

Dear U15 Players and Parents,

I am honoured and excited to be selected the U15BB head coach for the 2026/2027 season.

Playing hockey had a lasting impact on who I am today. Throughout my years as a player, I've had the privilege of learning from many different coaches, being a part of various teams, and even playing within different associations. However, despite everything I learned along the way, it only took one coach to completely change my perspective on the game, someone who not only taught me the skills I needed, but truly believed in my potential, encouraged me to trust myself, and gave me my lasting sense of confidence. Having someone believe in me like that was invaluable as a young girl in sports. This experience didn't just shape my time as a player; it ultimately led me to my purpose and inspired me to become the kind of coach who gives young athletes the same belief and support that I was given.

This will be my sixth year coaching and my second with CPGHA. In my previous season with CPGHA, I led the team to a first place finish in the division and a bronze medal at Provincials. Most importantly beyond the success of the season, every athlete returned to play the following season, showing their continued love for the game.

Coaching Philosophy and Expectation

My coaching philosophy is built on accountability, structure, and development, which are crucial at the U15 BB level. I am a firm coach who sets clear expectations for effort, attitude, and commitment. Players will be challenged to compete every day, develop strong habits, and take responsibility for their role on the team. I prioritize skill development, hockey IQ, and team systems, while also creating an environment rooted in respect and discipline. My goal is to prepare athletes not only for the high demand on playing a competitive sport, but to build confidence, resilience, and a strong work ethic that carries beyond the game.

I know what it takes to be committed to a competitive team, but we must never lose sight of the fun and love this sport brings. I bring a firm coaching approach with clear expectations that players work hard, play with discipline, support, and encourage one another, and compete with passion every time they step on the ice. Winning is not the only goal. My goal is to teach, develop, motivate, and inspire each athlete. I believe the most important factor in development is that there is nothing more powerful than a coach who truly believes in their players. I also believe that parents play a huge role in our team environment. Athletes are always watching and listening, and they learn from the behaviors and attitudes around them. When parents model positivity, respect, and support, it directly impacts the team culture and player experience. When players, coaches, and families are all working together with the same mindset, it creates a positive, competitive, and rewarding experience for everyone involved.

Commitment

Hockey season is the busiest time of the year but ends up going so fast. Being part of a competitive team requires commitment not only from the players, but from families as well. Your support plays a huge role in your athlete's development and overall team success. Consistent attendance is important, as development and team systems rely on everyone being present and engaged. From families, I ask for support in reinforcing team values such as respect, effort, and positivity. Please encourage your athlete to be accountable, to push through challenges, and to be a supportive teammate. At the rink, I expect all interactions towards players, coaches, officials, and other families to always remain respectful. This is a team environment, and success comes when everyone is aligned.

With all being said, priority will always be family, school, hockey. At the U15 level, many of the athletes will be heading into their first year of high school. This is a big transition, and it's important that we support them in finding a healthy balance between academics, athletics, and personal life. Hockey is a commitment, but it should never come at the expense of school or family. I expect open communication if conflicts arise, and we will work together to manage schedules when needed. My goal is to develop well-rounded athletes who succeed both on and off the ice. That said, during the hockey season, players are expected to prioritize their commitment to the team over other sports and extracurricular activities.

Commitment from both players and parents is essential and throughout my time coaching, I have learned that the most important word in hockey is TEAM.

Tryouts

Tryouts are highly competitive, this can create a stressful environment for these young hockey players. I ask all players to be confident and perform for themselves.

The tryout evaluation begins as soon as the athlete arrives to the rink. How the athlete carries themselves is important. Maturity, independence, and respectfulness are all included in this. I will be looking for hockey IQ, work-ethic, puck movement and skating, on ice decision making and overall understanding of the game will play a huge factor. Focus on what you do best on the ice. When selecting the team, we'll be choosing players based on who fits each role most effectively. Hockey isn't perfect, mistakes will be made, learn from it. Best of luck.

Closing

I am truly looking forward to the season ahead and the opportunity to work with this group of athletes and families. With commitment, trust, and a strong team first mindset, I believe we can build something special together. I will be looking for two away and two local tournaments plus striving for provincials. The team budget will be determined at the beginning of the season and discussed in the team meeting at that time.

Again, I am honoured for the role as head coach and proud to be a part of a community that continues to inspire the next generation of women in sports.

See you at the rink,

Haley Trudel