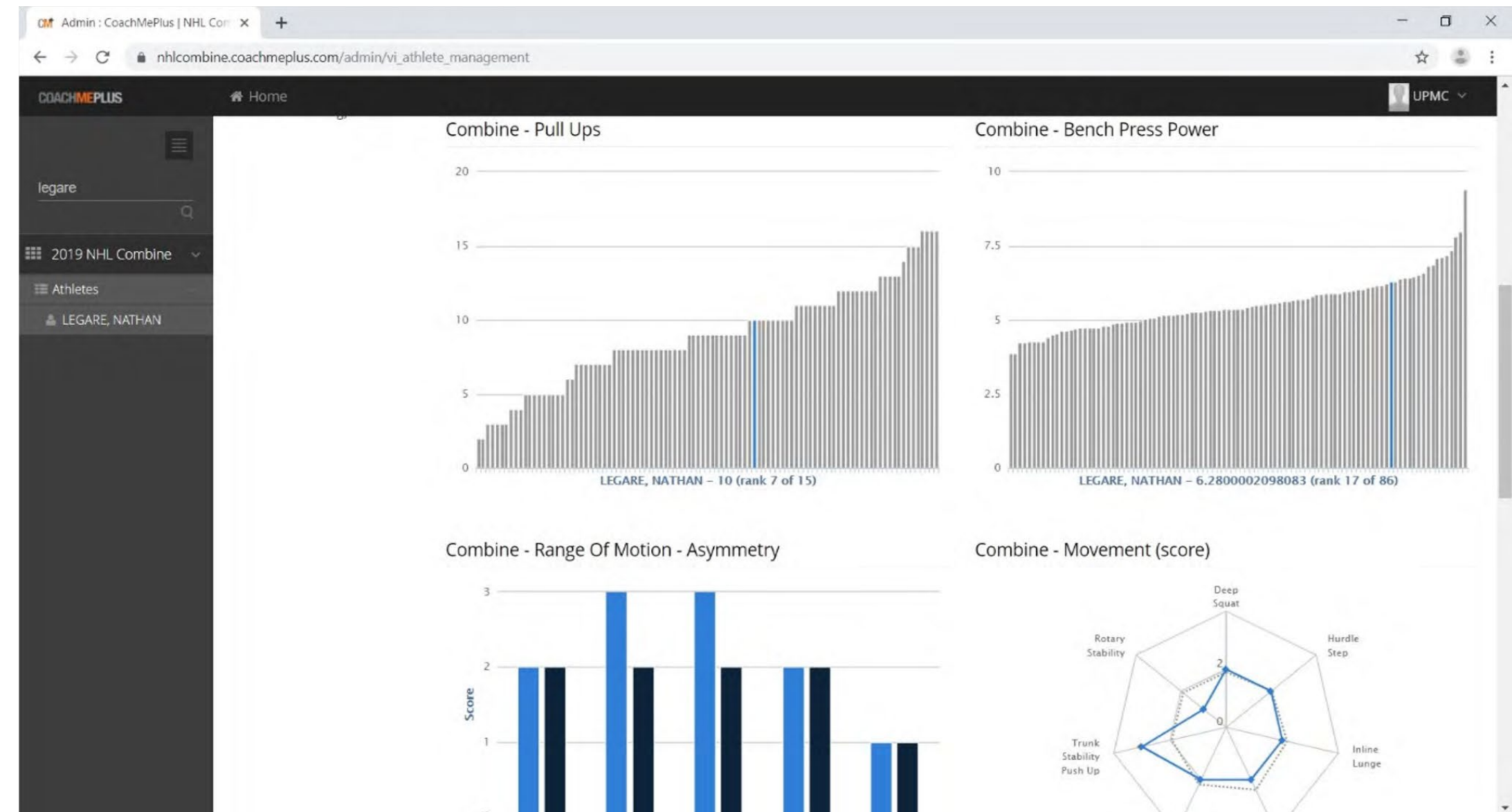


“To promote the **DEVELOPMENT** of young hockey players by providing **ON-ICE AND OFF-ICE TRAINING** and opportunities that allow each player to **MAXIMIZE HIS OR HER POTENTIAL IN A COMPETITIVE** learning environment, while providing **POSITIVE LESSONS THAT ALLOW THEM TO EXCEL IN LIFE.**”



