



# Kanata Minor Hockey Association

Creating a Stronger Community Through Minor Hockey



Welcome to the 2022-2023 Hockey Season! My name is Paul Barnes and I have been selected as Head Coach for the Kanata Blazers - U13AA Hockey Team. This letter provides 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 more than 10 years 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

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 these critical inter-personal life skills that will help a child excel as they mature, while enjoying Canada's Game.

Teamwork, unselfishness, discipline, respect, friendship, accountability, 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.

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 individual recognition or discussion based on points or Pointstreak.

## Evaluations and Tryouts

***"Team First"*** will be the driving theme for selecting this group. In addition to identifying strong skating and skilled players, the evaluation panel will be asked to identify intelligent, selfless players who are consistently hard working with above average compete levels. Both with the puck and more importantly, without the puck.

Additionally, time and diligence will be invested to identify player personality characteristics. Selection preference will be given to players who are positive, unselfish, good listeners, follow instruction well and are team players who show good potential and keenness for continued development.

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/> .

### 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 other practices, body contact clinics, dry-land training, team building or video review.

There will be 5 tournaments:

September 30 – October 2	Capital City Goldrush	Ottawa, Ontario
November 11 – 13	Kingston Canadians Tournament	Kingston, Ontario
December 9 – 11	Oshawa Hockeyfest	Oshawa, Ontario
December 28 –January 1, 2023	Bell Capital Cup	Ottawa, Ontario
January 20 – 23, 2023	17th Annual Capital Winter Classic	Ottawa, Ontario

Financially, on top of KMHA registration and tryout costs, families can expect team fees of approximately \$1350-\$1750 depending on the level of team fundraising or sponsorship that can be secured.

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 expectation is for 100% player and family buy-in. This year, individual and team successes will not be measured by with wins and losses; rather they will be direct reflection of that team buy-in and development.

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.

Coach Paul