



Minor Midget B 2012-2013

Welcome to the 2011-2012 KMHA hockey season. My name is Amanda Burford and I will be coaching the Major Midget B team for the upcoming year. I have appointed Matt Budd-Kenny as our assistant coach, Curtis Thorn as our goalie coach, and will also be looking for parent to act as our second assistant.

A little back ground for you...

Matt and I are both U of O grads in Human Kinetics, as well as Certified Exercise Physiologists. I am currently completing a masters in Performance Coaching. Some of you may already know us from the Sensplex hockey camps, where Matt and I run the dryland training program for athletes of all levels. Hockey has been my entire life, which has granted me great opportunities to experience Canada's game as a player, a trainer and as a coach.

What this season is all about...

My coaching philosophy this season is all about fun and player development. Team sports instil three critical behaviours: respect, discipline, and camaraderie. Players learn to respect not only the coach, but teammates, the game, and most importantly, themselves. Having good disciplinary habits not only for training, but in attitude and work ethic, are essential skills to have for all aspects of life. Finally, it must be recognized that it is through team sports that many life long bonds are made. No matter how competitive, minor league team sports are still meant to be fun. It is the coaches' job to create an environment that will foster the development of respect, discipline and camaraderie within his/her players.

I will soon post a new letter outlining our prospected tournaments for the year, budget and try-out information. We are looking for players with motivation, energy, and a positive attitude. A great coach can teach any skill, it is the player who must be willing to learn.

Please feel free to contact us with any questions or concerns!

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