# OUR FOUNDATION

- CoachMePlus
  - Houses OFF-ICE data
  - Houses coach's notes
  - Houses daily hydration status





# WHAT SETS OUR TRAINING APART

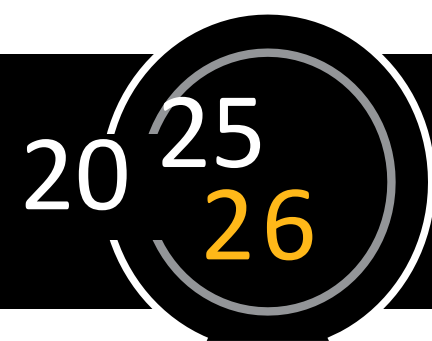
- Answering “Why?” on the various components of hockey-specific performance

## **UPPER EXTREMITY**

- Anti Rot Stability for Spine
- Posterior Chain Stabilizer Strength
- Hypertrophy into Bar Speeds

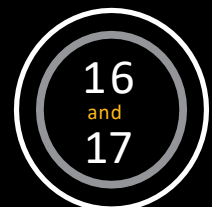
## **LOWER EXTREMITY**

- Range of Motion
- Glute/Ham Activation
- Single Leg Strength Defecits



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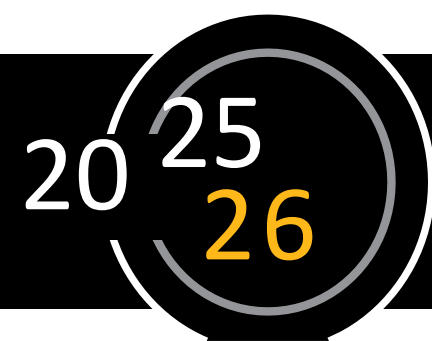


# WHAT SETS OUR TRAINING APART

Hydration Status Checks **EACH** Day

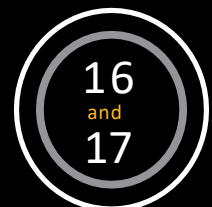
- **DIFFERENT ENERGY SYSTEMS** being utilized throughout a game the following ratios are often used for guidelines:
  - 50% Carbs, 30% Protein (3.1xBW in kg), 20% Fat, 80+ oz of fluids

TEAM	TEAM AUG WEIGHT	TEAM OCT WEIGHT	TEAM HEIGHT	BASAL METABOLIC RATE
14U	141lbs	141lbs	66.5in	2951kcal
15U	151lbs	156lbs	69in	3122kcal
16U	172lbs	175lbs	70.5in	3311kcal
18U	178lbs	178lbs	70.5in	3332kcal



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# WHAT OTHER THINGS WE CAN PROVIDE

## WEARABLES

- Connections to WHOOP
- Individual data deciphering meetings to optimize performance

## TRAVEL TRICKS

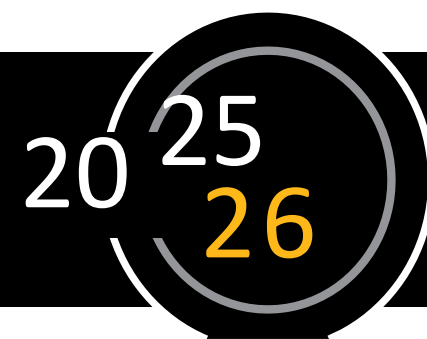
- LACTIGO

## NUTRITION

- Healthy Eating Plans

## RECOVERY LOUNGE MEMBERSHIPS

- (4) Compression session with the Normatec + (1) Soft tissue session with the staff



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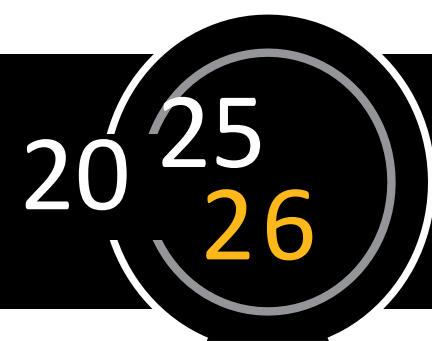
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# THE TEAM THAT TAKES CARE OF THE TEAMS

