



2026/27 U15 C Coach Welcome Letter

My name is Abby Boszormeny, and I am the Head Coach of your 2026/27 U15 C EO Stars. The 2026/27 season will be my second year coaching. Last season, I was the head coach of the U15 Shooting Stars. I grew up playing competitive girls' hockey, and I finished my final two years playing U18 AA with the Lady Grads. I am looking forward to sharing my passion and knowledge of hockey with this team.

Coaching Philosophy

- My main goals while coaching are centered around player development, accountability, and, very importantly, enjoyment of the game. I want all players to enjoy their season and have fun!
- I aim to foster a positive and safe environment where each player's safety and well being is always prioritized.
- Competition is a big part of the game; players will be pushed to improve while feeling confident and supported.
- Effort, attitude, and consistency are just as important as on-ice skills. I am looking to build a positive, hard-working, and focused group.
- Player development will be focused on the following attributes to develop well-rounded players:
 - Skating and agility
 - Hockey IQ (decision making)
 - Positional play
 - Puck handling skills
 - Team play
- I believe that feedback and instruction are a crucial part of developing players and will always be given in a positive, respectful, and constructive approach. This applies to myself and any other team official.
- Players are expected to work hard every game/practice, support their teammates, and be open to feedback.
- Community is the key to a well-functioning team; a strong group of on-ice coaches, off-ice team officials, and parents/family is very important. I look forward to building a community that will help this team thrive.

Hockey needs to foremost be fun and safe. Players will be challenged to improve their skills with a team-first mentality.

Tryouts and team formation:

Team selection will be based on a combination of:

- Skating ability and pace
- Hockey IQ and decision-making
- Competitive level and consistency
- Positional play
- Attitude, coachability, and body language

We value players who work hard every shift, support their teammates, and are open to feedback. Mindset and effort will play a major role in selections.

During tryouts, players are expected to:

- Give full effort in every drill and situation
- Listen and stay engaged when coaches are speaking
- Show respect for teammates, coaches, and evaluators

Season Plan - Overall Goal

We are looking to build a fast, structured, and hard-working team. Our style will emphasize strong defensive habits, quick puck movement, and playing with pace. Players will be expected to compete in all areas of the ice and take pride in both offensive and defensive responsibilities. The coaching plan is divided into three components.

I. Pre-Season (April through to August-September)

Team formation and orientation

Objectives	How it will be achieved
<ul style="list-style-type: none">- Team formation and orientation- Form an on-ice team of coaches, practice helpers, and trainers- Form off-ice team including manager, treasurer, fund-raisers, social organizer, tournament manager- Consideration of player positions	<ul style="list-style-type: none">- League evaluations- Player/parents meeting; team off-ice activity- Meeting of coaches (including coaching strategy for goalie(s))- Identification of tournaments- Discuss the 24hour rule and team discipline.
<ul style="list-style-type: none">- Assessment of players- setting goals (individually and as a team)	<ul style="list-style-type: none">- Dry land training, first team building events, and first set of practices- Discussions with players, trainer, and Manager
Team fitness (Get players ready for the season)	<ul style="list-style-type: none">- Team dry land fitness and off-ice events to be done weekly.

	<ul style="list-style-type: none"> - Team yoga classes are done over the summer months.
Basic skill development	<ul style="list-style-type: none"> - Practices will emphasize the basics and individual skills: power skating, puck handling, and shooting - Possible exhibition games against other teams.
Attend the season schedule	Ensure schedule is spaced out properly across the months; avoid far distance travel during the winter months to the greatest extent possible.

