My name is Roman Srutek and I’m thrilled to be selected as the Head Coach of the Kanata Blazers -U13AA team. I want to take this opportunity to introduce myself, my philosophy and my plan for the upcoming season.

I grew up playing in the KMHA system and have had the opportunity to coach my children during their early hockey experiences, both in KMHA and KGHA. I have also taught in many shooting and power skating programs throughout Ottawa and have worked with kids in various sports. Although this will be my first year as a Head Coach, I firmly believe that my experience working with children in multiple sports, combined with my high-level playing background in hockey, soccer, and tennis, equips me with the qualities and tools necessary to develop these young athletes into better players, well-rounded individuals, and exceptional team members.

I consider myself fortunate to have played hockey for over 20 years, progressing from minor hockey all the way up to the university level. Now, I am eager to give back the joy and personal growth that I experienced during my own hockey journey to these young players.

Coaching Philosophy

At the core of my philosophy is the creation of a safe, fun and healthy competitive environment where every team member feels important and contributes to the overall success of the team. It is my objective to ensure that no player feels more significant than the collective team.

During practices, we will maintain a high tempo, emphasizing repetition to foster skill and tactical development for each player. While individual skills and tactics will receive considerable attention, we will also prioritize team tactics and strategies to enhance players’ understanding of the game as a whole and promote effective teamwork.

Evaluations and Tryouts

The primary focus in selecting this group will be centered around the ‘Team First’ concept. In addition to assessing strong skating and skilled players, the evaluations will look to identify players who display intelligence, selflessness, consistent hard work, and above-average levels of competitiveness both with and without the puck.

Additionally, evaluations will also consider positive attitudes, active listening skills, ability to follow instructions, and strong inclination towards teamwork. The final selection of players will be based on a comprehensive assessment, drawing upon information gathered from inter-squad and exhibition games and discussions with previous coaches. To ensure an objective evaluation of all players, the evaluation panel will consist of several independent evaluators who are not parents of any of the players.

Commitment/Season Plan

As with all competitive sports, playing competitive hockey is a serious time 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/body contact clinics, chalk-talk and/or off-ice training.

Financially, on top of KMHA registration and tryout costs, families can expect team fees of approximately $1,900 to $2,100 for the season. A detailed budget will be reviewed with parents at the start of the season.

There will be 5 tournaments booked for the season:

a. Belleville Pre-Season Tilt September 29 – October 1

b. Pembroke Silver Stick Regionals November 17-19

c. Oshawa Hockeyfest Dec 8 – 10

d. Bell Capital Cup December 27 – January 1

e. Capital Winter Classic January 19 – 21

f. Port Huron Silver Stick Finals January 25 – 28\*

\*Our team would need to win the Pembroke Regionals in order to qualify for Port Huron Silver Stick Finals in January. If we qualify we will reassess our January tournaments. There will be no more than 5 tournaments for the year.

I hope you all have a wonderful summer and I look forward to seeing everyone at tryouts!

Coach Roman

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