Hello, my name is Ryan White, and I’ll be coaching the U13 DS team for the 24/25 season.

This will be my second year as coach of the team, we had a great season last year, including a tournament win and a lot of fun. We lost one game, a 1-0 decision to the eventual tournament champs in Brampton, and we graduated 8 players to competitive hockey.

I’ve been coaching within KGHA for a few years, as head coach, assistant coach and on ice help. In every case my focus is to help the kids enjoy the greatest game on earth, as well as teach them a few things. I’ve been playing, practicing and now coaching for 43 years, and I still look forward to going to the rink every ice time – that’s what I want for your kids. Lifetime activity.

DS can be a bridge between house and competitive hockey, so I treat it as a competitive environment. We will have a roster of 25, with 17 of those players comprising the game roster. There is an expectation to attend weekly off ice conditioning sessions along with our ice times. We will do our best to hit the ice at least once a week as DS. Physical fitness is a key metric in success on the ice, we get in shape to play hockey, not play hockey to get in shape.

I look forward to sharing my philosophy and knowledge of the game with our 24/25 roster, and I look forward to seeing everyone at the rink.

Coach Ryan White