**UPMC LEMIEUX  
SPORTS COMPLEX**



**UPMC | SPORTS  
MEDICINE**



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**PITTSBURGH  
PENGUINS®**



**DR. DHARMESH  
VYAS**

**University of Pittsburgh  
Physicians Department of  
Orthopaedic Surgery**

**Head Team  
Physician & Medical  
Director, Pittsburgh  
Penguins**



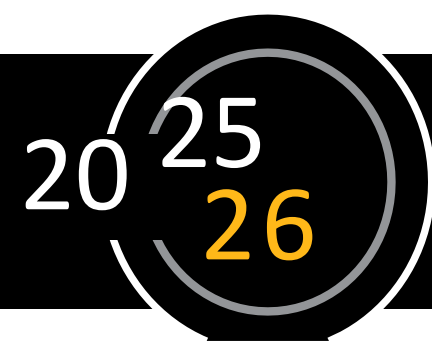
**DR. MELISSA MCLANE**

**Assistant Team Physician,  
Primary Care,  
Pittsburgh Penguins**



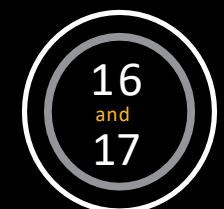
**COREY RATCH  
MS, LAT, ATC**

**Athletic Trainer,  
UPMC Sports Medicine**



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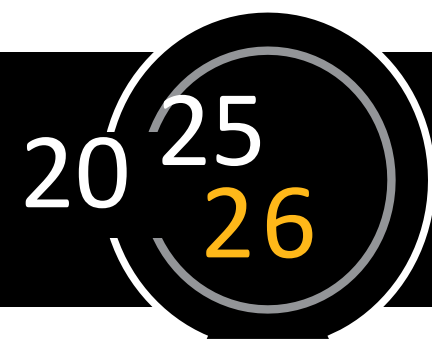
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OUR GOAL IS TO BE THE TOP PROGRAM IN THE  
COUNTRY FOR HEALTH AND SAFETY OF OUR  
PLAYERS

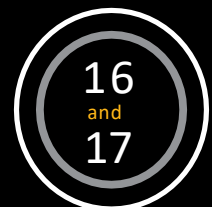
**Pittsburgh Penguins Elite Players will have access to:**

- All Lemieux Sports Complex Doctors and Specialists
- A Full-Time Athletic Trainer
- Sports Nutrition Experts
- Sports Concussion Management
- UPMC Sports Performance Experts
- Sports Medicine Research



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# MEDICAL STAFF PHILOSOPHY

- Safety first
- Treat every player as if they are our own family member
- Player health comes first
- Baseline concussion testing
- Always available
- Early diagnosis (xray, MRI, or ultrasound)
- Modern cutting edge medicine

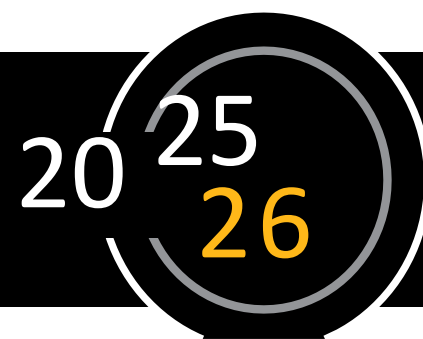
# FULL-TIME ATHLETIC TRAINER



**COREY  
RATSCH**

- Rinkside for all games at the UPMC Lemieux Sports Complex
- Weekly Training Room at UPMC Lemieux Sports Complex: Monday, Tuesday and Wednesday from 1:00 PM to 7:30 PM located in the corner room in the FedEx Rink
- Continuous Access
  - 412.215.6650 (Cell)
  - [PensElite@UPMC.edu](mailto:PensElite@UPMC.edu)

**UPMC Sports Medicine Fast Track #: 724.720.3030**  
(7:00 AM - 5:00 PM)



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**RENEE TOWLES**  
**Safeguarding  
Coordinator**

# SAFE SPORT

**Safe Sport Policies address the following types of abuse and misconduct:**

- Sexual Abuse and Misconduct
- Physical Abuse and Misconduct
- Emotional Abuse and Misconduct
- Bullying, Threats and Harassment
- Hazing



# SAFE SPORT

**The above policies set forth some of the boundaries for appropriate and inappropriate conduct. The policies below are implemented to reduce the risks of potential abuse:**

- Locker Room Policy
- Electronic Communications Policy
- Travel Policy
- Billeting Policy

# Q & A

