



**Shark Pride
U18 AA
2021-2022**



Together with my Coaching Team, we have proudly been awarded the U18 AA Program for the 2021-22 season with the Scarborough Sharks Organization. The Association has a long history of success at this level and throughout the entire organization and we are extremely proud to continue building that momentum, development system and overall opportunity for these young athletes.

TEAM VISION & MISSION

Our Team Vision is *“Trust In and Commit To One Another”* supported by a Team Mission *“to be the best team we can be and the most effective players we can be, at all times, in the roles that help the team & our teammates excel and grow”*.

TEAM CULTURE & VALUES

We determine the above by how we prepare and our attitude towards ourselves & support of each other. Our Culture is Team First with a commitment to being inclusive, accountable and supportive. Our Actions are driven by our Team Values (Commitment, Communication, Hard Work, Pride, Respect and Teamwork...we work hard to develop confidence & mental strength off-the-ice and on-ice *shift-by-shift, period-by-period, game by game, month by month building to post-season performance. We will have the discipline to prepare & look after ourselves & each other, compete hard and always find a way for fun & celebration.*

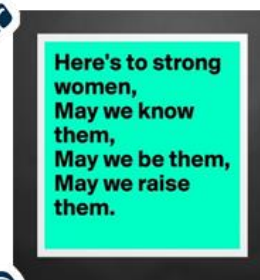
KEY COMMITMENTS

Minimum two practices a week with breakdown for skill training and team systems/tactics

Weekly Dryland and Video sessions

Two games (on average) per week

Approximately Five Showcases/Tournaments throughout the season, with approximately two away





COACHING STAFF



This is the third year our Coaching Staff has been together; they are experienced, hardworking and bring a wealth of knowledge. We are dedicated to providing a full hockey experience both on and off-the-ice, which includes not only development but goal setting for Post-Secondary (USports and NCAA) and PWHL opportunities. Our goals are not limited to the current year, but the years to come as we pride ourselves on developing young athletes for their future both in hockey and in life. Highlights of our Coaching Team include:

- Jessica Hartwick* – Clarkson Cup Champion with the Markham Thunder, former Captain of Ryerson Rams Hockey, Owner Hart & Stride Training
- Brad Morris* – Director Ladies First Hockey Foundation, 10 years coaching experience, LLFHL Champion 2014, Past Chairman CWHL 2012-2017 and Past Junior Player
- Tony Nicolaou* – 10 years of coaching experience
- Brodie Barrick* – Goaltending Coach, former OHL Goalie for Kitchener Rangers & Ryerson Rams, OHL Scout for the Kitchener Rangers

EXPECTATIONS

Commitment to your Team and Teammates

Commitment to your Coaches

Attendance and a positive attitude are mandatory

Respect Yourself, Teammates, the Coaching, Training & Management Team, our Families, the Shark's Organization, Officials and Opponents.

Final Note

The 2021-22 season is pre-planned and builds practice-to-practice. The Coaching Team understands that players at this age have other commitments and the absolute importance of school...however we expect hockey to be considered one of the priorities. Practices and dryland sessions are not optional, and you...the player...are expected to manage your time to incorporate school, jobs and hockey appropriately. If you have any questions, or require further information, please feel free to contact me at any time.

Be Better Today Than You Were Yesterday. Outwork...Outlast...Own It

Head Coach – Scarborough Sharks U18 AA

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