

Ancaster Avalanche Midget “BB/B” Tryout Package

Head Coach – Anthony Bruce

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Tryout Dates

May 4, 2019 1:00 PM to 2:30 PM Morgan Firestone

May 5, 2019 11:30 AM to 1:00 PM Morgan Firestone

May 6, 2019 9:15 PM to 10:30 PM Morgan Firestone

The Team Web-Page can be found under the “Tryout” tab/menu at www.ancastergirlshockey.ca

Exhibition Games Post Tryouts 2-3 TBD

Coaching Bio

My name is Anthony Bruce, and I am excited and delighted to coach the Midget BB/B team for 2019/2020 here in Ancaster. I have been a girl's minor hockey coach for several years now, in Toronto, Stoney Creek Sabres, Hamilton Hawks and Ancaster Avalanche, as a head and assistant coach. I grew up playing house league hockey, DS hockey, rep hockey, high school hockey and men's league hockey, as well as minor league baseball, CYO basket ball and high school football. Playing team sports was a big part of my life growing up, and I would to bring a memorable and cherished experience to your girl's sports career.

Coaching Philosophy

I truly believe in giving the girls a positive year where we focus on constant improvement. I consider myself to be a “develop the player” kind of coach and not a “blame the player” kind of coach, confidence and positivity will be our norm. We will run well planned practices, with high tempo drills and skills, utilizing assistant coaches, rotating stations, big ice flow drills, small area games, little standing around time and minimal talking on the whiteboard, and high skating times. We start a new team with development, skating, stick-handling, passing and team play. We will then start team systems with defensive zone coverage, breakouts, fore-check, offensive zone entry tactics and regroupings. I believe in teaching good habits per se instead of systems. Fortunately every player is different, and we will identify and utilize this in matching complimentary skill sets. We also promote team play and team attitude as more effective over

individual play and accomplishments. In the end it is about the girls and their journey, not about us as coaches.

Throughout the year we will use certain outside development i.e. power skating with people like Nick Rotundi, a few dryland sessions in the fall and skills development like Power Edge Pro and Leo Paone.

Tryout and Selection Procedure

All players will be provided a unique identifier number at the beginning of each tryout, and they will have this number throughout tryouts. All players who are selected to continue to tryout for this team will have their numbers posted by 8:00 am the following day. If a player has tried out for other Ancaster teams they will then use this same identifying number. An instructional letter indicating where and when to find postings as well as the players identifier number will be provided at the registration table at the first skate for this team. Each tryout sessions has a panel of independent evaluators with the league having a large input in this selection by committee process. This allows independent opinions and discussions.

Signing to the team

Players can be signed at any point during the tryout sessions. Players and parents must then sign a letter accepting this offer to play for the team. A cheque of 250\$ non-refundable deposit will then be deposited into the teams bank account, and go towards the players rep fee.

Fair Play and Team Play

We will employ a fair play approach to the girls playing time. We will use short quick shifts to increase the pace of the games. Practices will be hard and effective, and a girls percentage of attendance will directly affect their rate of development and improvement. All no shows must send in an e mail stating why they are away.

We will select 15 skaters and 2 goalies

5 Tournaments TBD ----Location and Dates pending depending on acceptance-----

1. Ancaster Tournament

- 3-4 Hockey Sessions per week
- No compulsory hockey over the Christmas Break/March Break
- Several pre-season ex games in August/Sept
- Occasional dry land and team-building activities throughout the year
- 22 regular season games
- 5-10 playoff games
- LLFHL Finals (depending on success)

- OWSA Provincial weekend in April (depending on success)

Financial Cost –Team Budget

Estimated Team Budget:	Cost
Team Fee to AAGHA for Ice, Refs, Uniforms (due August 1 st)	14, 400
Tournaments x 5	5,000
Additional Ice times for practices and ex games and training	2,000
Goalie Training for TWO Goalies	2,000
Skills Instructors, dryland	3, 000
Sewn Upgraded Jerseys	850.00
Training Aides and Team Supplies	850.00
Total	28,100
Individual Player Cost: \$1,652.94	
Bantam B Estimated Individual Family Cost:	
Team Deposit upon signing with team	250.00
Total	
AAGHA Registration Fee –May 1-15 (not accounted towards the team fee)	**525.00**
Team Fee Installment Payment 1 June 1	350
Team Fee Installment Payment 1 July 1	350
Team Fee Installment Payment 1 August 1	350
Team Fee Installment Payment 1 Sept 1	350
Subtotal	1,652.94
Total with AAGHA Registration Fee of \$525.00	2,178.00
Team Spirit track suit and pant shells (Cost of the player)	200.00