II. Regular Season (October-January)

Skill development and positive learning

Objectives	How it will be achieved
Work towards team and individual performance goals.	<ul style="list-style-type: none"> - Discussions between coaches and players. - Structured practice and development plans. - Continuous feedback and positive reinforcements for players and goalies.
Goalie development	<ul style="list-style-type: none"> - Goalie-specific training: goalie drills incorporated into team practices
Maintain the physical conditioning of players	<ul style="list-style-type: none"> - Discuss the importance of off-ice conditioning. - Team off-ice dryland training and yoga.
Developing individual skills and team tactics.	<ul style="list-style-type: none"> - Appropriate drills in practices to work on all components of the game: <ul style="list-style-type: none"> - Team drills (Ex, passing, zone play, - Individual drills (Ex, puck handling, shooting, skating) - Positional drills (Ex, defense work groups and forward work groups)
Building team tactics	<ul style="list-style-type: none"> - Multiple team bonding events - Zone entry and zone exit strategies, face-offs, Transition, and positional support. - Focus on turning this group into a team - What success looks like to them and how we're going to achieve it.
Team building opportunities	<ul style="list-style-type: none"> - Dryland/fitness events will allow the team to bond. - Leadership and teambuilding activities can be set at away tournaments and other occasions.
Evaluation of team/player performance	<ul style="list-style-type: none"> - Coach and player meetings to discuss progress, players' strengths, and possible opportunities for improvement. - Feedback and instruction regarding team goals and individual player goals.

III. Playoffs and Provincial Playdowns (February-April)

Review of concepts and fine-tuning

Objectives	How it will be achieved
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Take stock of players' physical and mental health	<ul style="list-style-type: none"> - Discussions with players, trainers, and parents - Player observations - Mindfulness of the stress/anxiety that can come with player higher stakes games. - Ensure players have the proper tools to succeed in the competitive environment.
Raise the intensity level to compete in the playoffs	<ul style="list-style-type: none"> - High tempo practices; practice drills involving competition; discussions with players on how to handle adversity and nerves.
Fine-tune skills and team tactics	<ul style="list-style-type: none"> - Practices will be crucial to ensure we have the best odds for provincials and playoffs. - Review key concepts taught over the course of the season (on the ice and off the ice).
Good scheduling	<ul style="list-style-type: none"> - We'll try to ensure playoff and playdown games are spaced out as much as possible.

Competitive hockey requires a commitment of time, effort, and money. Our team will have activities, on average, 3 to 4 times per week throughout the season. All team activities – games, practices, dry-land, and classroom sessions will be mostly mandatory.

Our team should be your player's top priority - behind only family commitments and schoolwork. Occasionally, a conflict will result in missing a practice or a game; however, the expectation is that you should attend almost all practices.

The team will do its part by advising on the schedule as soon as it is available.

Safety is my top priority—both mentally and physically. Creating a respectful environment is essential, and I expect all players to treat their teammates, coaches, officials, and opponents with respect at all times.

As a coach, my responsibility extends beyond developing hockey skills; I am equally committed to helping players grow into respectful and accountable individuals. Respect is a fundamental part of our team culture.

A "fair ice" policy will be applied throughout the season. This means all lines will be rolled in all situations. The only exception may occur in the final minutes of playoff, playdown, or tournament games, where adjustments may be made to support the team.

When team standards aren't met, there will be appropriate and consistent consequences. This may include missing a shift, a conversation after the game, and, if necessary, a discussion with parents if the behavior continues.

If your daughter ever misses a shift, please know it is never without purpose. Every decision is made thoughtfully, with her development, safety, and the team's values in mind. I am committed to being fair, honest, and consistent. Ice time decisions, including missing a shift, are used as a tool to encourage reflection, reinforce expectations, and support each player's growth, both on and off the ice.

Tournaments - We will hopefully be participating in 3 or 4 tournaments this year. Likely two out of town and two local. Keeping in mind that some may not work out if the division is not offered.

Fees - Our draft budget is for approximately \$1,350 per player (over and above registration fees and other associated costs such as travel, lodging, etc...) This includes 1,000 in team fees and \$350 through fundraising.

Equipment - Players are responsible for having all the necessary CSA-approved equipment, as well as Team Jackets, and players will have to acquire Stars pant shells upon making the team. A team order will be made.

If you have any questions about the information listed above, please don't hesitate to contact me by email at abbyboszormeny@gmail.com

Abby Boszormeny
Head Coach

U15 C EO Stars