

Paul Parent U18B 2026-27 Season

Dear Players and Families,

My name is Paul Parent, and I am honoured to introduce myself as the Head Coach for the U18B Carleton Place Cyclones for the upcoming season. Coaching at this level is a privilege, and I'm incredibly excited to work with a group of young athletes who are stepping into one of the most important stages of their hockey journey—where skill, confidence, leadership, and passion all begin to take shape in meaningful ways.

Coaching Philosophy

My approach to coaching is built around four core principles: **Preparation, Accountability, Consistency, and Energy**. These values guide every practice, every shift, and every conversation throughout the season.

Preparation is the foundation of success. I believe practices should be purposeful, structured, and designed to challenge players to grow each time they step on the ice. At the U18 level, athletes are preparing not only for competitive hockey but also for life beyond minor hockey. My goal is to help each player understand the importance of arriving ready—physically, mentally, and as a teammate.

Accountability applies to coaches as much as players. Mistakes will happen, and they're a valuable tool for growth. What matters most is how we respond to them. I encourage players to take ownership of their effort, their attitude, and their development, while I commit to being transparent, supportive, and fair in every decision I make.

Consistency is key to building trust and culture within a team. Regardless of standings, scores, or circumstances, our standards don't change. I aim to create an environment where players know what to expect and can rely on a steady, positive approach from the entire coaching staff. We will celebrate progress, work through challenges, and show up as a team every single time.

Energy drives everything we do. Hockey is a game of speed, passion, and effort, and a motivated group can accomplish incredible things. I believe strongly in the power of positive energy—from coaches, teammates, and families. When a player believes in herself, and knows the people around her believe in her too, she becomes unstoppable.

Season Goals

This season, we will focus on skill development, team play, and building confidence in all areas of the game. We plan to participate in four tournaments, with the potential for Provincials depending on qualification. Tournaments are not only competitive opportunities but also essential moments for team bonding and creating memories that players will carry with them long after the season ends.

Team fees and budgeting details will be finalized once our team manager is appointed and we review the full season plan. Communication will always be open, and I encourage families to reach out with questions, suggestions, or concerns at any time.

I am truly looking forward to the season ahead and to working with each athlete to help them reach their full potential. Together, I believe we can create a positive, competitive, and memorable hockey experience.

Sincerely,
Paul Parent
Head Coach, U18B