

Heather Allen-Head Coach

2023-2024 U11 A

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I wanted to take this moment to introduce myself and provide some context to who I am as a coach and person. My name is Heather Allen, I am a mother of two young girls ages 6 and 9, who both play hockey and sports in general. I have been a high school teacher with the TDSB for the past 17 years where I teach and work with Special Needs students. I believe sport is an integral part of raising balanced and healthy young girls.

I myself along with my older sister played for the Scarborough Sharks for many years, my parents were advocates for Girls Hockey. I choose to stay in Ontario for University and played 4 years for the Brock Badgers, leading the team as Captain for the last two. I was honoured to be named to the OUA second team All Star for back to back seasons. I have always loved the game of hockey and being part of the Scarborough Sharks U11 A team as an assistant coach showed me how important it is to have positive voices on the bench. I hope having a female voice is an added bonus for our girls.

I believe that sport in general is important to help develop and nurture a healthy body and mind. I think on ice training needs to be paired with confidence building and a focus on team cohesion. My philosophies around coaching are as follows:

- Foster and maintain a FUN, SAFE and POSITIVE learning environment on and off the ice
- Skill Development. Providing the foundations of hockey and building continuously throughout the year.
- RESPECT- teammates, coaches and opponents
- Commitment to the game-Working hard, trying new things and being positive

The U11 A program will consist of being on the ice 3-4 times a week and a weekly off ice

- Pre-season practices, exhibition games and hockey tournaments
- Regular season practices and games
- Weekly dryland training provided by a Professional Strength and Conditioning Coach
- 3-4 tournaments, including 1 "out of town" to help build friendships and develop team cohesion
- Skills sessions with a professional skills coach and goalie training as part of the team budget

For more information on the 2023-2024 Scarborough Sharks U11 A team, please don't hesitate to reach out .

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