Hi, my name is Ryan Couch and I will be this years U13AA Kanata Rangers Head Coach.

The girls that are chosen for the Kanata Rangers U13AA team this season will be promised that I will do whatever it takes to make this their best coaching experience and season to date. The players can expect that with my experience and tireless attention to detail in all aspects of the game and individual player development will help push them to new heights.

The girls will be pushed to practice at a pace that they never have before at the same time keeping every ice time a fun experience. I want them to love going to practice, I want them to love the game, I want them to be the best hockey player and person they can be after a season with me as their Head Coach.

Keys to my coaching philosophy and what I’m looking for in my players:

1 – I want each girl to reach her maximum potential as a hockey player and just as importantly to grow as an individual.

2 – Positivity breeds positivity. Whether it’s coaches to players or players to players my team will work within a positive practicing and playing environment.

3 – I want players who **COMPETE** all over the ice and especially away from the puck. I want players who are willing to give and take contact within the parameters of the rules and our teams systems.

4 – Attention to detail within the coaching group is of the utmost importance in order to pass this onto the girls. Getting coaches to buy into having the highest level of attention to detail is the first step in creating a group of girls with the attention to detail needed to be successful at this level.

5 – “Attitude” I don’t want players on this team that has a bad attitude. The attitude of all players who are chosen to be part of this group will be team first in all aspects. As coaches we will do what’s best for the team and I expect all players to always do what’s best for the team as well. We will be positive influence for the entire team. We will be forgiving of our coaches and teammates for mistakes at the same time encourage them to make mistakes so we all learn and grow as a group. First thing first is we are going to be a great team off the ice and in the dressing room which will transfer to the ice in our games and practices.

Expectations:

Ice times –

You can expect an average of 5 hours per week between practice time and games.

Off ice –

We will be looking at doing one off ice session per week on non tournament weekends. I will be doing my best to match this up with a practice to avoid an extra team session per week.

Tournaments –

The plan as of right now is to have five or six tournaments, there will be a combination of either two away and four home, or two away and three home. Additionally, we would add the provincials if we qualified.

Player expectations –

All players at the U13AA level are expected to be at all on ice and off ice sessions. Exceptions being family emergencies or school issues. At Tier 1 we expect the highest amount of commitment to play at this level.

Arrival time is an hour before games and warmup starts 50 minutes before game time. Practices the girls are expected to be there at least 30 minutes before and ready for the coaches to come in the room to talk five minutes before we step on the ice.

Budget –

Approximately $2,000.00 per player depending on fundraising. We will do our best to spread these payments out to make life easier for each family.

A great coach is approachable, confident, positive, enthusiastic, organized, great listener, supportive, trusting, focused, goal-oriented, knowledgeable, not afraid to ask questions, observant, respectful, patient, a clear communicator, gives great feedback, and provides a safe environment to learn and grow.

I believe that I am all the above but at the same time I’m always working on improving all areas of my coaching skill set.

Thank you,

Ryan Couch

Head Coach - U13AA Kanata Rangers