



# Kanata Minor Hockey Association

*Creating a Stronger Community Through Minor Hockey*



Welcome to the 2019-2020 Hockey Season! My name is Paul Barnes and I will be the Head Coach for this year's Kanata Blazers, Minor Atom A Hockey Team. I would like to take this opportunity to provide you with some information about myself, my coaching philosophy, evaluation / tryout process and the season plan.

As a member of KMHA, I have been coaching minor hockey since 2012 at both the house and competitive levels. However, I have been involved in this great game my entire life either as a player, referee or coach. It is an honor to be trusted to build and develop this team and provide your child with a challenging, positive and fun hockey season.

## Coaching Philosophy

I believe that team sports and activities are a vital part of a child's growth, development, personality and character. For me, Hockey is an excellent way to teach many of the critical inter-personal life skills that will help a child excel as they mature, while enjoying Canada's Game.

Teamwork, discipline, respect, friendship, accountability, fitness, work ethic and fair play are all life skills that I've developed from hockey and I am passionate to share these learnings with children through hockey.

## Coaching Principles

There will be three primary rules for this team: 1. Listen and be respectful at all times 2. Always work your hardest 3. Have Fun.

Individually, my goal is to develop each player's skills and tactics through high tempo, high repetition and well-designed practices. Then utilize and apply these skills in all game situations. It is also important to understand that not all players are at the same level and will require individual one on one work to develop further.

As a coach, I am enthusiastic, knowledgeable, consistent, hardworking and organized. I am also very passionate about team and team play! As such, there will be no assignment of Captains, Assistant Captains nor will there be individual recognition based on points.

## Evaluations and Tryouts

Moving from Novice to Atom, league and tournament play become more competitive. "Team First" will be the driving theme for selecting this year's group. In addition to identifying strong skating and skilled players, this year's evaluation panel will be identifying players who are consistently hard working with above average compete levels. Both with the puck and more importantly, without the puck.

This year, more time and diligence will be invested to identify player personality characteristics. Preference will be given to players who are positive, good listeners, follow instruction well and are team players who show good potential and keenness for continued improvement.

Final player selections will draw upon information gathered from on-ice practice sessions, inter-squad / exhibition games, discussions with previous coaches and individual parent / player meetings. The evaluation

panel will be comprised of several Non-Parent independent evaluators to ensure objective measurement of all players.

The dates and times for the tryouts will be posted on the KMHA website <http://kmha.ca/> and I will be contacting registered players to confirm your attendance.

### Season Plan

As with all competitive sports, this team will require a significant time and financial commitment. This year you can expect 4-5 activities per week. Typically, 2 league games and 2-3 practices, dry-land training, team building or video review.

In addition, there will be 5 tournaments

September 20 – 22 – Capital City Goldrush, Ottawa, Ontario

October 24 – 27 – Lake Placid, New York

December 5 – 8 – Silverstick, Sudbury, Ontario.

December 28 – January 1, 2020 – Bell Capital Cup, Ottawa Ontario

January 9 – 12, 2020 – International Silverstick Final, Newmarket, Ontario (if qualified) OR

January 17 – 19, 2020 - Capital Winter Classic, Kanata, Ontario

Financially, families can expect additional (on top of KMHA registration and tryout costs) team fees of approximately \$1350-\$1750 depending on the level of team fundraising or sponsorship that can be secured. Finally, it is expected that each player be outfitted in a KMHA track suit and winter coat at your cost.

The expectation for selected players is that they will attend, to the best of the family's ability, all scheduled team events.

I understand the responsibility that comes with being a minor hockey coach in a competitive organization. To fulfill that responsibility I invest a lot of time and energy into delivering a high quality program for all players and parents. In return, my 'ask' is for 100% player and family buy-in. This year, individual and team successes will not be measured only with wins and losses; rather they will be direct reflection of that team buy-in.

If you have any questions, would like further program / team clarification or would like to provide feedback, you can connect with me directly.

Preferred: text / cell - 613-371-2795. Alternatively: email [paul.barnes@rbc.com](mailto:paul.barnes@rbc.com)

Enjoy your summer and I look forward to seeing you at the rink in August.