

2025-26 Carleton Place Cyclones U18B– Jamie McGarry

Welcome to the **2025-26 Carleton Place Cyclones U18B** program! I am thrilled to be selected as **Head Coach** for the upcoming season and excited to get started with this group of young athletes.

Hockey has been a huge part of my life—as a player, parent, trainer, and coach. Over the years, I've had the privilege of learning from incredible coaches and bench staff, and I look forward to continuing to bring those lessons to our team. My goal is to create a fun and supportive environment where players develop their skills, build strong teamwork, and, most importantly, nurture their love for the game—all while maintaining a competitive mindset. I truly believe that when we focus on **teamwork, development, and effort**, success on the ice will follow.

My coaching philosophy is built on **inclusion, teamwork, skill/tactical development and conditioning**. I want every player to feel valued and motivated to improve. A team that can compete at a high level for all three periods will see success—not just in wins and losses, but in personal and collective growth. While competition is important, I also emphasize **continuous improvement and fostering a lifelong love for the game**.

Season Expectations

- **Ice Time:** Expect **3-4 ice touches per week**, including practices and games, with additional off-ice and specialty skill sessions when possible.
- **Tournaments:** We plan to attend **four tournaments**—two local and two out of town.
- **Commitment:** While I understand the need to balance **family, school, and hockey**, full participation in team events will be expected this season. Please anticipate the season running until mid-April with Provincial playdowns and local playoffs running from late February throughout March.
- **Team Fees:** Estimated at **\$750** (in addition to registration fees). We will explore **sponsorship and fundraising** to help with team costs.

I look forward to **strong, competitive tryouts** and welcoming players who are **coachable, hardworking, and great teammates**.

See you at the rink!

Jamie McGarry
Head Coach, Carleton Place Cyclones U18B