Dear potential U18BB players and parents,

I wanted to take this opportunity to welcome you to the tryout process for the 2023-2024 season & introduce myself.

My name is Mike Lacey & I’ll be coaching 1 of the Kanata Rangers U18BB teams this coming season. I have been coaching in KGHA since Novice level. I’ve been involved with Hockey for many years on both the Women & Men’s side from IP through to Bantam AAA in different capacities.

My coaching philosophy:

Is pretty simple I try to keep it fun while providing the young ladies a safe & positive environment to learn & grow. I feel that a positive environment will promote & accelerate development. I expect everyone to come to the rink for each session ready to learn & put in the effort. I come to the rink for each ice session (practice or game) ready & prepared, and I will expect the same of the team.

As a coach, I have the privilege to be provided the opportunity to guide 17 players through the complexities of the game of hockey. I will work with all the players to develop everyone &everyone will be given the opportunity to develop in all of the game situations. As a coaching group I will be looking for a supportive group to help promote life skills our players will utilize long after their minor hockey careers, we are here to help develop good people.

I’ll be selecting players to provide a balanced team with a mix of skill, tactical, grit & work ethic. I coach a style that is aggressive, puck control, hard working with systematic play that will build off basic levels that all the players should have been exposed to.

Once the selections have been made I will be looking for parents to be involved in many functions that will help support the team & ultimately help with the development of your daughters through the season. Assistant Coaches & other positions will be determined once the team is selected. I will be looking for candidates that support my Philosophy, willing to work as a group & have good hockey knowledge.

Commitments:

* Time wise you can expect 3-5 times a week, probably 4 most weeks. Unfortunately this can fall on any day of the week. Regular season is 22 games, other commitments will be on ice, dryland, & teambuilding activities.
* Commitment expectation is Family, School then Hockey. It should be expected Hockey supersedes other sports & activities. We will work to post the schedule as early as possible to avoid conflicts.
* Financial commitment, we are looking at ~$1,750 - $2,000 per player beyond the KGHA registration fees. I will have a solid number when we get together for our parent meeting at the beginning of the season. I will welcome ideas to help offset these costs through fundraising and/or sponsorship.
* Tournaments, currently I will plan to enter 5 tournaments 2- 3 in Ottawa, 2-3 out of town. The final Tournament schedule will be communicated after the team has been selected but I look to balance this out to 1 per month depending on tournament acceptance.
* For Playdowns & Playoffs no call ups are allowed so please keep this in mind when booking Family Holidays in Feb & March.

Tryouts & the process:

I will have a group of independent evaluators at the tryout sessions to help with the selection of the 15 skaters & 2 goalies. I’m looking for players that are energy givers vs energy takers, hard workers, players that accept feedback, willing to learn, take chances & try to execute on the feedback. I don’t expect perfection but will be looking for players that are looking to make hockey plays. The tryouts will be evaluating skills, game situation awareness, players that are willing to put in the effort, battle shift in shift out, are positive, respectful, good teammates & are coachable. You may have seen me at rinks towards the end of the season watching games as once I knew I was coaching I started my evaluation process for some of the teams whose players I may see at U18BB tryouts.

The Tryout schedule for U18BB is below:

1. Saturday, May 6 – CRC A - 4:00 - 6:00PM (2 squads to be posted before the session, intra-squad)
2. Sunday, May 7 – CRC A - 4:00 - 6:00PM
3. Monday, May 8 - CRC B - 8:15 - 10:15PM
4. Tuesday, May 9 – CRC A - 8:00 - 10:00PM

Please check to website for your player’s # to determine the session you are to arrive for. <https://kgha.ca/content/tryout-results>

As per KGHA policy feedback will only be given for the players in the final release and will be given, if requested, by the VP of Competitive. vpcompetitive@kgha.ca

If you have any questions feel free to contact me directly at coachmikelacey@gmail.com.

I look forward to having a successful, fun and rewarding season. Good luck to all through the process.

Cheers,
Mike Lacey