

**2014 - 2015 Kanata Blazers**

**Minor Midget “AA“**

Welcome to the 2014 / 2015 Hockey season. My name is Brent Findlay and I’m looking forward to coaching the Blazers

Minor Midget AA (1999) team this season. Paul Robillard will be joining me as an assistant coach.

I have been involved in minor hockey in one capacity or another since 1990. I spent 12 years as an on ice official and the last 15 as a coach. I have coached hockey to both boys and girls teams from Atom through to Major Midget at all levels. I hold an advanced level 1 coaching certificate & I am a trained power skating instructor. I have also taken my HP II training.

Paul has been a coach or trainer for the last 15 years from initiation to midget at levels from house league to AAA, has his coach level certificate and is also a level 2 trainer. Paul is planning on completing his Development one level this season.

Paul has also volunteered in other local sports and was awarded the volunteer of the year in 2010 from the KMHA.

**HOCKEY APPROACH**

Hockey is first and foremost a team game.

Team: “A group of individuals that come together to work towards a common goal”.

Our expectations will be high this season based on the success that the team enjoyed last year. My intention is to continue the development of a team that competes every time that they take the ice. We expect the team to start the season with a high level of intensity and a strong work ethic. We will move forward from there.

The role of the coaching staff is to support the development of every player and aid in the development of a strong sense of team that promotes ***honesty, trust, hard work, determination, commitment, self respect, self confidence and fun.***

We will strive to accomplish this through

1. Setting both individual and team goals with the athletes and then working together to achieve them.

2. Giving players an opportunity to play in all situations to build both self confidence and to earn the confidence of their team-mates.

3. Encouraging each player to trust his team-mates in all situations & learn equally from our successes & mistakes.

4. Understanding that mistakes will occur and each member of the team will make them. It is our responsibility as a team to accept it as a learning opportunity. Mental strength develops when we learn from mistakes, accept them and deal with them in a positive manner before dismissing them and moving on.

5. Working to develop the ability to think the game. Tactical discussion and practice will help to develop anticipation skills and better enable players to read and react to the game.

6. We will work and push every player to develop the technical skills, as well as, the mental and team skills required to allow them to reach higher levels than they thought possible.



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With all competitive sports there is a high level of commitment that is required. Players will be required to attend all team activities. It is expected that the team will be meeting an average of 4/5 times per week during the season. Whenever possible we will attempt to combine activities. We believe that the player’s health & family are to be their first priority with hockey being next in line. Players will be expected to manage their time so that their school does not cause them to miss team activities.

The team’s expenses and draft budget are expected to be between $ 2,000 - 2,400.00 per player. This number may be offset and reduced for each family through fundraising activities or sponsorships.

The team will be attending four tournaments this season with the opportunity to attend additional games or activities in Canada or the United States.

Capital Gold Rush September 26 – 28 2014

Rochester Fall Classic October 24 – 26 2014

Kingston Canadians Tournament December 5 – 7 2014

Kanata Minor Hockey Tournament January 9 – 11 2015

Tryouts are expected to start in the final 2 weeks of August. Times will be posted on the KMHA website ([www.kmha.ca](http://www.kmha.ca) ).

Each player that has registered will receive a phone call advising them of the first tryout time.

Evaluations will include on ice technical skills, intra-squad games, exhibition games and fitness testing.

It is expected that all players will arrive at tryouts in good physical condition, ready to compete. Physical testing will be part of the tryout process. It is our expectation that players will also be able to efficiently execute all technical hockey skills.

**Fitness testing will include:**

Dynamic stretch & warm up, 20 min. run, max # of push-ups and sit ups in 1 min., vertical jump test, broad jump test and a 5 yard shuttle run (The five yard shuttle run drill will test your ability to run and change direction quickly. Players will be timed on how quickly they perform these drills)

More information about our program and schedule will be provided at the first tryout. There will be a parents meeting prior to the first tryout so all families should expect to have someone present.

If you believe that you can commit to play and excel at this level, then I invite you to attend this year's tryouts.

Information and schedules can be found at www.kmha.on.ca

We look forward to meeting you.

Enjoy your summer

Brent Findlay

Head coach

Kanata Blazers

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Each lesson that the one learns makes the whole stronger.

When the whole is stronger than the opponent, victory can be achieved.