

# **Kanata Major Midget AA 2012/13**

## **Major Midget AA Tryout Process**

The tryout dates are now scheduled for the Major Midget AA selection process. This Blog is a work in process so please check for updates in August and September.

There are almost    players and    goaltenders registered for the tryout sessions at this level. The format will be primarily inter-squad and exhibition games, with some short skill sessions taking place. 4 - 6 Goaltenders will have a dedicated evaluation session.

An information session will be offered to parents on September 19th, from 6:15 - 6:30pm at the KRC - Location TBD.

Items to be addressed:

- Coaching Introductions and Philosophies
- Release schedule/method
- Tournaments
- Budget
- Open question/answer session

## **Tryout Attendance**

The Major Midget AA tryouts will start on September 19<sup>th</sup>, 2012. All information will be uploaded to the KMHA website as it becomes available. Please refer to <http://www.kmha.ca/>

The Major Midget AA Tryout Policy includes that every player registered for the Major Midget AA tryout process must attend every tryout session unless prior arrangements have been made with the Coach (Eg. attending junior camp evaluations, other sports) well in advance of the start of the selection process. To ensure a consistent evaluation of players, those attending Junior Camps should plan to attend a minimum of two Major Midget AA tryout sessions unless alternative arrangements have been made with the coaching staff.

Any exception to this policy will be reviewed by the Coach on an individual basis. Prolonged attendance at a Junior Camp does not necessarily transfer itself into a secured position on the Major Midget AA Team.

## **Midget AA Tryout Schedule as of July 26, 2012**

Wednesday, September 19, 2012 KRC-A 7:00:00 PM 9:00:00 PM  
Friday, September 21, 2012 BSP-MA 8:15:00 PM 10:15:00 PM  
Sunday, September 23, 2012 BSP-SC 7:00:00 PM 9:00:00 PM  
Monday, September 24, 2012 BSP-SC 6:00:00 PM 8:00:00 PM

## **Are You Ready To Give It Your Best Shot?**

The foundation of the Major Midget AA team for the 2012/13 season will be based on skills and competencies that will allow for a focused drive to the league championship through great team play.

The Coaching Staff will be looking for specific individual skills that will allow the player to execute strategies at a high level with speed and accuracy. The measured competencies will ensure that the selection process identifies players that will work hard as a team towards our collective goals.

Although you may feel that you possess some or all of these skills, only those rating the highest in the combined areas will be chosen. The players and goaltenders will be rated within the selection process during the skills sessions, intra-squad and exhibition games. Further into the tryout process the coaching staff may choose to interview players. These interviews would take place once the coaching staff identifies that the selection process has progressed to within the last group of players.

My best advice for everyone trying out is to be physically ready and not stressed out about making the team. If you are physically ready the mental part of your game will be better, you will feel less stress and have greater performance.

## **Decisions**

Many players reading this find themselves at a crossroad of having to make decisions on the level of commitment they are prepared to make. Demands on your time come from school, parents, jobs, sports and relationships.

All players at your age level go through the same dilemma. Some of these demands are more important than others and their priority will vary for each of you depending on your interests and goals.

These decisions have to be made with your parents who have your best interest at heart. School is your number one commitment for time management. If you and your parents feel the hockey commitment at this level will hurt your grades in school, contact me before the team is selected.

## **Fair Ice Policy**

At the competitive AA level, fair ice does not mean equal ice. Please see the highlighted paragraph in "A Note from the Coach" at the bottom of this Blog.

## **High School Hockey & Other Related School Activities**

Grades 9 to 12 are important years for students to support their school programs and academic development. Whether those programs are geared towards leadership camps, band recitals, academic awards, ceremonies or sports, they all allow you to develop as a person. Players who have A, AA & AAA experience are important to the success of the sports teams and because of this the schools

have expectations about your commitment to their program. The expectations are no different for the Midget AA Team. Its success is based on your commitment.

In order for you and your High School Coach to make an informed decision as to your available commitment to your school hockey programs, I will outline the Major Midget AA compromise:

- **AA Game days:** No High School hockey is permitted unless there is a minimum of 5 hours between the start times of both events.
- **AA practice days:** High School hockey is permitted as long as you are able to make the AA practice on time (*dressed and on the ice at the start time*). If a time conflict exists then the Major Midget AA policy of attending all practice will trump High School hockey.

Being up-front, High School hockey schedule links will be given to the coach and manager as a requirement.

## **A Note from the Midget AA Coach**

Please allow me to pass along this brief introduction and some information about myself, my philosophies and approach to coaching competitive hockey.

This upcoming season will be my 12th year as a competitive head coach. I've coached teams ranging from Minor Atom to Midget, "B" to "AAA." I am an Advanced level 1coach, as well as a Certified Powerskating Instructor.

My philosophies and approach to the game are simple; the game must remain fun and kept in perspective. Hockey is a game of mistakes - learning from them takes time and patience. I believe in developing young adults not only as hockey players but good people. "We coach young adults who play a great game called hockey." (unknown) This phrase reminds me not to overlook the important things in life. The personal side to coaching is getting to know your players, earning their respect and gaining their trust. Coaching with this mindset over the years has labelled me as a "player's coach."

I do bring a firm yet fair approach to the rink and have an expectation that players work hard, play with discipline, encourage, support and compete for each other at each team event. When all your players buy into this concept, you become a "team".

From the hockey side, coaching Midget AA is about preparing players for a last year of AAA or junior hockey for those graduating from minor hockey. Developing a player's mental toughness, skill set and knowledge of tactics and systems will give them a better chance to compete at the next level. Players develop and learn the game by being given the opportunity to play in all game situations. Experiencing the highs and lows of PP, PK and End of Game makes players mentally tougher. By playoff time, extra ice time is earned. Player's who continue to work hard, display good discipline, compete at each team event and are playing a team game will earn extra ice. Play on the PP and PK, will be evaluated at tryouts to ensure the successful player's are capable of filling these roles.

A Major Midget AA Blog will be created over the summer and will include more information pertaining to the tryouts, budget, tournaments, school hockey, and a fair ice policy.

In the meantime, if you have any questions, please do not hesitate to call me at 613-836-8240 or email me at [steve.sadaka@gmail.com](mailto:steve.sadaka@gmail.com)

Have a great summer!

**Steve Sadaka,**  
*Coach, Midget AA Blazers*