

U13 A/BB

Hello Players and Families,

I hope everyone is excited for the upcoming hockey season. As we approach tryouts, I would like to introduce myself and share the expectations and direction for this team.

My name is Scott Ryan, and I bring extensive experience in coaching minor hockey. I became involved in coaching before I had my own children and quickly developed a passion for developing young athletes. Over the years, I have worked with players from their very first time on the ice through to U18. A highlight of my coaching experience was leading my U13 MTK team to the International Silver Stick Finals in Port Huron, Michigan.

I am excited for the opportunity to coach within the Cyclones community and to help develop and push players to reach their full potential.

Coaching Philosophy

My coaching philosophy is centered on developing confident, competitive, and resilient female athletes within a high-performance environment. While enjoyment of the game remains important, the focus will be on building a culture of commitment, accountability, and continuous improvement.

Players will be challenged daily to train with purpose, compete hard, and push beyond their comfort zones in a structured, supportive, and demanding environment. Clear expectations will be set around effort, preparation, attitude, and respect. Respect for coaches, teammates, parents, officials, and opponents is non-negotiable.

Practices and games will be well-planned, detail-oriented, and adaptable to maximize both development and performance. Players will be given meaningful opportunities to grow, with responsibility earned through work ethic, focus, and execution. Confidence will be built through skill development, game understanding, and earned success.

I am committed to ongoing professional development and utilize progressive, evidence-based coaching methods that align with long-term athlete development. Practices will emphasize pace, repetition, decision-making, and game-like intensity, while minimizing unnecessary downtime.

I view coaching as a partnership. Individual development drives team success, and understanding how to motivate and challenge each athlete is essential. I strive to be approachable, honest, and transparent with both players and families, while helping to develop leadership, accountability, and resilience that extend beyond hockey.

Coaching Staff

The coaching staff will be finalized following tryouts and selected with the best interests of player development in mind. Coaches will be knowledgeable, approachable, and committed to creating

an environment where every player feels valued and supported. Collaboration among staff will be a priority to ensure consistency and a positive team experience.

Team Expectations & Focus

Our goal is to build a competitive, hard-working, and supportive team environment where players are challenged to improve every day while maintaining a strong love for the game. We are looking for players who are committed, coachable, and driven to grow both individually and as part of a team. Players should expect to commit to attend 3-4 ice times and 1 mandatory dryland training session per week.

Our focus will include:

- Skill development and hockey IQ
- Compete level and work ethic
- Strength, speed, and overall athletic development
- Team culture and respect
- Accountability on and off the ice

This will be a high-commitment team. Players are expected to attend practices, games, team events, and off-ice sessions consistently. Development, effort, and accountability will be key components of our program. Players should come prepared to work hard, compete consistently, and represent the team with a positive attitude.

Off-Ice Development

Dryland training will be delivered in partnership with a fitness and nutrition specialist and will follow a structured, progressive program focused on developing strength, power, speed, agility, and overall conditioning. Athletes will be expected to fully commit to the program, which is designed to enhance performance while promoting accountability and consistency.

This work builds athleticism and confidence that directly translates to on-ice performance. Players will be expected to approach these sessions with the same level of effort and focus as on-ice activities.

Season Overview

We are planning a strong tournament schedule that will likely include two local tournaments and three away tournaments, with the possibility of provincials. These events provide valuable opportunities for both team bonding and high-level competition.

Team fees are estimated to be approximately \$1,500, depending on fundraising efforts and sponsorship.

Closing

Tryouts are an exciting opportunity for players to showcase their effort, attitude, and skills. We encourage all players to come prepared, compete hard, and enjoy the experience.

We look forward to seeing everyone at the rink and getting the season started.

Best of luck to all players at tryouts.

Please feel free to reach out with any questions.

Sincerely,
Scott Ryan
613-601-8494