

## **Emily Carrick U13 C 2024-2025**

My name is Emily Carrick and I am very excited to be coaching the U13 C Kanata Rangers for the 2024-2025 season. I grew up playing competitive hockey as a Kanata Ranger before moving on to play at the university and senior levels. I have been a coach in various capacities over the last few years.

### **Coaching Philosophy**

This season our primary objective is to create a positive and respectful environment where athletes will feel confident and as though they belong, which will enable them to maximize their growth and potential. Hard work, good habits, a growth-mindset, fundamental skill development and team-play will be emphasized over winning and individual success.

Underpinning the season will be huge focus on having fun. I hope to share my passion for and joy of the game with the players, and my hope and intent is that every player will be excited to come to the rink and will be inspired to continue with the sport for many years to come.

I am committed to creating an environment with respectful, open communication between all players, team staff, parents and supporters and will expect the same commitment from families and players.

### **Commitment**

Throughout the season, there will be approximately 4 team sessions per week, including some off-ice training. These events will be focused on fun, team-building and fitness.

### **Tournaments**

We anticipate participating in 4-5 tournaments throughout the season including Etobicoke Pink the Rink (October), Kanata (November) and 2-3 others to be determined at a later date. These tournaments are in addition to the OWHA Provincials (April).

### **Team Fees**

Team fees will be approximately \$1800-\$2200 for the season. This is in addition to the KGHA registration fees. Families can also expect some fundraising activities. The team budget will be determined at a later date (after the team has been formed) and will be discussed at the parent meeting.

### **Tryouts**

To continue to familiarize myself with every player, I will be observing the AA, A and B tryouts. Please feel free to introduce yourself if you see me around the rink.

Evaluations will begin as soon as players arrive to the rink and will include attributes such as respect, sportsmanship and positive attitude. On the ice, we will specifically be looking for hard-workers who try their very best and play with their head up.

Staff selection will occur once the team has been finalized.

Please visit [kgha.ca](http://kgha.ca) for specific updates regarding the tryout process. If you have any questions or concerns, please contact me at any time.

Good luck to all players trying out. I am really looking forward to meeting everyone and getting started. See you at the rink!

Emily Carrick

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