



2015 – 2016 Kanata Blazers



Bantam AA

Welcome to the 2015-2016 Hockey Season. My name is Sean O'Sullivan and I am very excited to be the Head Coach of the Bantam AA team for next season. For those of you I have not met over the past few seasons, I would like to provide you with some information about myself, my approach towards the game of hockey, and the plan for the team for the upcoming season.

The 2015-2016 season will be my 8th as a head coach with the KMHA, and 5th at the Rep level for the 2001 age group. As coach, my ultimate goal for the season is obviously for the boys to have success on the ice. However, just as important (and how I evaluate the true success of a season) is to continue to develop the players hockey skills, to establish an expectation that a solid effort will be given by all players in all games and practices, and to ensure that all players are good teammates first and foremost. It is my belief that as Coach it is my role to ensure that all of this is achieved while having a lot of fun along the way.

The time commitment required from all players and parents is significant for the season. We can expect to be on the ice for 2 games and 2 to 3 hours of practice per week (on average). In addition, there will be other periodic team events and off ice training. All players are expected to attend all team events, with exceptions being made for illness or personal reasons. More importantly, with the 2001 boys entering into high school in the fall and the importance of managing their time and personal commitments on their own, I expect all players to work early in the season to find a healthy balance between their time for hockey, school work, and being with family.

In addition to time, there will be a significant financial commitment. Over and above the KMHA registration fees, each player will be required to pay an additional amount of approximately \$2,000 for the season which will be used to pay for additional ice, tournaments, and general team expenses.

The team will be participating in 4 tournaments over the course of the season. Depending on the timing of tryouts, we may look at another event early in the season. The schedule for the confirmed tournaments is as follows:

- Capital Gold Rush (Gloucester) – September 25th to 27th
- Kingston Canadians Tournament – November 6th to 8th
- Rochester (NY) Thanksgiving Tournament – November 27th to 29th
- Capital Winter Classic (Kanata) – January 8th to 10th

The dates and times for the tryouts will be posted on the KMHA website later this summer. I hope that all of the boys coming out to the tryouts will be ready to give their best effort from start to finish. The players will be evaluated based on their on-ice hockey skills and their off-ice strength and conditioning. The boys will be evaluated by non-parent evaluators who are not affiliated with the Bantam level in the KMHA. A parents meeting will be held prior to the tryouts where I will touch on the finer points of the tryout process and be available to answer any questions you may have about the season plan in general.

In the interim, should anyone have any questions regarding the Bantam AA team for the 2015/2016 season, feel free to contact me at sosullivan@bentallkennedy.com.

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

Sean O'Sullivan

Head Coach

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