



Welcome to the 2025-2026 U13 C Smiths Falls Cubs season

My Name is Keith Rhoden and I am very excited to be Head Coach for the U13 C Team this year. I would like to start with a bit of my background about myself, philosophy and my plan for the upcoming season.

I have been coaching hockey for 36 years. My highlight of coaching was 2017/18 when I was the Head Coach of the Smiths falls U13B House boys team that was in the running for the Good Deeds cup and where we placed Top 3. We were league Champs, won 5 tournaments and team of the year in Smiths Falls.

I am very much looking forward to leveraging my experiences in various coaching roles to make the 2025/26 season FUN and Successful.

My hockey philosophy is that my team play an up-tempo style of hockey with emphasis on speed and pressure – a team that is fast, organized and relentless.

Goals for the Season:

Fun: Hockey is a sport, and it should be fun. I intend to foster a positive environment where the girls are learning and growing, but most importantly having fun. The hockey environment will be aimed at building the players confidence, positive habits and teamwork with the expectation that all teammates lift each other up and never put or pull anyone down.

Skill Development and Player Growth:

Myself and my coaching staff will work to improve hockey skills through high tempo, organized practices. Practices will be structured and progressive with concentration on fundamental skills and development.

Hard Work and Commitment:

Everyone on the team should be ready to work hard and approach practices with the goal of improving their skills and abilities. I believe everyone can control both their attitude and effort when coming to the rink and I will emphasize this throughout the season. Priorities for all players should be family, school and then hockey. There will be 3-4 team sessions per week, which will likely include off-ice training.

Team Fees:

Parents can expect team fees to be approximately \$600 to \$700 per player, which does not include SFGHA registration and tryout fees.

Tournaments:

We will aim to participate in 4-5 tournaments (with as many as 3 away), which does not include Provincials, should we qualify. Tournaments will include, Vermont (November 20-23), Smiths Falls (Dec 5-7), and 1 other which will be identified at a later date. We will be going to Brampton Easter Tournament April 2-5th.

Keith Rhoden

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