



**July 19, 2018**

Welcome to the 2018/2019 season for the Kanata Blazers Major Atom A team. The coaches are really excited for the opportunity to lead this team.

### Coaching Staff

Co-Coaches            Lucas Cochrane & Andy McAfee

### Meet Your Coaches

#### Lucas Cochrane

I have been a coaching volunteer with KMHA since 2010. I grew up playing minor hockey and have been around hockey rinks most of my life as player, and in many volunteer roles as head coach, assistant coach, on-ice helper and official. How else would you want to spend those cold Canadian winters!

It is a privilege to be a Co Coach this season and hit the ice with players who have a love of the game, while guiding them through continued development of their hockey skills and the process of becoming better teammates, people, and respecting all aspects of the game. As a coach, I emphasize to each player that a successful season is about working hard, always competing, respecting all areas of the game, and having a lot of fun!

#### Andy McAfee

I began playing at age 5 and still play three times a week and have been coaching for 40 years so it's fair to say that I have a love of the game and wish to pass along that interest to every player. I have coached many teams in KMHA at different levels and look forward to bringing that experience to this enthusiastic group of players and families.

### Coaching Philosophy

The main goal for this season is to enjoy the game, and use hard work, discipline, and respect to create a positive team atmosphere. Our success as a team will be gauged by team development.

Players on this team will be given fair ice time and access to all opportunities and situations of the game. The emphasis remains on enjoying the game and being with friends and developing hockey and life skills. Practices will be varied, challenging, progress against a season plan and players will be asked to work hard but the environment will be fun and supportive. Winning will not be the measure by which we judge a game or a season but players will be expected and will

be encouraged to compete as hard as they can on every shift of every game and as such trying to win is a fundamental goal, whether it is a shift, a game, or a race in practice.

## Evaluations and Tryouts

Try-outs are open to any player interested in being part of this great competitive team. The coaching staff is looking forward to seeing many familiar faces, along with some new ones at tryouts. The tryout schedule will be posted later this summer, check <http://www.kmha.ca> for the specific dates.

Non-parent, independent evaluators will be selected, ensuring an objective process to evaluate all players. The coaches are looking for players who have well developed individual skills, a competitive nature, strong work ethic, show respect and have the right attitude for continued development over the season.

## 2018-19 Season Plan

Our development plan will focus on the Hockey Canada development model appropriate for the Major Atom level. The time commitment for all players and parents is significant. You can expect to have 4-5 team events per week, on average, comprised of games, practices, tournaments and off-ice activities focused on health and wellness and team building. Players are expected to attend all team events. Exceptions will be made for illness, school, and personal reasons, but players are expected to notify the coaching staff as soon as possible prior to the missed event.

## Tournaments

The team will be participating in up to 4 tournaments that are still being finalized. There will be a maximum of two away tournaments, with one expected to kick-off the season early in September after team selection and another to follow in the November/December timeframe.

## Financial Commitment

The team budget is still being finalized. It is estimated that team fees will be in a range of \$1400 - \$1600 which can be paid in installments. The team will be looking for sponsorship and fundraising ideas to assist with offsetting these costs.

If you have any questions, contact the coaching staff directly. Lucas Cochrane ([lucascochrane@gmail.com](mailto:lucascochrane@gmail.com)) or Andy McAfee ([andymcafee@rogers.com](mailto:andymcafee@rogers.com)).

Have a great summer.

Sincerely,

Lucas Cochrane  
Co-Coach  
Kanata Blazers Major Atom A

Andy McAfee  
Co-Coach  
Kanata Blazers Major Atom A