

2023-2024 Scarborough Sharks U9B



My name is Danielle O'Leary, and I am grateful for the opportunity to lead the Scarborough Sharks U9B team as head coach for the 2023-2024 season.

A Scarborough native, I am the mom of three very active children – 9, 6, and 4 – who all play hockey as well as other sports. This will be my second season as a head coach with the organization and I have also assisted with my son's hockey team over the past several years. Coaching hockey is a truly rewarding experience. It is a commitment that I take seriously, and you can expect that I will put in the same amount of effort that is expected from your players.

Hockey is one of my passions in life. Growing up, I played competitive hockey with the Leaside Wildcats and eventually with Queen's University. Through hockey, I've had the opportunity to run around hotels playing mini sticks, build my physical and mental strength, develop lifelong friendships, and even win a Provincial Championship.

For me, hockey is about more than just winning trophies. My goal is to provide a development-focused atmosphere of fun, fair play, positivity, and hard work so that each individual player can realize her full potential. I want to ensure a rewarding hockey experience for all, regardless of skill level or ability. The measure of success will be in the smiles on players' faces, their improvement in their skills over the course of the season, and ultimately, their continued passion for the game.

Coaching Philosophies & Expectations:

- **Teamwork:** What we can accomplish this year as a whole group is greater than what can be achieved by each individual player. Building team cohesion is important.
- **Development:** Given the age of our group, focus must be placed on the foundational habits and skills of each player. We will put a strong emphasis on individual skill development as well as team-based concepts.
- **Self-esteem:** We want to build confidence and self-image through hockey; we want to limit the fear of failing and empower players to be the best they can be and be willing to try new things.
- **Work ethic:** Even when facing more skilled teams and players, our emphasis will be on outworking our opponents and trying our best even in the face of adversity.
- **Respect:** We want players to learn to demonstrate respect for themselves, their teammates, their coaches, their parents, referees, and for everyone else in between.
- **Commitment:** Attending games, practices, and other activities is crucial to being able to achieve what we want to achieve this year.

Program Highlights:

- Preseason practices and exhibition games
- Two practices per week & one skills session per week
- Dryland (off-ice) training
- OWSA 10 home and 10 away games
- 4-5 tournaments, including 1-2 travel tournaments
- Provincial Championship weekend
- Team building events and other activities

Please reach out if you would like to discuss playing with the Scarborough Sharks U9B team this season. Looking forward to a fun year!

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