



2022-23 U13A

My name is Heather Adair and I am excited to be the head coach of the Scarborough Sharks U13 A team for the 2022-23 season. This will be my second year coaching at the U13 level, having coached the Sharks U13BB team this past season. In addition to my work with various Sharks teams over the last 6 years, I have also coached numerous high school teams over the last 16 years. My hockey background includes playing five years in the Canadian University System at Queen's University and I was even a Scarborough Shark myself!

Sport has always been an important part of my life and I believe that sport can teach important life lessons, develop individual character and confidence while providing opportunities for personal wellness and enjoyment. I bring a lifetime of female experience in sport both as an athlete and as a coach. My coaching philosophies include the following:

- Holistic development of each athlete in a fun and respectful environment
- Helping athletes achieve their full potential by focusing on individual skill development
- Development of team cohesion and valuing each player within the team
- Development of individual work ethic, responsibility and mental toughness
- Respect for athletes, families, officials, and opponents

Program Highlights

- Preseason practices, exhibition games and one early tournament
- Regular season practices of 2-3 hours a week
- Skills sessions with a professional skills coach and Goalie coaching throughout the season.
- 3 - 4 tournaments, including one away tournament
- OWHA 26-game regular season schedule
- Additional Exhibition Games, Playoff and Provincial Qualifier games
- Team building and celebration of females in the game through various team activities

I look forward to discussing our program with you and your daughter. Please feel free to contact me at 647-200-1872 or by email at heather@adair.cc.