



Welcome all players trying out for the 2021/2022 Kanata Blazers U18 AA team. My name is Mario Martel and I am the Head Coach for this upcoming season. I am very honoured and looking forward to working with this team and making this a positive and successful experience for both players and parents. I would like to take the opportunity to introduce myself to those who do not know me and provide a brief overview of some key items for this upcoming season.

I have previously been involved with KMHA for several years in various roles including head coach, assistant coach, trainer, conditioning coach and most recently Head Coach of the 2018/19 Kanata Blazers Major Bantam AA.

My coaching philosophy is all about "THE PROCESS". Training, practice, and mental preparation. This year I plan to share my enthusiasm for "THE PROCESS" through high pace practices and off ice training, preparing player's both physically and mentally for the game. This year's coaching program will focus on work ethic, commitment, team play and individual skill development. To be a member of the team, players will need to demonstrate they understand these principles. In addition to the benefits of hard work, I will also place an emphasis on discipline, both on and off the ice. Players will be expected to commit to the team, attending all practices, games and team events throughout the season.

I hope that the team will have an opportunity to participate in tournaments this season both home and away. This will be dependent on Covid-19 restrictions and availability.

The December Christmas break will be a blackout to allow for time to spend with family and for players to recharge. Depending on our league schedule, you can expect our team to completely shut down with no events scheduled between December 24 and January 1.

As with any competitive sport, hockey takes commitment (both time and financially). Players can anticipate training 3-4 times per week. This will include both on and off ice sessions.

In terms of team financials, families should anticipate team fees of approximately \$2,000 per player in addition to the KHMA registration and try out fees.

The team will be selected by experienced independent hockey personnel and our coaching staff.

I am looking for players with strong work ethic, a demonstrated understanding of the concept of team before individual play, fundamental individual skills and tactics and a good hockey sense. Players should be in good physical and mental condition and are expected to come to tryouts prepared and ready to compete for a spot on the team.

Looking forward to a great season!

Sincerely,
Mario Martel

Head Coach
Kanata Blazers U18 AA