

COACH'S CORNER

With Coach Ryan Guthrie

The season is very young, with only a handful of practices under our belt. However, the coaches are all excited with how things have been developing so far. This time of year, I really focus on basic skills and team building. There may be many strangers for some of the girls so, the goal for me is to make sure coming to the rink is fun and get the girls to become comfortable with each other.

We've done a lot of drills that focus on footwork and skating. Conditioning has been a big part so far as well. The dryland training at **Anytime Fitness** was well received and I would like to include a few more sessions throughout

the season. In future practices, we will be working on improving our passing and stick handling. Team strategies are now being introduced as we prepare for games!

PRACTICE MAKES PROGRESS

At each practice, I've given the players a motivational quote for them to think about. The players have picked up on the theme pretty quickly!

Here are the quotes so far:

- You earn your trophies at practice; you just pick them up at competitions.
- There is no glory in practice, but without practice, there is no glory.
- The more you sweat in practice, the less you bleed in battle.



This quote is for the parents:

- You pay for practices; the games are free.

COACH'S CHALLENGE

Last week, I gave the girls some "homework". From time to time, I will be giving them "Coach's Challenges", where I challenge the girls to try an activity that is designed to improve their skills and help them develop into more rounded athletes. For the players that participate, I usually offer a reward by randomly picking a winner. This week's winner was **Kaelyn Colbourne**, who won a **\$10 Gift Card to Tim Horton's!** Stay tuned for the next challenge which will come after our exhibition game on Saturday!



Nora not only took on the challenge, she upped the ante by doing it BLINDFOLDED!



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Thank you!