



Kory Goulais U12 AA 2025-26

My name is Kory Goulais and I am excited to be leading the U12 AA Kanata Blazers as the head coach for the 2025-26 season. I am a father of two kids who currently play with the Kanata Minor Hockey Association (KMHA). I have enjoyed the game of hockey since I was young, playing my minor hockey in Northern Ontario. I had the privilege of re-connecting with the game when my children decided to enroll in IP hockey. Over the past few seasons, I have been able to act in several capacities within the KMHA. I have served as an on-ice helper, assistant coach and most recently as manager for the U11AA Blazers. I have spent the past three seasons gaining experience and learning from previous coaches, who have tutored me to continue the growth and development of players at the AA level.

My coaching philosophy will continue to focus on the two things that players can control each time they come to the rink, which are attitude and effort. These qualities are fundamental to progression in hockey as well as life. We will provide a safe and positive environment that supports hockey development. Significant emphasis will be placed on team play and the idea that you can accomplish more when you work together.

Players will be pushed to attempt skills they may be uncomfortable with and embrace making mistakes as part of the learning process. Ultimately, our goal will be to develop skills, both team tactics and individual, in an attempt to narrow the gap between strengths and weaknesses. Players will be expected to be ready for high paced practices that foster development and growth.

Kanata U12AA players can expect 4 – 5 on-ice and off-ice activities weekly. Games at the U12AA level are 90 minutes in length which will increase the requirement for fitness. Attendance to all activities will be expected. Our priorities will be family, school and hockey.

Team fees are expected to be between \$2,200 - \$2,500 (to be determined), which will be used to fund league play, referees, ice times, skills development, tournaments, off-ice development and other miscellaneous costs. Skill sessions for players and goalies will be used to enhance development throughout the season.

Although it is early, I anticipate attending four (4) tournaments.

- 1 or 2 local tournaments
- 2 or 3 away tournaments (travel required).

I look forward to the opportunity to work with your kids and help them on their hockey journey. Enjoy the summer and I look forward to seeing everyone back in the rink come the fall.

Kory Goulais

U12AA Head Coach