

RUSSELL



COYOTES

RDGHA Competitive Program

Hi, my name is Jean-Francois Gagné, and I am excited to have the opportunity to be coaching the U18 Tier 1 Russell Coyotes team this season.

Hockey experience

I played my minor hockey playing for the NGS Braves (Finch/Maxville area) and then moved on to the Junior, playing for different teams in the EOJCHL, where I was team captain for the last 2 years of my junior career.

I started coaching in 2009 and have since coached at different levels (House league, Rep B, Tier 2/3 girls' hockey) for the Metcalfe District Hockey Association, Russell Minor Hockey Association, and Russell Coyotes Association. I haven't coached girls' hockey since 2018 so I am extremely excited to have this opportunity once again.

Coaching philosophy

My coaching philosophy revolves around discipline, hard work, respect and keeping the sport of hockey as a game to emphasize fun and player development to ensure long-term participation for all players involved. I believe that success on and off the ice comes from a commitment to putting in the effort, staying focused, and maintaining a positive attitude. My goal is to hopefully develop each player to their fullest potential, not just in their skills, but also in their character. By following this philosophy, the team should be able to compete against any team in the league.

Practices/Off-ice activities

I understand that at the U18 level, many players will have jobs and school commitment, which are important to them. For this season, I would like the players to try to attend as much practice as possible. To enable them to do this, I will limit off-ice activities/training to 3-4 times during the season. Those off-ice activities will be used to improve fitness but also to build a team culture. Practices will be high-paced and will focus on skill development, foundational team concepts and confidence building. I want to play a puck possession game and I want the girls to be confident in their skills to make plays and create scoring opportunities. This commitment is key to both individual and team success.

I am hoping to do two away and two local tournaments. My intention is to have an early away tournament for everyone to get to know each other before the season starts.

If the season goes as planned, hopefully we qualify for the provincials as well.

We will have a team meeting early in the season to discuss the details and the expectations.

Thank you for the opportunity to coach your kids.

Jean-Francois Gagné



www.russellcoyotes.ca