

Welcome to the 2016­2017 hockey season. My name is Chris Larocque and I am looking forward to coaching the Minor Peewee B team this upcoming season.

I have been volunteering as a head coach, assistant coach, goalie coach and coach mentor for over 20 years for both competitive and house league hockey teams. In addition to hockey I have also coached lacrosse, baseball and basketball providing insight into new and different techniques that can be used in the hockey environment.

What I believe in:

1) team first mentality
2) play loose, aim for 100% confidence, take chances, be aggressive, make mistakes
3) DISCIPLINE (on and off the ice)
4) create a positive atmosphere, fair play
5) 100% effort at all times (games and practices), have fun, be energized

Early in the season the team will focus on improving their individual technical skills and progress into individual tactics, team tactics and team systems over the course of the year. This will require lots of hard work and new levels of effort which will have the end result of making the game much more fun to play.

I commit to being a positive teacher, mentor and role model for the team so that we can build a confident and creative group of players. This year will be a great experience for the players. Players, parents and team staff are expected to be positive and respectful to each other, competing teams and referees throughout the season. Players will be provided fair ice time during the season, however, ice time may be reduced for those that break team rules or do not adhere to team play.

Please be prepared to commit to 4 sessions per week, being a combination of on-ice practices and games as well as off-ice work. The off­ice sessions will be a mix of physical training (cardio, strength and flexibility), team tactics and video sessions. All team events are mandatory and the players are expected to bring their best effort to every session in order to have high tempo and fun sessions. You really do play like you practice.

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 $1,200 and $1,500. In addition, there will be the costs associated with 3 out of town tournaments that must be considered.

The team will attend 4 tournaments this season. These tournaments are as follow:

● September 30 – October 2, Rochester Fall Classic
● October – TBD
● November 18 - 20, Guelph PowerPlay
● December 28 – 30, Ottawa Bell Capital Cup

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. Independent evaluators will be used in player selection with a clear emphasis on players with a commitment to team play and hard work.

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

I look forward to seeing you all at tryouts and have a great summer!

Chris Larocque

Head Coach Minor Peewee B Kanata Blazers