

2024-2025 U18AA Season – Coach Fischer

Hi Everyone! I am thrilled to be returning for my third season as Head Coach for the U18AA CP Cyclones and I'd like to take this opportunity to sincerely welcome all to our CP U18AA family. We have seen incredible growth over the first two years of our program and I am very excited to continue that through this year.

Beginning hockey at an early age, I played competitively through minor hockey and went on to play for the NCAA Division I Dartmouth Big Green. Hockey and the people I have crossed paths with along the way have given me so much and I aim to give back all that I can to those that I'm now fortunate to work with. Relying on my experiences as a player and drawing from various coaching mentors and role models, I strive to create a space that players look forward to being in, are happy to be in and feel accepted in. If achieved, players want to be present, want to work hard and want to be the best they can be.

Coach's Vision Statement

To foster an environment where players have the tools and motivation to push their limits and develop as a hockey player, teammate and person, while feeling safe, happy and encouraged to do so.

Culture is a critical foundation to a successful environment and I believe that building a culture based on core values is crucial to both team and individual growth throughout the season. These core values will be built together with the players to create accountability, commitment and ultimately "buy in" from all involved. Throughout this season, our players will be challenged both on and off the ice regarding growth, development and a team-first mentality. Along with my coaching staff, I will strive to be the best I can be to help our players be the best they can be. All of us coaches are here to help each and every player develop and most importantly, have fun while doing it. As we all know, we are not just hockey players and it is important to keep that at the forefront.

Our season will consist of 4-5 tournaments, player and goalie development, weekly practices and games, goal setting and more. From a season plan perspective, we will start the year off working on habits, individual skills and team tactics eventually transitioning into a focus on system play. Every player will get an opportunity to play in every situation. Team building events will also be a major focus throughout the season. To help achieve all of these goals, we will establish a team budget at the beginning of the year.

In order for us to have a chance at success in any of the above, presence is critical. As head coach, I am committed to being present for every team event, practice and game and I expect the same from our players. With that being said, unavoidable conflicts happen and we will establish a method of communication to navigate through these as best as possible. I am very excited to get to work and look forward to our next steps.

Be kind, work hard and good things will come!

Sincerely,
Coach Reagan

CP U18AA Coach Expectations

1. BE A GOOD HUMAN

- a. Treat others how you want to be treated.
- b. Make something better daily.
- c. Embody Core Values
- d. This applies to Social Media/cell phone use/behaviour away from the rink.

2. COMMUNICATION

- a. Players communicate with coaches. Coaches communicate with players.
- b. Be willing to talk AND listen respectfully.
- c. No Criticism - of players, teammates, coaches, staff, parents, referees etc
- d. Respect the chain of communication with consideration to the 24hr rule.

3. COMMITTED, PREPARED & HARD WORK

- a. 100% participation, communicate with Head Coach if you must miss
- b. Physically and mentally prepared.
- c. Commitment to Team Values, Habits, Systems, Plans
- d. Work hard

4. DRESSING ROOM ETIQUETTE

- a. Cell phones are not allowed out in the dressing room.
 - i. Exception: one device will be used for music (airplane mode).
- b. Only team members/staff in the dressing room.

5. RESPECT GAME OFFICIALS

- a. Please no yelling at the refs.
- b. Only coaches and team leaders will talk respectfully to referees.

6. NO PROFANITY

- a. Respectful language and music.

