Dear Parents and Players,

Welcome to the 2024/2025 hockey season! My name is Paislee Puckett and I am this year’s Head Coach for the Carleton Place Cyclones U18 B/BB Team.

I’ve been involved in sports my whole life.I have been on the coaching staff of a cyclones team for the last 3 seasons, I’ve been a cyclone since 2010/2011, and continue to be a Cyclone while playing on the senior team.

Hockey is a game of skills and development. Players develop and learn the game by being given the opportunity to play in all game situations. Experiencing the highs and lows of power plays, penalty kills and end of game results makes players mentally tougher. In the end this means fair ice time to each player. But, the game must remain fun and kept in perspective.

Hockey is also a game of mistakes and my role as a coach is to try to reduce the mistakes as the season progresses. I do bring a firm approach to the rink and have an expectation that players work hard, play with discipline, encourage and support each other, and compete hard at each team event. When all the players buy into this concept, we become a “team”.

There will be three (3) to four (4) team events (practice, dry-land training, games, etc.) per week. Depending on fundraising activities, families should expect to contribute team dues of approximately $400 to $500 over and above the CPGHA registration fees to cover additional ice times, referees and tournaments.

Tournaments will be decided by the coaching staff and parents. Projected 2 Local & 2 Away. Plus hopefully provincials.

Hopefully this has given you some insight into who I am and what my expectations are this coming season. Not everyone will agree with my philosophy, but rest assured, I do what's in the best interest of the players.

If you have any questions, do not hesitate to contact me. The best way to reach me is by email at [coachpaislee@gmail.com](mailto:coachpaislee@gmail.com) or by Phone 613-857-2054.

Please respect the 24Hr rule.

I look forward to the upcoming months ahead!

Go Cyclones!

Carleton Place Cyclones U18 B/BB Player Selection Criteria

The following are the core hockey priorities that I will look for when evaluating players trying out for the team.

This will be the foundation that will form the team’s identity.

1. Attitude:

• Shows respect for the game, teammates, coaches, officials and opponents

• Supports teammates

• Desire to learn and show discipline at all times

2. Skating:

• Sound agility and balance on both feet

• Speed and acceleration in all directions

• Ability to have speed with and without the puck

3. Hockey sense:

• Ability to make teammates around them part of the play

• Ability to read the ice and react to the situation

• To be creative

4. Puck control:

• Skill to handle puck at high speed in traffic and open ice

• Ability to make hard and accurate passes

• Skill to place their shots on net

5. Complete player:

• Strong in battles in all areas of the ice

• Relentless work ethic

• Keeps emotions under control

Paislee Puckett

Head Coach