SMITHS FALLS GIRLS HOCKEY ASSOCIATION P.O. BOX 145, SMITHS FALLS, ON K7A 4S9 • SFGHA.CA

Parents & Players,

My name is Jammie Bannon and I will be coaching the U18A team this year. I have been in a rink my entire life and love the game. My father created the Cubs organization many years ago, beginning with just one Peewee team. I was a Cub for several years and went on to play for Bishops University. This year I will be joined by some excellent co-coaches who bring a wealth of experience playing at high levels.

My goal this year is to have a fun season, while at the same time developing players' individual & team skills, both on and off the ice. I would like the players to obtain a deeper understanding of the basics of hockey that will help build a strong foundation for our team to grow & improve. My hope is that they will become more confident, and be able to learn from both their successes and mistakes. Since we don't have the same ice time as bigger clubs, I feel every minute of our 50-minute practices needs to be utilized to the fullest, and I expect our players to make a commitment to attend and work hard.

I have three kids in competitive sports. I know how busy and expensive this sport can be. Therefore, I want to keep our fees & tournament costs reasonable. I would prefer to have our most of our away tournaments early in the season to help with team bonding & to avoid the snow. Here are the tournaments I am aiming for:

- Niagara Falls Classic **or** Oshawa Fall Classic September
- Clarington Apple Fest or Etobicoke Pink the Rink October
- Smiths Falls Cubtown November
- Nepean Paint it Purple February
- Brampton April

We would initially ask for about \$650.00. (This can be paid in 2-3 installments over the summer) Fundraising will be addressed at our initial parent meeting. Depending on fundraising efforts, we may need to adjust our team fees.

Looking forward to being on the bench and sharing some smiles with our players this season!

Jammie