

**Welcome to the 2023-2024 Hockey Season! My name is Jared Mullin and I have been selected as Head Coach for the Kanata Blazers - U14B Team. This letter provides some information about myself, my coaching philosophy, evaluation / tryout process and the season plan.**

**I have been involved with KMHA since 2004 when** **I started playing in the Initiation Program and have been involved every year since, in one manner or another. I played as high as the “AA” level as a goaltender and as high as “B” level as a skater. Throughout the last 8 years I increased my involvement in KMHA and HEO as an official, officiating over 1000 games at every level of minor hockey from U9 House League up to and including U18 AAA. I am very excited to be stepping behind the bench this season to further my involvement in hockey and passing my love for the game to the next generation.**

**Additionally, as an athlete, I have the experience to know what it takes to achieve success at the highest levels, both from an individual and team perspective. I most recently was a collegiate level athlete with the University of Ottawa Men’s Baseball Team where I was awarded “Rookie of the Year” honours in my first season.**

**Coaching Philosophy**

**My philosophy behind coaching is that each member of the team, both players and coaches, should strive to better themselves each day. That includes on the ice, during dryland, in the classroom, at a coaching clinic, at home, etc. Even with the smallest improvement, finishing the day with any sort of progress should be considered successful. When each team member has a desire to make themselves the best athlete / coach / person they can be, it will allow the team to be successful as a group. My role in this process, as a coach, is not only to help the team develop as hockey players, but as overall athletes and good citizens.**

**Teamwork, unselfishness, discipline, respect, accountability, and strong work ethic are all life skills that I’ve developed from hockey and sports in general and are values I will implement into the upcoming hockey season.**

**Coaching Principles**

**There will be strong emphasis on discipline, hard work, and respect for all other players, opponents, coaches, officials, and spectators.**

**My goal for the season is for each player to feel a sense of accomplishment and improvement as the season progresses. This will be achieved through fast paced practices with emphasis on repetition, to develop skills that will later translate into game play.**

**As a coach I am positive, high tempo and up-beat. I strive to make a personal connection with every member of the team to not only help the player enjoy coming to hockey, but also be willing to give their absolute best whenever they are at the rink.**

**Evaluations and Tryouts**

**Playing at a high tempo will be the focus for selecting this group. A good player can complete passes, shoot hard/accurate, etc, but a great player can do all of it at high speed. I will be looking for players who have not only have strong puck skills, offensive/defensive awareness, and an overall strong feel for the game, but those who can do all this at top speed. In addition to identifying strong skating and skilled players, the evaluation panel will be asked to identify intelligent, selfless players who are consistently hard working with above average compete levels. Both with the puck and more importantly, without the puck.**

**Goaltenders will be selected based on strong fundamental skating/positioning, awareness, compete level, and tenacity to never give up on a play.**

**Additionally, time and diligence will be invested to identify player personality characteristics. Selection preference will be given to players who show a willingness to get better every time they are on the ice, as well as players who show a willing to listen/learn to get better.**

**Final player selections will draw upon information gathered from all on-ice session, pre-game intrasquad/exhibition dryland warmup, and individual parent / player meetings. The evaluation panel will be comprised entirely of Non-Parent independent evaluators to ensure objective measurement of all players.**

**The dates and times for the tryouts will be posted on the KMHA website http://kmha.ca/ .**

**Season Plan**

**As with all competitive sports, this team will require a significant time and financial commitment. This year you can expect 4-5 activities per week. Typically, 2 league games and 2-3 other practices, dry-land training, team building or video review.**

**The team is registered for 4 tournaments:**

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| **October 27 – 29** | **Capital Volunteer Cup** | **Ottawa, Ontario** |
| **November 24 – 26** | **Barrie Minor Hockey Tournament** | **Barrie, Ontario** |
| **January 5 – 7** | **18th Annual Capital Winter Classic** | **Kanata, Ontario** |
| **January 11 – 14** | **Oshawa Cup** | **Oshawa, Ontario** |

**Financially, on top of KMHA registration and tryout costs, families can expect team fees of approximately $1500-$1800 depending on the level of team fundraising or sponsorship that can be secured.**

**If you have any questions, would like further program / team clarification, or would like to provide feedback, you can connect with me directly.**

**Preferred: Email – mullin4847@gmail.com .**

**Alternatively: Text/Call 613-796-6689**

**I hope you have a safe and relaxing summer and I look forward to seeing you at the rink.**

**Sincerely,**

**Jared Mullin**

**Head Coach**

**Kanata Blazers U14 B 2023/24**