

Josh Foster U18BB 2025-26 Season

Hello Players and Parents

Introduction

I am very excited to introduce myself as one of the Head Coaches for U18BB Kanata Rangers for the 2025-26 season with KGHA. My name is Josh Foster (Coach Foz) and I have been involved with KGHA as a Head Coach, Assistant Coach and on-ice helper with my three daughters for the past 7 seasons.

I was a High Performance Referee for many years in Ottawa and area, officiating Jr. hockey and highest minor hockey levels. I am still involved as a coach/mentor/supervisor for Jr. hockey officials. I played minor hockey in Arnprior growing up and continue to play twice a week.

Coaching Philosophy

At the core of my coaching approach is a belief in **positive growth**—both as individuals and as teammates. I firmly believe that hockey, like life, is about more than just wins and losses. It's about learning, developing, and becoming better people both on and off the ice.

Fun & Passion: The most important thing is for the players to enjoy themselves. When players have fun, they play their best and build a lifelong love for the game. Hockey should be an experience they look forward to every day.

Learning & Improvement: Every practice, every game is an opportunity for each player to grow—whether it's mastering a new skill, improving decision-making, or building mental toughness. I am committed to helping each player become the best version of themselves, not just as hockey players, but as individuals.

Teamwork & Respect: The success of our team depends on the effort and commitment of every player. I expect everyone to treat each other with respect, both on and off the ice. We are a family, and supporting one another is essential for our growth. We also need to respect the game, the coaches, referees, and our opponents.

Expectations

Team First: The success of the team depends on every individual contributing positively. I expect each player to be a supportive teammate, always lifting each other up, whether they're on or off the ice. We succeed together, and we fail together.

Respect and Integrity: Respect is non-negotiable. Players should treat their teammates, coaches, opponents, and officials with dignity. This respect extends beyond the rink and should be reflected in how we interact with others in our community.

Family and School Commitment: I understand that family and school come first. However, I expect full commitment to practices, games, and team events. I ask that any absences be communicated well in advance so we can plan accordingly. When players attend, they contribute to the success of the whole team.

Tournaments: **Two** local tournaments, one being our home tournament in Kanata. Three away tournaments, one being Pink the Rink in Etobicoke and planning /budgeting for Provincials in April.

Budget: Families can expect team fees of approximately \$2250. A detailed budget will be provided before the start of the season and adjustments made as required. I am a strong believer in fundraising events as it builds a team bond and gets parents together.

Thank you and all the best for the upcoming 2025-26 season.

Coach Foz