

October 2020

Dear Parents,

My name is Brock Heilman and I'm looking forward to being the head coach of the 16U Kanata Cubs.



I have been a baseball coach for the previous 4 seasons in the Whiskey Jack, Ottawa West Little League and Ottawa All-Stars organizations. I have also coached basketball at all levels within the Naismith Basketball Organization for the past 7 years. I am a retired Canadian Armed Forces Officer and spent 24 years serving our country at home and abroad.

My baseball playing experience included playing at all levels of the Alberta AAA Rep program for the Sherwood Park Athletics and Sherwood Park Dukes organizations. I played in this program for the duration of my childhood and was a member of a Provincial and Western Canadian Championship team and participated in two Alberta Summer Games.

My baseball philosophy is about combining player development with personal growth. I will focus a great deal on shaping our team into better players and better Canadians. My expectation is that all players embrace the phrase "win with grace, lose with class" and carry that with them throughout their sport, academic, professional and personal lives.

My focus of player development will be to further sharpen the skills of our team while also introducing a level of professionalism that they would see in a high-level program. This will include the introduction of a trainer/fitness instructor onto the coaching staff to further develop their bodies and minds.

Playing time will be equitable and determined by your player's attitude and approach. Playing time should be a reward for a solid work ethic, positive attitude and desire to play.

Due to COVID restrictions our program will be impacted but we will ensure it is malleable and responsive to the changing situation. During our indoors sessions we will focusing on building teamwork, conditioning and athleticism while sharpening our core baseball skills. During our practice sessions I will afford them every opportunity to take their body and their game to the next level. We will endeavour to participate in local tournaments that will focus on a positive baseball experience.

Yours in service,

Brock Heilman