



It is my pleasure to welcome you to the Kanata Blazers U10A 2022/23 season. My name is John Ostapyk and I am excited to be coaching the team this year. I want to take this opportunity to introduce you to myself, my philosophy, and my plan for the upcoming season.

I grew up playing in the KMHA system and this will be my 5th consecutive year as a head coach within KMHA. Previously and over the years I have coached a number of teams. I've taught shooting and power skating programs, worked numerous hockey camps, and in the past I was in charge of all on ice youth development programming for the Ottawa Sens. I feel I have a good understanding of hockey skill development and more importantly I believe I understand how to teach kids hockey. Hockey has been a big part of my life and identity. I truly enjoy being part of the hockey community and want to share my knowledge and passion for the game.

We will be following the Hockey Canada U10 Pathway program. Our practices will be fun, challenging, well organized and efficiently run. Practices will have a large focus on skating development, refining fundamental individual skills, compete skills and safety, and begin to introduce age appropriate game concepts. I expect the team to demonstrate good work ethic and show respect for teammates, opponents, coaches and referees each time they are around the rink.

I am looking for skilled hockey players that are willing to work hard, be respectful, be committed, be a great teammate, and have fun!

As with all competitive sports there is a commitment both financially and time that is expected. This year you can expect on average 4.5-5 ice times per week, 2 local & 2 away tournaments. Families can expect team fees of approximately 1400-1650. Team fees are in addition to KMHA registration fees and a detailed budget will be reviewed with parents at the start of the season.

Enjoy your summer and I look forward to seeing everyone back at the rinks!

John Ostapyk
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Kanata Blazers
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