Welcome to the 2022-2023 Kanata Rangers U13C! My name is Kris Hodgins and I am very excited to be taking on the role of Head Coach for the upcoming spring season.

I would like to provide you with some information regarding myself, my approach towards the game of hockey, and the plan for the team for the upcoming season. This season will be my 3rd time as a head coach and I can’t wait to get started. I have played hockey at high level my entire life, the highest being NCAA in the US, I have also worked for many years in hockey development, and look forward to the opportunity to pass some of what I’ve learned along the way to your children this season. For those of you who’s son or daughter I may have coached previously, you know that I am very passionate about the game of hockey, the process of developing player skills, and developing good work ethic during practices and games. I assure you I will give every ounce of energy that I have into developing your child to become the best athlete and person they can become. It is my belief that as the coach it is my role to ensure that all of this can be achieved while having fun along the way.

The objectives for the team and my actions as coach will be focused on, having each player being the best teammate they can be, building confidence, self-esteem, discipline, skill development, and a sense of commitment and pride in their team, and in themselves, but most of all I want each player to have FUN and look forward to coming to hockey each and every ice session. These personality traits and qualities will benefit them at whatever level they play next fall. I will emphasize development over winning, my primary focus is on development. I know I have mentioned this a lot.

There will also be emphasis on systems, strategy and structure this season. In this regard, I will follow the Hockey Canada long term player development model as well as what KGHA has provided me so that the each player are building skills that are appropriate for their age and individual skill levels, building a strong foundation of physical literacy in an environment that keeps them interested and motivated to come to the rink. Practices will be run with a high level of energy and effort all while having as much FUN as possible.

The time commitment required from all players and parents for the season will most likely be on the Team Snap app, please check your Team Snap regularly as there may be practices, games or team functions added throughout the season last minute.

In addition, there will be periodic team building events. All players are encouraged to attend as many team events as possible. That being said, despite the time requirements for hockey, it is my belief that hockey should come after time for family and education in terms of importance. Further, I will be looking for parent volunteers to help assistant as one ice helpers and bench staff during games. At this age I am a firm believer that more help we can get on the ice the better it will be for development of the players.

There will be a parents meeting scheduled most likely after one of the practices early on in the season. In that meeting we will go over player and parent involvement and expectations for the upcoming season.

Tryouts will be held this May for the C team.  Here is a copy of the schedule below:

Saturday May 14th, 2022 4:30pm-6:30pm KRC-B

Sunday May 15th, 2022 1:00pm-3:00pm KRC-A

Friday May 20th, 2022 5:00pm-7:00pm KRC-A

Sunday May 22nd, 2022 1:00pm-3:00pm KRC-A

Hope you are having a great day, and I look forward to meeting and seeing you all at the rink!

Kris Hodgins

Coach, U13C