

Welcome to U15BB

Nick Farah

Dear KGHA U15BB Competitive Program Participants and Families,

I am thrilled to introduce myself as your head coach for the upcoming 2024-2025 season. My name is Nick Farah, and I am honored to have been selected for this role. With over 15 years of coaching experience across various sports, including football, hockey, and soccer, I bring a wealth of knowledge and expertise to our team.

Background/History:

Throughout my coaching career, I have worked with high-performance athletes at local, provincial, University, and NCAA levels. This will be my fourth season as a head coach in hockey, with previous experience coaching both boys and girls teams at different levels. I am committed to developing young athletes into well-rounded players while instilling values such as commitment, organization, effort, time management, and respect for one another.

Goals/Philosophy:

Our primary goal this season is to prepare players to compete at the next level. We will focus on teaching technique, skating, positioning, tactics, and high-tempo practices. Video analysis will also play a significant role in our development strategy, as we aim to enhance players' skills and understanding through visual learning.

Expectations:

I expect players and coaches to approach each session with a positive attitude, a strong work ethic, and a desire to learn and improve. Our training schedule will involve on-ice and off-ice activities, including strength training, to help players reach their full potential. Family, school, and hockey commitments are essential, and I ask that the team's priorities be respected accordingly.

Tournaments:

We plan to participate in 4-5 tournaments this season, including both local and out-of-town events. The schedule will be finalized based on availability and team readiness. Specific tournaments, such as Pink the Rink in Etobicoke and the Kanata Tournament in Kanata, are a definite. Last year we participated in a Tournament in the US and we may look at doing the same this year (Driving distance).

Team Fees:

Parents can anticipate team fees in the range of \$2000-\$2300, in addition to KGHA registration fees. A detailed budget will be provided at the start of the season, with adjustments made as necessary. Fundraising events will also be organized to support team activities and expenses.

Tryouts:

Our evaluation process will focus on skills, attitude, positioning, effort, and hockey IQ. Sportsmanship and teamwork will be key factors in our selection process, starting from the moment players arrive at the rink.

I am looking forward to a season filled with growth, hard work, and enjoyment. Together, we can achieve great things on and off the ice. Thank you for your commitment and dedication to the KGHA U15BB Competitive Program.

Best regards,

Nick Farah

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Head Coach, KGHA U15BB Competitive Program

