

Hello prospective U18C parents and players,

My name is Mike Thomas and I will be the head coach of the U18C team for 24/25. I have been involved with the KGHA for the last 9 years as an executive member, trainer, goalie coach and assistant coach at both the house and competitive levels. This will be my second year as U18C head coach.

My coaching philosophy is to focus on possession and systems play, re-enforcing a team first mentality. I believe each player is unique and will try to work and motivate them taking that into consideration within a team concept. We will have 3-4 ice times per week and it is expected that players will attend all ice times. Competitive hockey is a commitment and should be prioritized over jobs and other extra-curriculars. Our staff will be fully committed to the team, and we expect no less from the players.

We will be in 4-5 tournaments with a least 2 of these being outside of the Ottawa region. I anticipate team fees will be approximately 2000.00 dollars. This will be confirmed at our first parents meeting.

Good luck to all in the combined B/C tryouts and see you at the rink!

Mike