



Welcome to the 2015-2016 hockey season. My name is Steve Bell and I will be the Minor Bantam AA coach for the upcoming season. I am looking forward to another great season with the 2002's, a group of very talented hockey players! I want to take the opportunity to introduce myself to those that do not know me, as well as lay out some important items for the upcoming season.

I have been a coach with the KMHA at both the house and competitive level for the past 10 years, having been in both assistant and head coach roles in IP to Bantam level hockey. Prior to coaching hockey I coached a variety of different sports at both the community and competitive level. This experience has allowed me to coach in a wide variety of situations and build a good depth of experience. That being said, I think that the worst coach that you will ever have is the one who knows everything about the sport they coach. I am committed to continuing to learn and develop as a coach, both from other coaches and the players that I am able to develop.

My coaching philosophy is very simple. Sports are a vehicle to teach young athletes important lessons, both about the sport they play and about life in general. I plan to teach the players about the benefits of working as part of a team and in finding the role that each individual plays on that team. I will also place an emphasis on discipline, both on and off the ice, as well as the benefits of hard work. If your son or daughter is to play on this team they will have achieved that through showing that they understand the principles of Team Play, Discipline and Hard Work.

As with any competitive sport, hockey takes commitment from an entire family. A player playing on the 2015-2016 Minor Bantam AA can expect to be training between 4-5 times per week. This will include both on ice and off sessions. The off-ice session will be a mix of physical training (cardio, strength, flexibility), theory based information (nutrition, leadership, team building) and video sessions. At this level of hockey there will be an onus on the player to begin to manage their time appropriately, ensuring that school work and family commitments are properly balanced before hockey.

Aside from the time commitment there is also a financial commitment that will be required. Beyond the KMHA registration fees, there will be team fees to cover the team expenses that will be between \$2,200 and \$2,500. Beyond this there will be the costs associated 4 out of town tournaments that must be considered.

The team will attend 5 tournaments this season. These tournaments are as follow:

- September 18-20, 2015, Kawartha Lakes AA Tournament (Peterborough, Ont)
- October 9-12, 2015, Eastern Hockey Federal Invitational Elite (AAA) Tournament (Boston, MA) (tentative)

- November 6 – 8, 2015, Pickering AA Tournament (Pickering, Ont)
- December 11 – 13, 2015, Bantam Minor AA Rochester Invitational Tournament (Rochester, NY)
- January 8-10, 2016, KMHA Capital Winter Classic (Kanata, Ont) (tentative)

This year's tryout schedule has not been set. The dates are normally posted on the KMHA website in late July or early August so please check the site regularly to confirm when the tryouts will be held. For tryouts, I will be using independent evaluators to assist me in selecting the team who will be evaluating a combination of skills, intra squad scrimmages, exhibition games, fitness testing and player interviews, to make a final determination of the 17 players that will be this year's Minor Bantam AA team. I am looking to build a team of 17 players who work hard and compete on and off the ice, are disciplined and are committed to team play.

The fitness test is designed to ensure that players are arriving to tryouts physically fit. Time will be spent through the season building on physical fitness, but it will be important that a base exists. The fitness test will look at measuring cardio endurance, core and upper body strength, as repetitive sprinting ability. This will tentatively be evaluated through a 4km timed run, max push ups, max plank and a shuttle run.

Please ensure that your player takes the summer to prepare himself/herself to come and compete at tryouts. The tryout sessions should be an opportunity for the players to showcase the hard work that has been put in over the summer months. The summer should be used as an opportunity for some individual skill development (i.e. shooting, skating, stick handling), fitness preparation and cross training activities (playing another sport, for example). Players are expected to come to the tryouts prepared to compete for a spot on this team.

I will be having a parent meeting before the tryouts begin to reiterate this any more information about the tryout process as well as parent expectations.

I look forward to seeing you all in August and have a good summer.

Steve Bell
Head Coach
Minor Bantam AA
Kanata Blazers