

Welcome to the 2023-2024 season of the Kanata Blazers U10A team.

I would like to start off this letter by introducing myself and explaining my hockey path that has led me here. My name is Darren Trenholm and I grew up playing hockey in the Ottawa area finishing my playing career at the Junior A level. I began my coaching experience with the Ottawa Valley Titans program where I coached for 3 seasons before moving on the Ottawa Jr. Sens program. I have also spent 3 seasons in the Nepean Minor hockey Association. This will be my 3rd season with KMHA. I also spent 6 years as a skating instructor with the Canadian Hockey Academy/Can-Power program.

My philosophy in coaching is to help improve each player both on and off the ice and to foster a love for the game. I believe good character people make up the best working/teaching environment which only helps the development of individuals.

The focus of this year will be fundamental skill development such as skating, passing and puck control. Our practices will be engaging, fun and challenging from start to finish. Our practices will all have a central focus or theme based on team needs. Players will be taught team tactics and strategy throughout the year. I expect this team to show great work ethic, respect for teammates, opponents, coaches, referees and parents both on and off the ice.

At the competitive level there is a higher expectation of commitment both financially and time-wise. This year you can expect 4-5 team sessions a week including off-ice. There will be 2 local tournaments and 2 away tournaments with the possibility of a 3rd travel tournament. Families can expect team fees of approximately \$1600-\$2000. These team fees are in addition to KMHA registration fees and will be discussed and reviewed with parents before the start of the season.

I am looking forward to a hard working, fun and exciting season as we begin the 5vs5 journey. Please have a safe and fun summer, if you have any further questions regarding the upcoming season please feel free to contact me at anytime.

Darren Trenholm  
Head Coach U10A  
Kanata Blazers  
[Darrentrenholm10@gmail.com](mailto:Darrentrenholm10@gmail.com)  
(613) 875-7864