

My name is Louis Charland and I am honored to be the U13B Kanata Rangers hockey coach for the 2024-25 season.

I have been coaching minor hockey and skills in various capacities since 2005 and this will be my fourth year as a head coach. I look forward to leveraging this experience and my leadership abilities to have a successful hockey year. The primary goal this upcoming season will be to foster a safe and respectful environment where girls can grow not only as hockey players but most importantly as individuals. Here is a brief overview of the objectives we will be focusing on this season:

Being a good teammate: hockey is a team sport, and being a good teammate is of paramount importance. The values of teamwork, sportsmanship, and support for each other both on and off the ice will be emphasized throughout the season to the girls. Together, we will create a positive and inclusive team culture.

Developing hockey skills: continuously working on improving hockey skills is essential for individual and team growth. I am committed to providing quality instruction, progressive, meaningful and high tempo practice sessions that will enhance the development of each player's fundamental skills, tactical proficiency and continue introducing new team play concepts. Individual development will be prioritized while emphasizing the importance of collective success.

Emphasis on hard work: success on the ice begins with a strong work ethic and commitment to one's craft. I will work to instill in players the values of hard work, dedication, focus, and perseverance. These qualities will not only serve them well in hockey but also in all aspects of life.

Fun and passion: we all want our girls to love being active and playing the game of hockey. While we will work hard to develop their skills, I will also ensure that practices, games, and team events are filled with fun and excitement. My objective is that every girl looks forward to stepping onto the ice to play hockey and being with their teammates, this year and into the future.

Throughout the season, there will be an average of four to five team events per week, including the occasional off-ice training. These events will not only help improve the girls' fitness and physical development but also strengthen team bonds and create lasting memories. Families can expect a team fee of \$1,700 and at least one fundraising activity. These fees are in addition to the KGHA registration fees. More information and the team budget, will be discussed at a parent meeting that will take place once the team has been formed.

The team will participate in four tournaments including Etobicoke, Kanata, and two others to be determined at a later date, in addition to the OWSA Provincials.

I am committed to open communication with both players and parents, and building a strong and respectful partnership between coaches, parents, players and team staff. I look forward to building these strong relationships and connecting with the girls on the team. Players (and their parents) will be expected to display a similar commitment towards the team, along with a commitment to attending team events, and doing so with an attitude and work ethic that aligns with the values expressed in this letter.

Ultimately, I will do my very best to nurture our young athletes into confident, skilled, and resilient girls both on and off the ice and provide them with unique experiences. Looking forward to seeing the progress and fun times that this upcoming season will bring.

Please visit the [KGHA web site](#) for try-out timings and see you at the rink

Louis Charland

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