



## **Robert Horst – Coaching Bio & Team Approach 2021-2022**

I am life time hockey player and Leaf fan. I discovered hockey at the age of 5 with my twin brother. Together we had a long run with the Scarborough Sabres in the Scarborough Hockey Association (SHA). Almost 40 years later, I am still lucky enough to play with my both my brothers every week. Now, I am thrilled to coach and help spread the joy of hockey of to a new generation of kids including my own, Annabel (U9) and David (U8).

I have been fortunate to volunteer as an Assistant Coach for the last 3 years at Victoria Village and I am now looking to build on those experiences with the Scarborough Sharks.

First and foremost, I believe that team sports are an opportunity for kids to learn lessons that will last them a life time. I feel a strong responsibility to help kids improve both their athletic abilities and their character. On the ice you can expect me to have an energetic, positive and encouraging style with our players to help them reach their potential. On the bench, you can expect me to be positive, passionate and controlled.

The U9 coaching philosophy will focus on :

- 1) Having Fun. Kids learn more when they smile.
- 2) Skill Development. Progress builds confidence.
- 3) Teamwork. We are all in this together. Parents, Coaches, Kids.
- 4) Commitment to Excellence. Always try your best.
- 5) Respect for Others.

I will be coaching the team with Derek Staley (Daughter Charlie) for the upcoming season. We will be seeking further support on and off the ice from enthusiastic parents. As skill development is a core part of our team focus, we will also use professional skill development coaches/trainers for players. This will be built into the team budget.

We will look to get on the ice as soon as possible respecting all relevant guidelines. You can expect pre-season practices, skill developments and a pre-season meeting. During the season, we anticipate being on the ice 3 times per week including games. We will also budget for at least one out of town tournament for the kids, which is usually a highlight for them!

If you have any further questions, please free to contact me.

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Sincerely,

Robert Horst

Head Coach, Scarborough Sharks U9