



Welcome to the Season, U13 B Team & Families!

My name is Cassidy Bowker, and I am beyond excited to get this season started! Hockey has been the heartbeat of my life since I first stepped onto the ice as a young girl. I eventually earned a spot on Team Ontario, bringing home a Silver Medal at the Ontario Winter Games. From there, I continued my athletic career as a dedicated dual-sport athlete, traveling to play for the Sudbury Wolves while also captaining the Nipissing University varsity soccer team.

When I'm not at the rink, I am an Intermediate school teacher and a proud mom of three. For the past 20 years, I've also had the privilege of running Tec-Tac International Hockey School, one of Canada's longest-standing development programs. I spend my days mentoring young people, and that exact same lifelong passion for growth is what I'm bringing to our bench this year.

My Coaching Philosophy

I'll be honest: I love to win, and I want to instill that competitive "fire" in every player. But as a teacher, I also believe mistakes are our best friends. We won't fear them; we'll use them as scouting reports to show us exactly what we need to master in our next practice.

What to Expect This Season

Our ultimate goal this year is qualifying for **Provincials**, and we are going to work hard to get there:

- **High-Intensity Training:** 2–4 days a week of on- and off-ice sessions.
- **Team Development:** A heavy focus on strength, strategy, and camaraderie.
- **The Big Stages:** We are heading to four tournaments to test our mettle:
 - **Peterborough Ice Kats (Nov 6th - 8th)**
 - **Cubtown (Nov 26th - 29th)**
 - **Belleville Bearcats New Year's Classic (Jan 8th - 10th)**
 - **Paint it Purple (DIFD) (Jan 29th - 31st)**
 - **Brampton Canadettes (Mar 26th - 28th)**



Team Fees

I expect fees to sit between **\$700–\$800**. However, I am highly optimistic we can knock that number down significantly through some great team fundraising efforts!

I don't just want to coach a team that plays great hockey; I want to lead a group of girls who walk into every rink knowing they belong exactly where the lights are brightest.

See you at the rink!

Coach Cassidy

Head Coach, U13 B

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