



Ancaster Avalanche 2018/2019 Midget “B” Tryout Letter

Scott Snow Head Coach

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Tryout Schedule:

Tuesday, April 23th, 2018 9:00pm-10:00pm at Morgan Firestone

Wednesday, April 25th, 2018 9:00pm-10:30pm at Morgan Firestone

****Please note the coach is not allowed to communicate with you regarding your daughter’s progress throughout the tryout process.**

Coaching Objectives

We will be targeting a primary objective of increasing individual skills of each player as the season progresses. We will also focus on tactics, team systems and team strategy. As well, we will be teaching the girls to be good teammates by focusing on 3 things:

1. Always give a good effort.
2. Always bring a good attitude.
3. Put the team’s needs before your own. Always.

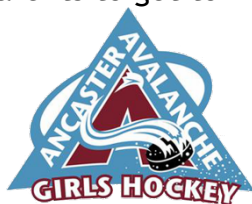
A normal hockey week for this team will be made up of 3 to 4 hockey sessions consisting of practices and games. Additionally, we will occasionally have guest trainers working with the team to improve individual skills such as stick handling, skating and shooting.

Goalies will be offered the chance to participate in additional goaltender training which will be covered by the team budget. From time to time, Coach Scott will have a team classroom session and discuss plays, Break-outs and several systems will use on offensive and defensive postures. We will maximize every minute of our ice time in practice and will rarely use a white board on the ice or have long line-ups for drills. Players will be motivated to push themselves in practice and to work towards maintaining good physical fitness. It is expected the girls will keep themselves in good physical condition over the summer months.

Throughout the summer the team will meet regularly for off-ice cardio/strength training.

I will also be looking at playing an hour of road or street hockey as a team which will help with hand eye coordination and ball control. I understand with summer holidays,

it may not be possible to attend all activities. We will also be planning a summer BBQ and Pool party for the team and parents to get to know each other better.



Tryout Status Notification and Team Selection

Players may be released after each tryout session including the first tryout.

At the start of tryouts, each player will be provided with a unique identifier number that will follow them throughout tryouts. The Midget B team has its own webpage and the list of players “by number” who are invited to the next tryout will be posted by no later than 8:00 am the morning following each tryout.

A letter including instructions on where and when to find postings as well as the players’ identifier number will be provided at the registration table at each team’s first skate. If a player has tried out for other Ancaster teams already, they will use the same identifying number.

The team pages can be found under the “Tryout” tab/menu at www.ancastergirlshockey.ca

The rationale for this system is that we must take the time to review and discuss each player with our independent evaluators after each tryout session. This will take some time for us to process. Player offers may be made at any time during the tryout process. Players and parents would then be expected to sign a letter of acceptance to the team and provide the team with a **\$250 non-refundable deposit** that will be put in the bank to put towards team Rep fee payment.

Coaching Philosophy

Here is my meaning of **Ancaster Avalanche** which will use as our moto for the coming season.

ATTITUDE - Always have a positive Attitude.

Values - Believe in yourself and your teammates.

ACCOUNTABILITY - accountable for your actions on and off the ice.

LOYALTY - Be loyal to your teammates and coaching staff, yourself.

ACHIVE - Your goals and don’t let anyone tell you different.

NEUTRAL – Zone transition, control and re - group to press forward.

CHARACTER – Help all teammates when needed and lead by example.

HEART – If you play with passion you will never loose.

EAGER – Have the desire to accomplish your goal.

The foundation of our Coach Philosophy utilizes Hockey Canada's Fair play Code for Coaches.



All coaches in Canada no matter girls or boys hockey and at all levels should use this philosophy as the basis of our heritage of Hockey. Our philosophy puts **TEAM first** - **Together Everyone Achieves More. In order to build on a Team plan we will work with our players to set individual goals and objectives. Once individual goals are set we will discuss the TEAM goals and how their individual goals fit into this philosophy of **Together Everyone Achieves More.****

This is minor hockey and each player deserves the right to fair playing time. Players will only develop further if given the opportunity to play in all situations. However this is a competitive rep hockey team on which players will be held to a higher standard. As coaches we will manage the bench in critical game situations putting the team's best interest first, not individuals. In order to achieve our philosophy, players will be held accountable for their actions not only to the coaches, but to their teammates as well. Selfish and undisciplined actions will be corrected. This will be by communication and guidance from the coaches. Fair ice time in Rep hockey is always about getting players to put forth efforts to the best of their abilities. It's up to us as coaches to draw these efforts out of each player while keeping fair play in mind.

Team Plan and the Rep Commitment

Select **17** players who will make a strong commitment to this TEAM. This year, starting in September, players will need to commit to the following:

- **Tournaments:** minimum of 5
- 3-4 hockey sessions/week
- **No mandatory hockey over Christmas Break/ March Break**
- Occasional dry land and team-building activities
- 22 games for regular season
- 5 to 10 playoff games
- LFFHL Final 4 tournament (pending success)
- OWHA Provincial Championships in April (pending success)



Payments

Online registration is due after agreement of making the team is signed. Please visit www.ancastergirlshockey.ca between now and May 15th to register. In order to have sufficient team funds in accordance with required team fees and other bills we will require 5 post-dated cheques of \$250.00 for May 1st, June 1st, July 1st, August 1st & Sept 1st. **Please make cheques payable to "AAGHA Midget B"**. All team expenses and revenue will be accurately accounted. Statements will be made available for team members upon request and at year's end.

Team Fundraising & Sponsors

We will do one fundraiser. We will be looking for sponsors. Please contact Coach Scott if you are interested in sponsoring our team.

Financial Cost - Team Budget

This budget is based on a full roster and costs are all estimated high for worst case scenario. All players get to keep both home and away jerseys.

INCOME

Team Fees (5 x \$250) x 17 players	21,250.00
Fundraising	2,050.00
Sponsors	<u>2,000.00</u>
TOTAL INCOME	25,300.00

EXPENSES

Rep Fees	8,300.00
Tournaments 5 x \$1500	7,500.00
Additional Ice Exh, Ref	1,500.00
Goalie Training	1,000.00
Home and Away Jerseys and Sock	3,000.00
Other Training, Dryland	2,000.00
Team Functions, Supplies, SC and Misc	<u>2,000.00</u>
TOTAL EXPENSES	25,300.00

New players must order Team Spirit wear and it is not covered by the team.

*** All surplus monies at the conclusion of the hockey season will be divided accordingly between player's families leaving an account balance of \$0.00 ***

Team Fitting for jerseys, socks etc. at Morgan Firestone (TBA)

Any additional activities outside of those listed will be negotiated as a Team. Please note some activities are subject to scheduling and facility availability.