



Welcome to the 2022/2023 hockey season!

My name is Peter Bangs and I am very excited to be coaching this year's U15AA team.

I have been coaching in both the KMHA and KGHA for the past 10 years. I hope to bring this experience as well as my passion for this great game to the rink on every occasion.

Coaching Philosophy

My coaching philosophy is simple: it is to provide a safe, fun, competitive environment that will help develop each player's skills and love for the game.

Practices will be up tempo as we continue to stress skill development with this group. And while skill development is the priority, we will also spend time on individual and team tactics and help the players gain a deeper understanding of the game. This will include focusing on the "little things" that make a great player and a great team.

Tournaments

Currently we have 4 tournaments booked for the season, with the possibility of one more:

- Capital Gold Rush – September 23 - 25
- Mississauga Early Bird - October 14-16
- Kingston Canadians – December 2 -4
- Capital Winter Classic – January 6-8

Commitment

As with all competitive sports, playing competitive hockey is a serious time and financial commitment for players and their families. The current plan is to be out 4 or 5 times per week which will include practices and games as well as additional skill sessions, video sessions or other off-ice training.

Team fees will be approximately \$1,800 to \$2,000 for the season and will be divided up into 3 equal payments.

Try-outs

Tryouts will consist of a combination of intersquad and exhibition games to assist me in choosing the 17 players who will be a part of this year's team. I will have independent player and goaltender evaluators to assist me in the selection process.

While skill is always at the forefront of a selection process, I will also put a strong emphasis on players who are hard-working, willing to battle and who are eager to learn and develop.

Have a great summer and I look forward to seeing everyone on the ice at tryouts!

Peter Bangs
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