



# Kanata Cubs 13U Rep Baseball



Hello,

My name is Jamie O'Hare and I'm thrilled to be this year's Kanata Cubs 13U coach. Over the last 5 years I've been an assistant coach in the Cubs association working with a great team of coaches and executives. In addition to coaching baseball, I've spent 11 seasons as a head coach in various hockey associations.

I'm very much looking forward to an exciting season that will (hopefully) be 100% back to normal without any covid delays or protocol. The season will consist of:

- Winter sessions (January – April) at Sooner's MegaDome on Abbott St. in Stittsville
  - o I encourage your player to attend all sessions so we can hit the ground running in May when we are outdoors. I understand many players participate in winter sports/activities and may miss sessions occasionally.
- 1 to 2 games per week
- 1 to 2 practices per week
- 4 tournaments (subject to change)
  - o Away and local

This year we will continue to take the next step in growth with a focus on development on and off the field. I am a firm believer in building self esteem in the players; with self belief comes incredible things. In addition to building self esteem, given the stage the players are at the focus will be on:

- Refining the details
  - o Focus and practice the little things that make the difference between making plays and not.
- Ownership of self and development
  - o A big believer that sport is a foundation for many of life's adventures, we'll encourage the player to be active participants in their development
  - o There will be four 1 on 1 player meetings to discuss things like goals, challenges, successes and areas of focus.

Try outs for next season will consist of two sessions: Sunday September 25th and October 2nd at Frank McDonald field. Both sessions take place from 3-5:30 pm. Following the sessions those selected will be issued offer letter the week of October 3rd . I'd ask those that receive letters to please respond within 48 hours.

Good luck to all those trying out for you respective teams, enjoy the journey and see you on the field!

Jamie O'Hare