

Dear potential U18A players and parents,

I wanted to take this opportunity to welcome you to the tryout process for the 2025-2026 season & introduce myself.

My name is Mike Lacey & I'll be coaching the U18A Kanata Rangers this coming season. I have been coaching in KGHA since Novice level and have been involved with Hockey on the boy's side from IP through to Bantam AAA. I've been involved with hockey in different capacities since 2005.

My coaching philosophy:

Is pretty simple I try to keep it fun while providing the players a safe & positive environment to learn & grow. I feel that a positive environment will promote & accelerate growth & development. I expect everyone to come to the rink for each session ready to learn & put in the effort. I come to the rink for each ice session (practice or game) ready & prepared, and I will expect the same of the team.

As a coach, I have the privilege to be provided the opportunity to guide 17 players through the complexities of the game of hockey. I will work with all the players to develop everyone & everyone will be given the opportunity to develop in all of the game situations. As a coaching group I will be looking for a supportive group to help promote life skills our players will utilize long after their minor hockey careers, we are here to help develop good people and make a better community.

I'll be selecting players to provide a balanced team with a mix of skill, tactical, grit & work ethic. I coach a style that is aggressive, puck control, hard working with systematic play that will build off basic levels that all the players should have been exposed to.

Once the selections have been made I will be looking for parents to be involved in many functions that will help support the team & ultimately help with the development of your daughters through the season.

Assistant Coaches & other positions will be determined once the team is selected. I will be looking for candidates that support my Philosophy, willing to work as a group & have good hockey knowledge.

Commitments:

- **You can expect 3-5 times a week**, will average 4 most weeks. Unfortunately, this can fall on any day of the week. Regular season is 22 games, other commitments will be on ice, possible dryland especially at the beginning of the season, & other teambuilding activities. **Practices are not optional at this level & if you feel you are unable to commit to being at team activities I encourage you to consider why you are looking to play A.** This is a team of 17 & it becomes difficult to have productive team tactical practices if all 17 aren't there. You can expect to miss game time if you miss practice time.
- **Commitment expectation is Family/Health, School** (not extra curricular activities) then Hockey, then everything else (Jobs, School extra curricular activities, etc). **It should be expected KGHA Hockey supersedes other sports & activities.** KGHA provides the schedule early in the season & I expect the players to work around the hockey schedule to avoid conflicts. Missing practices will lead to missing game time.
- Financial commitment, we are looking at **~\$2,600 - \$2,750** per player beyond the KGHA registration fees. I will have a solid number when we get together for our parent meeting at the beginning of the season. I will welcome ideas to help offset these costs through fundraising and/or sponsorship.
- Tournaments, currently I will plan to enter **4-5 tournaments** 1-2 local, 3-4 out of town. The final Tournament schedule will be communicated after the team has been selected but I look to balance this out to 1 per month depending on tournament acceptance. It is possible an event may happen in the US so you may need to have Passports & consider the possible addition expense involved with travelling in the US. A decision to travel south of the border would be dependent on the Political situation.
- For Playdowns & Playoffs no call ups are allowed so it is expected everyone will be around & available during this time period. Family holidays should be booked outside of this time period.

Tryouts & the process:

I will have a group of independent evaluators at the tryout sessions to help with the selection of the 15 skaters & 2 goalies. Anyone can make this team & just because you played at a level previously doesn't mean you automatically make this level, you need to earn a spot.

I'm looking for players & parents that are **energy givers vs energy takers**. Players that are hard workers, willing to accept feedback, willing to learn, take chances & try to execute on the feedback. I don't expect perfection but will be looking for players that are looking to make hockey plays & learn from the mistakes that may be made. The tryouts will be evaluating skills, game situation awareness, players that are willing to put in the effort, battle shift in shift out, are positive, respectful, good teammates & are coachable. You may have seen me at rinks towards the end of the season watching games. My evaluation process started once I knew that I was coaching. I have spoken to current coaches to understand some of the intangibles that come along with the players, i.e. Practice attendance, Attitude, Hockey IQ, Effort in good & bad situations, and most importantly how are the players & accompanying family members on the ice, off the ice, in the stands etc. We are spending a lot of time together from Sept thru to April & I want to minimize any drama.

The Tryout schedule for U18A is below:

Level	Session	Date	Start	End	Arena
U18A	1	Sat April 26	8:15 PM	10:15 PM	CARDELREC Recreation Complex (B)
U18A	2	Sun April 27	2:15 PM	4:15 PM	CARDELREC Recreation Complex (B)
U18A	3	Wed April 30	8:00 PM	10:00 PM	CARDELREC Recreation Complex (A)

Depending on the number of players reporting to A tryouts there may be 2 1 hour sessions for the 1st 2 tryouts. The 3rd session I'm trying to organize a game. Please check to website for your player's # to determine the session your player is to arrive for.

As per KGHA policy feedback will only be given for the players in the final release and will be given, if requested, by the VP of Competitive. vpcompetitive@kgha.ca

If you have any questions, feel free to contact me directly at coachmikelacey@gmail.com.

I look forward to having a successful, fun and rewarding season. Good luck to all through the process.

Cheers,
Mike Lacey