My name is Marc Pronovost and I am honoured to be this seasons U11B comp coach.

I pride myself on being demanding of my players and pushing them outside of their comfort zone to get better, while providing a fun and accepting culture within the team.

The old work hard and play hard motto will stand true. We will teach our players to work hard in practice amongst each other and play hard in games as one group.

Tryouts:

There will be a minimum of two tryouts and a maximum of three with the chance of the third being a scrimmage game amongst the girls.

In addition to on ice ability, the players will be evaluated throughout their time at the rink as attitude plays a big part of being part of the team.

On the ice, other than obvious ability, effort is the next biggest component for me when looking to build a team.

Season:

1- Team Fees: when playing on a comp team, there are addition team fees than what some may have been accustomed to. They will range from $1200 to $1500 and broken down into 3 payments. These will cover but not limited to extra ice, tournaments, game fees, player gifts, supplies etc.

The exact number will be decided once our budget is done and approved by the association. Fundraising plays a big part in lowering cost for all families.

In the years that I have been with SGHA, my teams have never collected the third payment and in some cases also gotten a refund back.

2- We will be looking at doing 2 away and 2 home tournaments plus provincials (if we qualify, and that’s our goal)

3- Team Uniform: each player will receive the appropriate socks and jerseys for all practices and games. They will also be required to arrive at the rink in a team tracksuit for all practices and games.