**Blair Supryka U15AA 2023/24 – Ottawa Lady Sens**

Dear Parents and Players,

My name is Blair Supryka, and I am excited to have been selected to coach the Ottawa Lady Sens U15 team for the upcoming season. This will be my 4th season in the Ottawa lady Sens program.

**Philosophy**

My philosophy is to ensure players are provided a positive and friendly learning environment that will challenge and prepare them for the next level. The expectation for the coaching staff, players and parents is to be committed to a positive, fun, safe and hardworking environment.  We will work on technical skills and individual tactics, team tactics, systems, and strategies.

The coaching staff, which will be formed after the team is selected, will be picked based on their commitment to bringing a positive and respectful attitude, enthusiasm, strong hockey knowledge, communication skills and willingness to work as a team.

**Commitment**

The team is expected to have three to five mandatory hockey commitments per week consisting of both on and off ice sessions.  There are no set days for these commitments.

Please expect that any day of the week could have a team related function. The expectation is that all players will be fully committed to bringing a positive attitude, strong work ethic and a desire to compete on the Lady Sens team.

**Season and Tournaments schedule**

Our season will consist of 22 regular season games, playoffs and playdowns.    
We will also compete in 4-5 tournaments with a potential for a 6th depending on team performance during the season (Provincials).  The OLS program will be identifying the tournaments over the next few weeks with the possibility of 3-4 away tournaments.

**Team Fees**

Team fees will be in the range of $3,000 - $4,000 depending on tournaments selected and making Provincials.  These fees are in addition to registration fees.  The team budget will be determined at the beginning of the season and discussed in the parents’ meeting.  
   
**Tryout Schedule**  
Goalie Evaluations

Wednesday, April 19, 2023 - 7:15pm-8:15pm - Minto Rec

U15 Evaluations

Thursday, April 20, 2023 - 6:15-8:15pm - CRC-B

Saturday, April 22, 2023 - 4:00-6:00pm - CRC-A

Sunday, April 23, 2023 - 3:00-5:00pm - CRC-A

Tuesday, April 25, 2023 - 6:15-8:15pm - CRC-B

Wednesday, April 26, 2023 - 6:15-8:15pm - Minto Rec

Exhibition Games against other associations may be added.

If you have any questions or concerns, please feel free to contact me at any time.

Good Luck to all players.

Thanks,

Blair  
  
[bsupryka@hotmail.com](mailto:bsupryka@hotmail.com)