

Dear Cyclones Families,

I am excited to announce my role as the head coach for the CPGHA U18BB team for the 2025-2026 season. I would like to share my primary objectives and expectations for all players as we embark on this journey together. My coaching philosophy centers on cultivating a positive, competitive, and development-oriented environment where players feel encouraged, challenged, and motivated to achieve their highest potential.

Creating a positive team culture is essential for success, grounded in respect, accountability, and collaboration. I aim to foster an atmosphere where players are inspired to push their limits, knowing they have unwavering support from both coaches and teammates. Such a culture not only enhances performance but also enriches the overall experience, allowing players to thrive and develop within the sport.

At the U18BB level, it is vital to focus on skill enhancement, tactical understanding, and mental resilience. My coaching strategy will prioritize individual player growth in areas such as skating, puck control, decision-making, and game strategy, while also promoting team unity and structured play. My objective is to equip players for the next phase of their hockey careers, whether that involves advancing to higher levels of competition or fostering a lifelong passion for the game.

A balanced approach to competition and development is crucial for our team's success. I plan to participate in four tournaments, incorporating both local and out-of-town events that will facilitate team bonding and expose players to strong competition. These experiences will not only prepare the team for playoffs but also build resilience and camaraderie among the players.

Commitment to the team is paramount, and I expect selected players to be fully dedicated. While I understand that unforeseen circumstances may arise, regular attendance at practices is essential. Academics must take precedence, and players are expected to manage their time effectively, ensuring that homework and studying are completed around their hockey commitments, thereby maintaining their dedication to the team. Academic success is a priority in my coaching philosophy.

Players selected for the season are required to acquire specific gear, including a navy helmet and a Cyclones swag package, which consists of a warm-up shirt, shorts or leggings, and a collared shirt. On game days, players should wear a navy Cyclones collared shirt paired with black dress pants and a Cyclones coat. These items will be available for fitting once the team roster is finalized.

In addition to registration fees, anticipate team expenses to be approximately \$750, contingent on the team's size.

We will collaborate closely with Hockey University to enhance both on-ice and off-ice player development.

I am enthusiastic about the chance to further contribute to the Carleton Place Girls Hockey Association and to help cultivate a team that embodies heart, skill, and pride.

Best regards,  
Paislee Puckett