Coaches Letter Paul Parent U13-C

Hello, my name is Paul Parent and I am honoured and excited to have been selected by KGHA to be the U13-C Head Coach for the 2023/24 season. I have played hockey all my life and since joining the Royal Canadian Navy at the age of 17 have played with some outstanding world class athletes and continue to play hockey. Since coming to Ottawa, I started as an Assistant Coach and have been a Head Coach with the House program these last three years.

**Team Expectation**

My goals for the players and the team itself are one and the same, to deliver a program where the players feel confident, supported, and foster an environment where they are empowered to succeed and develop on and off the ice.

No one is perfect and the best learning tool is to make a mistake, take ownership of that mistake, grow from it, individually and collectively. Accountability is something that I provide and expect from all members of the team, staff, and parents. I enjoy teaching the game and answering questions, as it indicates that the player is engaged and motivated to be better. Roles and expectations within lines and situations will be defined but fluid to enable growth throughout the entirety of the lineup and as the season progresses. When everyone is pulling in the same direction, the ship goes faster.

I am a firm believer in multi-sport development and encourage all off-season activities. I will be offering off ice training throughout the summer to those that are available, that will have a multiple benefit of team building as well as conditioning. During the season my goal is to have at least one off ice activity per week and up to four on ice.

This past season, with the generous assistance from the parents on the team, we recorded all the games and then posted them online and I am planning to do the same this year. The ability to see the game after the fact for the players and coaches allows for accurate feedback and growth opportunities that are lost without this tool.

The coaching staff will be created after the team is formed. I am looking for parents to be active participants as we all have strengths we can use to make the team better.

**Tournaments**

I am planning on five tournaments this upcoming season with Provincials being the goal.

September (TBD)

October Pink in the Rink - Etobicoke

November KGHA Tournament

New Years (TBD)

January Nepean Paint It Purple (DIFD)

Provincials April (team must qualify)

**Team Fees**

Team fees will be between $1,750 and $2,000 per player which are in addition to the KGHA Registration fee. A proposed budget will be made available during the first parent meeting after the team has been selected.

**Tryouts**

For the tryouts, evaluations started as soon as I was selected as Coach for this team. I have watched practices and games for all the U11 and U13 teams within KGHA and as soon as the player shows up to the ice they are under observation. How they interact with their peers and parents gives me a glimpse into their off-ice demeanor. On the ice I am looking for effort and hockey sense. What a player does without the puck is just as important as what they do when they have the puck. At this level, there is the expectation of strong skating fundamentals, passing ability and the ability to shoot the puck.

Feedback will only be provided to the last players released at each level, as stated on the KGHA website. Please allow for 24 hours before reaching out to [vpcompetitive@kgha.ca](mailto:vpcompetitive@kgha.ca) to request.

I am looking forward to the tryouts and the upcoming season.

Regards,

Paul Parent

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