

Welcome to the 2024-2025 Kanata Rangers U15B

I am very excited to be taking on the role of Head Coach for the upcoming season.

I would like to provide you with some background regarding myself, my approach towards the game of hockey, and a brief plan for the team for the upcoming season. I have had the privilege of being a head coach for multiple years now at various levels. I have coached both boys and girls hockey, and I can't wait to get started. I have played hockey at a high level my entire life, the highest being NCAA. I have also worked for many years in hockey development and look forward to the opportunity to pass some of what I've learned along the way to your daughter this season. For those of you who's son or daughter I may have coached previously, you know that I am very passionate about the game of hockey, the process of developing player skills, tactics, developing good work ethic during practices and games, and most of all helping to create great leaders once they leave minor hockey. I assure you I will give every ounce of energy that I have into developing your daughter to become the best athlete and person they can become. It is my belief that as the coach it is my role along with our staff to ensure that all of this can be achieved while having as much fun as we can along the way.

The objectives for this years team will be focused on, having each player being the best teammate they can be, building confidence, self-esteem, discipline, skill development, and a sense of commitment and pride in their team, in themselves, but most of all I want each player to have FUN and look forward to coming to hockey each and every ice session. These personality traits and qualities will benefit them at whatever level they play in the future. I will emphasize development, hard work, and team play over winning and individual success. Playing time in key situations will be earned and not just given. I anticipate every player will play roughly the same amount of time by the end of the season barring injuries or suspensions.

There will also be more prominence on systems, strategy and structure this season than previous years. I will follow the Hockey Canada long term player development model as well as what KGHA has provided me so that each player is building skills that are appropriate for their age and individual skill levels. I want to build a strong foundation of physical literacy in an environment that keeps them interested and motivated to come to the rink. Practices will be run with a high level of energy and effort all while learning and having as much FUN as possible.

This year I will be looking to form a team not only based on skill, but great character players and families. What I will be looking for during tryouts are players who work hard, play smart, are positive not only on but also off the ice, body language and effort level. I am not necessarily looking for the 17 most skilled individuals but those who will be able to play within the structure of our team and its values.

Tryouts will be held for U15B as follows:

Friday May 3 rd , 2024	7:15pm - 9:15pm	Minto Arena Barrhaven South
Saturday May 4 th , 2024	4:00pm - 6:00pm	CARDELREC Recreation Complex (A)

Sunday May 5th, 2024

3:15pm - 4:15pm

Nepean Sportsplex - A. MacDonald (Arena 2)

Upon completion of our team selection, there will be a team gathering shortly after, where time allows for as many (hopefully all) players and families can get together.

Just a reminder to parents and players, that the team you (your daughter) have been selected to does not define them as a person or a hockey player. Everyone develops at their own pace and if you did not make a level you were hoping to make it does not mean that you won't ever be able to achieve that level in the future. Keep working hard, keep a positive attitude and good things will come.

Here's to a great try out.

Have a great upcoming season, and I look forward to meeting and seeing you all at the rink!

Kris Hodgins

Coach, U15B