Hello U13 players,

My name is Ryan White, and I will be coaching the 23-24 U13 DS team. I look forward to seeing you all at tryouts and to putting together a group that is competitive, fun, and eager to learn, but most importantly a team. We will build this team not just on individual skill, but on positive attitudes and mutual respect.

This year we will reinforce individual skills, personal fitness, and team tactics and building. Already I can tell you our group will participate in off ice training, high tempo practices, exhibition games and tournaments.

I have been involved in hockey for 40 years, either as a player or coach, but everyday at the rink brings new experiences, new learning opportunities, and I look forward to each with our new group.

Ryan White

Kanata Rangers