

## Nikki McIntosh U13 B 2022-2023

Dear Parents and Players,

My name is Nikki McIntosh and I am very excited to have been selected as the Head Coach of the U13 B Rangers for the 2022-2023 season.

### **Background**

I have been coaching minor hockey for 5 years now and this will be my 4th Head Coach position (last season I was the Associate Coach for U11AA). Growing up, I played both boys and girls minor hockey and then moved onto Lakefield College for High School followed by the University of Ottawa. I have been teaching at Sacred Heart for a number of years.

### **Coaching Philosophy**

In my interview for this position, I spoke for quite some time about my coaching philosophy and my views on youth sports. I believe that the hockey environment should be fun, positive and competitive and it's my role as Head Coach to find an appropriate balance. There were multiple members of Team Canada's women's program who attributed having a fun team atmosphere as a large component of their gold medal performance. Kids will instinctively work hard (and thus develop) when they are feeling confident and when they are having both individual and team success. My expectation is that the girls are good teammates and I will place a high emphasis on this right from the start. Being a good teammate covers dedication, commitment, hard work and respect - all topics that I will discuss with the kids.

The rest of the coaching staff will be determined once the team is formed and will be selected based on their willingness to work as a team, positivity, coaching philosophy and knowledge of the game. The players will get the most out of this season if all the coaching staff and families work together towards common goals.

### **Team info**

You can expect to have ice or a team event averaging 4 times a week once the season starts. The girls will be better teammates if we provide opportunities to bond off the ice and this will also be emphasized this season. Please also expect to help the team in some capacity as there are many roles to fill and thus all families will be expected to contribute. At this level, players are expected to have hockey as their number one activity. School remains the priority overall.

Tournaments will also be finalized once the coaching staff is in place and dates are confirmed. Please be prepared for four tournaments plus provincials. Ideally, we front end load the tournaments so I am interested in Clarington Applefest, Jay Peak and the Bell Capital Cup as well as our home Kanata tournament.

The team fees will be around \$1800 depending on the tournaments. Players will also be expected to have a track suit. These fees are in addition to registration fees. The budget will be determined at the beginning of the season and discussed in the parents meeting.

**Tryouts**

Tryouts for U13 B will begin early May. See schedule posted:

<https://www.kgha.ca/content/u13-evaluations>

I look forward to a fun and successful season. Please reach out if you have any questions or concerns.

Regards,  
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