

RUSSELL COYOTES

RDGHA Competitive Program

Dear prospective families, parents and players,

My name is Martin Leroux and I am honoured to be the head coach of the U13 Russell Coyotes competitive team for the 2025-26 season. I've been involved in hockey, as a player and coach, for 40+ years. I was positively impacted by many coaches along the way; my underlying motivation is to pay it forward, and help young athletes develop a love for a sport that will give so much back.

In addition to coaching the U13 Coyotes last year, I served as HC of the EO Cobras (AA) from 2020 to 2022, and I have been an assistant coach with the EO Wild (AAA) for the past three seasons. Working alongside these dedicated athletes, and coaches, has significantly broadened my approach to coaching.

Accountability, communication, compete, discipline, fun, and respect, are at the heart of my coaching philosophy. To reach their potential, players have to be in a healthy environment that is conducive to learning. We expect players to practice with purpose during sessions that will raise their compete level and challenge them to become strategic thinkers on the ice.

Individual player development is often non-linear and unique for all athletes. We will work diligently to support the growth of all girls by adopting a personalized approach, and forging healthy relationships that will establish trust between players, coaches and parents.

While winning is always the goal; I've seen narrow-minded coaches set aside proper player and team development in favour of "Ws". This leads to players, from "stars" to those firmly stapled to the bench, struggling as they move forward, with some even quitting the sport at young age. We will not let this happen.

Season plan

Phase 1 – Laying the foundation: Tryouts, rounding out the staff, exhibition games, coach meeting, parent meeting, player meetings (team and individual), team building activity, tournament*, practices focused on teaching skill, overarching team concepts and building confidence.

Phase 2 – Building up: Regular season, tournaments*, mid-season player meetings, practices focused on skills, confidence, position-specific and team tactics. This phase is crucial towards developing the sense of belonging/being part of a family, and being mentally prepared for Phase 3

Phase 3 – PPP: Playdowns, Playoffs, Provincials. We should be playing our best hockey of the season at this point. End of year team activity, exit meetings.

**The coaching staff will identify 4 tournaments (2 out of town, 2 local) that fit our season plan and will most benefit this group of girls.*

We are excited for the season ahead, and we look forward to seeing you all at tryouts.

Sincerely

Martin Leroux

