



Welcome players and parents to the 2022/23 hockey season! My name is Jeremy Fitchell and I am happy to be selected as the head coach of the U18 AA team.

I have been involved in hockey as both a player and coach for a number of years, including the Kanata Girls Hockey Association and the Kanata Minor Hockey Association.

My goal is help the players develop the skills required to excel both on and off the ice. I will help the players understand the benefits of being prepared, maintaining focus and developing a strong work ethic. This will be done in a positive atmosphere where players will be encouraged and motivated to achieve their potential.

At the U18 AA level, players will continue to refine the technical skills of the game while increasing their understanding of positional play and team strategies. At this level, there will be a regular use of specialised plays (e.g. power plays). Players will be held accountability for their effort in games and practices. To have a successful season, all players must buy-in and be good teammates.

The team will participate in 4 tournaments:

- Mississauga: Early Bird – Oct 14-16 or Peterborough – Oct 21-23
- Ottawa: Fall Classic – Nov 4-6
- Halton Hills: Best of the Best – Dec 2-5
- Ottawa: Capital Winter Classic – Jan 6-8

Players will be on the ice 3-5 times a week, including games and practices. Families can expect a team fee of between \$2,000 and \$2,200 per player.

This year's tryout schedule has not yet been set. You should expect the dates to be posted at www.kmha.ca in early August. I will be looking to for players with well developed technical skills, particularly skating and puck control, a high compete level and a willingness to engage physically. Independent evaluators with hockey backgrounds will support the process.

I am committed to delivering a high performance program and look forward to seeing you at the rink. If you have questions, please do not hesitate to contact me at jfitchell@hotmail.com.

Jeremy Fitchell
Head Coach – Kanata Blazers, U18 AA