

# EO Stars U11AA Tryout Letter

Hello and welcome to the East Ottawa (EO) Stars U11AA tryout process, my name is Grayson Lafoley, and I'm returning as the U11AA head coach for the 2023-24 season. The EO Stars AA program has expanded to include the U11 and U13 cohorts, with the goal of providing high performance development and greater access to development opportunities for players within the GCGH and our greater catchment areas. The EO Stars AA program is being developed to reflect and offer standardized player development consistent with AA and AAA programs across Ontario.

There will be a continued focus on key skill areas necessary to compete and be successful at the AA level. Those areas include, but not limited to, individual puck handling skills, shooting, passing and edgework. Players and families must be willing to commit to individual player development throughout the season outside and as an accompaniment to the team's development plan. The evaluation process will again reflect the Hockey Canada Pathway guidelines as follows:

Session 1: Individual skills

Session 2: Skills and Situational play/mini games

Session 3: Intrasquad

Sessions 4 & 5: Will be additional intrasquad games if necessary.

During Session 1 of the tryouts players will be evaluated on their ability to execute skills at a level necessary to play 'AA':

- Skating:
  - Strong linear stride, quickness, speed, and power.
  - Linear crossovers, fluid continuous crossovers (left and right)
  - Backward skating & fluid backward crossovers
  - Stopping (both sides) & overall edgework (tight turns, balance, stability)
- Stickhandling:
  - Ability to handle/carry the puck in open ice, small areas, and execute situational drills.
- Shooting:
  - A shooting benchmark for 'AA' players is the ability to shoot the puck with velocity into the top half of the net from outside the ringette line. Arching 'flip shots' are not the standard.
- Passing:
  - AA players must be able to receive and execute passes while skating and static (standing still). Passing (puck movement) is a necessary skill to play at the U11AA level.

Throughout all the tryouts players will also be assessed and evaluated on intangible qualities necessary to complete and play at the competitive levels (AA/BB/C):

- Compete and overall athleticism: Player's willingness to compete for and win puck battles.
- Attitude & Coachability: Player's ability and willingness to accept constructive feedback and apply it.

Evaluations are a stressful time for players and families. I encourage everyone to review the skill expectations with their daughter to ensure they understand what's necessary to play and compete at the AA level. Players deficient in the necessary skills to play at the AA level will be released after the first session. All players released after the first session will automatically move into the BB/C tryout phase and continue their tryouts at those levels. Players are guaranteed three (3) competitive tryout sessions within the competitive levels (AA/BB/C), not three tryouts' sessions per level.

Good luck and see everyone at the rink.

Coach Grayson U11AA