

Midget Minor/U-16 "A"- Rob LoCasale

Rob, a level 5/master level coach, will be entering his first season with the Atlantic City Sharks after spending the previous 2 seasons at the Flyers Youth Organization. Rob has been a parent and non parent ice hockey coach for the last 13 years, coaching from Mite to Juniors. Rob has seen his players graduate into top Junior, Prep School, and Colleges including Division 1. In addition to being a team coach, Rob has also instructed numerous hockey clinics and camps and has also been a private hockey instructor for the last 10 years. Rob also brings with him 27 years of Strength and Conditioning coaching, including a 5 year internship with the Philadelphia Flyers and Philadelphia Phantoms during the off season training. Rob will utilize his knowledge in training which will be part of the teams development.

Coaching success- Took Flyers Youth Pee Wee B to Districts and finished in 2nd place. In 2006-2007, Rob coached the Florida Jr Panthers U-16 "AA" team to a Florida State Championship, Southeast District Championship, and a birth into USA Hockey Nationals.

Rob's philosophy to coaching is to create a positive environment which promotes and enhances team play, individual growth, hockey skills, and game knowledge. To expose players to a high level of practice both on and off the ice, which in turn will help prepare them for future success.

From Shark's President- " We are very excited to bring a coach of Rob's caliber to Atlantic City. Rob is going to bring many new aspects to the organization that will allow players to succeed. Rob is very hockey knowledgeable and knows how to break the game down at an elementary level to allow players to understand his coaching style. Rob will bring a high tempo style of practice which focuses on all aspects of the game. His biggest asset will be his ability to run an organized and disciplined locker room while keeping the players aware of their team goal. Rob is also going to help with other teams in the club as he loves to teach the game."