



## 2011 – 2012 Kanata Minor Peewee “A” Blazers



Welcome to the 2011 – 2012 hockey season! My name is Jason Shaw and I would like to take this opportunity to provide some information about myself, my coaching philosophy and the upcoming season.

### **My Background**

This will be my seventh year involved in hockey with KMHA. Over that period of time I have been a head coach, an assistant coach and a goalie coach. I grew up playing my minor hockey in a small town close to Ottawa and was fortunate enough to work my way all the way up to playing Junior hockey.

I have been involved playing and coaching in competitive sports all my life. Over the years I have coached men, women, boys and girls in all sports and at all levels. I was fortunate to learn from many of my coaches along the way and I continue to learn and evolve as a coach with every year that I am involved in minor hockey.

### **Philosophy**

My goal is to help kids develop, have fun and learn how to compete. Instilling confidence in young kids is a key ingredient in helping them develop. My coaching philosophy is based on 3 guiding principles: Teach, Work, and Play.

Teaching hockey is about learning the skills and systems required to play the game but it is more than just technical skill development it is also about life skills such as: teamwork, responsibility, accountability, communication and leadership.

I believe that competition is an important part of life. I want to teach players the value of competing and working hard. I want players to feel good about their effort level and their team's effort level regardless of the outcome.

### **Commitment**

As with all competitive hockey programs, a high level of commitment will be expected from all members of the team and their families. There will be on average 4 to 5 team sessions per week that will include both on and off ice training as well as game play. School and family should be your top consideration but hockey is expected to take priority over all other sports and activities.

There will also be a financial commitment (above your KMHA registration fees) of \$1,500 for the season. This additional fee is required to help off set the costs of tournaments, team functions, awards, exhibition games and referee fees.

## **Tournaments**

The team is planning to attend 5 or 6 tournaments this year:

- Humberview Huskies Tournament (Oct. 14-16)
- OVSS Capital Fall Classic Tournament (Oct. 28-30)
- Syracuse Blazers Thanksgiving Tournament (Nov 25 -27)
- Bell Capital Cup (Dec. 28 – Jan. 1)
- The Empire State Cup - Rochester NY (Jan 14 – 16)
- Kanata Capital Winter Classic (Jan 27-29)

**\*\*Note: We will be travelling to the US so make sure your passports are up to date.**

## **Try Outs**

The best advice that I can give is that all players should attend the tryout sessions both physically and mentally prepared to compete.

The try outs times are now posted on the KMHA web site ([www.kmha.ca](http://www.kmha.ca)). You should check back regularly to see if there have been any changes. Each registered player will be advised by phone of their first try out time.

I will be placing an emphasis on physical fitness throughout the season so the players are expected to arrive at tryouts able to run for 3 KM's or 20 minutes without stopping. Players should also be able to sprint the KRC hill an average of 5 repeats in a 10 minute time span. Additionally players should have the ability to perform basic strength based exercises (push-ups, sit-up, lunges, squats etc). I strongly recommend that players get in the habit of running 2 – 3 times a week before tryouts and look at exercises such as skipping to improve their balance and agility.

During the tryout process players will be evaluated on their individual hockey skills such as skating, passing and shooting, their team skills such as positioning, support and decision making, their overall conditioning, their work ethic as well their play during game situations.

If you have any questions please don't hesitate to contact me at [jasn.shaw@gmail.com](mailto:jasn.shaw@gmail.com) or call me at 613-271-9848 (h) or 613-298-3306 (c).

Enjoy the rest of your summer and I look forward to seeing you at tryouts.

Jason Shaw  
Coach, Minor Pee wee "A" Blazers