

First, I would like to thank the Carleton Place Girls Hockey Association for the opportunity of coaching the U18 A/BB team for the 2024-25 season.

The objective of the upcoming season is to foster a positive, supportive environment and instill a winning culture through perseverance with a team first attitude. This team will be a fast, aggressive, yet disciplined team. This will be accomplished by using my coaching philosophy which consists of the following:

**Communication** – Make the message simple and clear. Expectations for players, families, and coaches are to be set out from the very beginning. As a coach I want all players and families to know what will be expected of them and how the coaching staff will operate. Players will provide feedback on what they expect of the coaches. This encourages all members to have input and therefore ownership of the season to come.

**Fail, fail, and fail again** - If players and coaches aren't pushing themselves they aren't improving. Try new things, be creative. If it doesn't work the first time try again, and again, and again. Successful teams and players are the ones who can think on their feet and outside the box. This never quit mentality builds perseverance for any challenges in life.

**Team mentality** - I believe players make a team as a player not a position. Players need to be willing and able to do whatever it takes for the betterment of the team. Being openminded to the possibility of new positions and different roles will foster success. Be ready to play at all times. For goalies, it doesn't matter that "it's not your game". Be ready to go in regardless.

What to expect

I intend on this team competing at the highest level possible. The level will be determined based on players selected as well as exhibition games in the spring (last tryout ice) and late summer. You can expect to attend 5 tournaments through the season. I am planning on attending an early away tournament TBD, Barrie (Nov), two of the three between Kanata, Nepean, Gloucester, and either Provincials (preferred) or Brampton (Mar/Apr).

Sponsorship and fundraising opportunities will be encouraged in an effort to lower the cost per family.

Players are be expected to follow their own fitness program throughout the summer. They will be provided with access to a google document to record their progress. We will begin weekly dryland sessions with a trainer in September. Team building activities, and dryland sessions will be held starting in July with ice sessions beginning in August.

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Carleton Place Cyclones