**Welcome to U15 B Nick Farah**

Hello Everyone,

My name is Nick Farah and I’m excited and privileged to have been selected as the head coach for KGHA U15 B competitive program for 2023-2024.

**Background/History**

I have been coaching high level performance players for over 12 years in football and soccer. From local, provincial, University and NCAA levels. This will be my third time as a head coach in hockey, however my second time with girls’ program. Previously I head coached the Girls U13C team (KGHA 2021) and the boys (KMHA 2019) bantam level. Before that for a number of years as an assistant coach, goalie coach, on ice helper and trainer for both boys and girls hockey teams.

**Goals/Philosophy**

To teach and develop young athletes into better players, while teaching on and off the ice the importance of commitment, organization, effort, time management as well as respect for one another**.** The most important goal for this season will be to prepare players to compete in the next level. This will be accomplished by teaching technique, skating, positioning, tactics, high tempo well designed practices, and my favourite video. We will be filming all of our games, and some practices to help players develop and improve their skill-set and positioning through visual learning.

As this is a U15B COMPETITIVE level hockey program, we will ask a lot of the girls and hold them accountable to their personal and team goals.

Non-negotiable rules will be; commitment, effort, team player, listen and be respectful, respect one another, and have fun.

**Expectations**

For players and coaches to come to the rink to have fun, learn, work hard, and compete while maintaining a positive attitude and strong interest in learning and getting better.

Parents and players can expect to be on the ice 4 to 6 times a week. This would include on and off the ice activities. Times and locations will vary from week to week depending on allocations and ice availability.

The priority is family, school, and hockey. The commitment to the team should supersede other sports and activities. Exception are black-out dates (i.e. Christmas, March break).

The expectation is that every player and family is fully committed to bringing a positive attitude, strong work ethic and a high level of compete.

**Tournaments**

The goal is to attend 4-5 tournaments this year. The number of tournaments will vary based on provincials and the tournament availabilities. We will attend both local and out of town (possibly one in the USA – Driving distance).

The Committed Tournaments that are a definite will be:

Pink the Rink in Etobicoke (usually in October)

Kanata Tournament, Kanata (Usually in November)

**Team Fees**

Based on previous years, parents can expect team fees in addition to KGHA registration fees in the range of $1700-$2000. A detailed budget will be reviewed with parents at the start of the season and will be adjusted as needed if circumstances change. Families should also expect fundraising events throughout the season.

**Tryouts**

For the tryouts, our evaluation process will start as soon as players get to the rink (pre-practice, bench, and post-practice sportsmanship). As you probably already know, this year KGHA will have 2 teams at the U15B level. Myself and coach Nick Summerfield will select the players that will be playing at the U15B level during tryouts. A final balancing game will be held to ensure we have two equal competitive teams.

Looking forward to a great season of development, hard work, and fun.

Thank you

Nick Farah.

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