

Paul Parent U15B 2025-26 Season

Introduction

I'm very fortunate to introduce myself as the new Head Coach for the U15B Carleton Place Cyclones. I've been involved with girls' hockey since my family was posted to Ottawa in 2017 and this is our second year with the Cyclones.

I joined the military when I was 17, continue to serve and have had the privilege to serve with and play hockey with some world class sailors, soldiers and aviators. As a goalie I continue to play twice a week as the sport continues to provide many memories.

Coaching Philosophy (P.A.C.E.)

I'm a student of the game and continue to learn and educate myself each season. Being entrusted with your daughter's time on and off the ice, I believe that every situation is an opportunity for growth and learning.

Preparation: I believe that the best teams come to the arena prepared in advance. The games are the expression of the hard work that occurs before the puck drops. Throughout the year I'll be providing video feedback by positions and individually. Practices will follow the Hockey Canada guidelines for the U15 age group with the goal to get a little better each time we put on our skates.

Accountability: Coaches and players will be accountable for their actions. I fully expect mistakes to happen throughout the season and I welcome them. Not a typo. Some of the best learning tools are our mistakes and the mistakes of our peers. I'll never get upset if someone is unsuccessful, as long as they, we, me learn from it.

Consistency: The same approach to the game and training will remain the same regardless of the scoreboard or standings. I will show up for every event with the intention of preparing the team to the best of my ability. We all have good days and bad and by acknowledging this, we can be kind to ourselves and each other.

Energy: This is a game of speed and effort. The energy needed to be successful comes from within the player and they will feed off of positive energy from the coaching staff, their teammates and their families. If you believe you can, you are on the road to making it happen.

Expectations (A.C.E)

There are three things that I expect every player to do their best to control:

Attitude: Showing up to the arena or team event with a positive attitude solves a lot of problems and the ability to be a positive role model goes a long way to having a positive season.

Communication: Positive communication is a key contributor to on and off ice success. With or without the puck, on or off the ice, keeping talk positive and helping out teammates is essential. Our verbal and non-verbal language has a direct relation to how others hear and see us and controlling that is a life skill that carries on, well beyond the arena. After any unique or unexpected event, I utilize a two-question approach, 'What did you see?' 'What did you do?' The lens of the on-ice participant is normally tunnel visioned on the play and letting them describe how and or why they did something is priceless in perhaps finding another solution in the future that could have better results.

Effort: The energy and hard work put forward in training and practices shows up in the game. The harder they push themselves and learning to be comfortable being uncomfortable is at the heart of growth. Only the player under the helmet knows if they are giving it 100%, I'll always ask for their best and some days we are more successful than others.

Tournaments and Team Fees

We will participate in four tournaments, with Provincials possibly being the fifth. In the past, I've booked a tournament before the regular season starts (Early September) and this has been a positive springboard with team bonding.

Team Fees will be finalized once we have a manager in place and an approved budget.

I am always available to discuss hockey related matters. If you have suggestions, complaints, ideas please don't wait for the perfect time and let the opportunity vanish. Talk to me in the lobby, via text, email or whatever is the most convenient for yourself.

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