

RUSSELL COYOTES

RDGHA Competitive Program

Dear players and parents,

My name is Marc Bellemare, and I am thrilled to have been selected as the head coach of the Russell Coyotes U18 Tier 1 team this upcoming season!

I began coaching for Elite Hockey Camps while attending Norwich University in Vermont, and since then, I have coached players of all ages and skill levels in Canada, the USA, and Europe. I have been fortunate to have learned from many inspiring coaches throughout my career. I played for an NCAA National Championship Team in the USA and a French National Championship Team in France. I have earned titles such as Norwich University's All-Time Scoring and Assist Leader and French National League MVP. I am also a Norwich University Hall of Fame inductee.

With girls hockey, I have coached my two daughters for the past 8 years, and have helped them and many other players progress from House to A and AA level teams.

My coaching philosophy centers around hard work, perseverance, and training to compete, all essential skills to hockey and life. Working together as a team and focusing on individual short-term goals will lead to overall improvement and help the players achieve great success both on and off the ice.

Our schedule will include practices every Wednesday and most Sundays, and off-ice on Thursdays. Additional practices will be



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scheduled, and our game schedule is TBD. Players will also be expected to do some fitness training on their own.

Players should arrange their work and school schedules to attend all practices and games. They can arrive at practices with as much time as they need to get ready, and arrive at games 1 hour in advance to allow time for warm-up. Game day attire is TBD.

If players are sick or injured and unable to attend practice or a game, please let me know as soon as possible using the Ramp Team App. This will allow me to adjust plans accordingly.

The team can expect to attend 5 tournaments (3 away, 2 local) and Provincials. A few fundraising activities will be planned to help with costs. Team fees are TBD.

If you have any questions or concerns throughout the season, please do not hesitate to speak to me. I am committed to open communication and am always happy to discuss any issues or concerns, or just to talk hockey.

I am looking forward to a fun and successful season, and I am excited to work with the team and help them grow as players and people.

Thank you for entrusting me with this important responsibility!

Marc Bellemare

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www.russellcoyotes.ca