



## 2022 – 2023 U11A – Scarborough Sharks

### **Robert Horst – Coaching Bio & Team Approach 2022-2023**

I am lifetime hockey player and fan. I discovered hockey at the age of 5 and 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 to a new generation of kids including my own, Annabel (2013) and David (2014).

In my professional life, I lead and inspire large teams in shopping centres across the country. I also have 3 years of teaching children overseas. As a hockey coach, I have been fortunate to volunteer as an Assistant Coach 3 years at Victoria Village and 1 year with the Scarborough Sharks.

First and foremost, I am in this for the kids. I believe that team sports are an opportunity for kids to learn lessons that will last them a lifetime. Coaches have a 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. With parents and coaching staff, you can expect me to listen to and respect various view points.

The Coaching Philosophy for the team 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.

In 2022, I am thrilled to bring together a fantastic set of volunteer coaches and paid skills trainers to maximize the development of the girls. This includes:

Derek Staley, Manager – 3 years of team management experience in girls hockey.

Mike Russell, Assistant Coach – 11 years of coaching hockey, including AA.

Steve Anderson, Assistant Coach – 10 years of hockey coaching, including AA.

Paid Skills Coaches – Budget will include paid skills coaches, which may include: Jeff Tsuji (10 Year GTHL Coach), Scott Howes (ATN Hockey), Steve Tsukamoto (Envision Hockey). We will also include for shared Sharks development skates with Gery Othmann.

Goalie Coaches – TBD.



In the pre-season our program will include, pre-season practices, skill session and a pre-season meeting. During the season, we anticipate being on the ice 3-4 times per week including weekly skills, team practices and games. We will also budget for at least one out of town tournament and two local tournaments.

Robert Horst

Head Coach