



Welcome all players trying out for the 2022/2023 Kanata Blazers U16aa team. My name is Mario Martel and I am honoured to be the Head Coach for this upcoming season. I am looking forward to working with the team and making this a positive and successful experience for players as well as 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 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 2021/22 Kanata Blazers U18aa team.

My coaching philosophy is all about "THE PROCESS". Setting goals and working towards them through training and mental preparation. This year I plan to share my enthusiasm for "THE PROCESS" through high paced practices, and off ice training, preparing player's both physically and mentally for the game. My coaching program will focus on work ethic, commitment, team play and individual skill development. To be a member of this 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.

We are planning on participating in 4 tournaments this season, with the first being the Mississauga Early Bird Tournament October 14-16, 2022. More information on the remaining tournaments will be provided throughout the summer. We are also looking at scheduling an early season team building event soon after the team has been formed. More information on this will be provided once the tryout schedule has been released.

The December Christmas break will be blacked-out to allow for time to spend with family and for players and coaches to recharge. Depending on our league schedule, you can anticipate 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 financial). Including games and practices, players can anticipate being on the ice 3-4 times per week. 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, understand the concept of team before individual play, individual skills and tactics and 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 U16aa