Welcome to the 2023/24 Hockey Season!

My name is Scott Goodfellow, and I am thrilled to welcome you all to the 2023/24 hockey season. With over a decade of coaching experience with the KMHA, I'm excited to be coaching the U18AA team this year. We are gearing up for an unforgettable season – a year full of fun, learning, and competitive play that will remain memorable for our players as many of the players cap off their minor hockey career.

Here are a list of points to help understand what to expect:

**Practices**

Each practice is designed with precision and purpose. Sessions will be conducted either at an intense 80-100% effort or a relaxed 50% and below, based on the need of the day. While high-effort sessions will focus on high-paced skills and drills that simulate game conditions, low-intensity sessions will help players grasp new techniques and systems better. We understand the importance of variable intensity training and will make the most out of each practice.

**Skills Training & Goalie Sessions**

This season, we will invite specialized coaches to train our players in their respective positions. We also have a dedicated goalie coach on board who will be on the ice for at least ten practices this season. These sessions will provide invaluable insight and customized training to each player.

**Strength Training and Nutrition**

Understanding the importance of physical strength and good nutrition during a competitive hockey season, we will arrange sessions with a strength and nutrition coach. This professional guidance will help players better prepare for games and practices, maintain their stamina and fuel their bodies optimally.

**Sports Psychology**

Sports is as much a mental game as it is a physical one. We will be inviting a sports psychologist to help players set achievable goals, develop a winning mindset, and create a strong team spirit. Periodic check-ins will ensure that the team is constantly moving forward in the right direction.

**Understanding the Game**

The upcoming season will also focus on helping the players gain a deeper understanding of the game. We will dive into various concepts and systems like power play, penalty kill, offensive zone attack, d-zone coverage, and face-off strategies. This will not only teach them how to execute these in game situations but also help them understand why these concepts are crucial and the positive outcomes of executing them correctly.

**Video Sessions**

Most games will be recorded, and these videos, along with clips from NHL games, will be used to illustrate concepts and make necessary corrections. Video-based learning provides players with the chance to understand game dynamics from a different perspective.

**Fair Ice**

The allocation of ice time has evolved over my coaching years. As players are maturing, they should be able to understand that ice time will be earned based on work ethic, discipline, team attendance and game specific scenarios. However, rest assured, every player will get a fair share of ice time, ensuring a balanced and competitive team experience.

**Tournaments**

We have an exciting lineup of local and away tournaments. Locally, we have the Capital Fall Classic (Nov. 3-5) and the Capital Winter Classic (Jan. 5-7). The away tournaments include Halton Hills Best of the Best (Oct. 6-8) and Boston (Nov. 22-26). \*Note: We will be taking a team bus to the Boston tournament.

**Time and Money**

Families can expect 4-5 ice times per week, which may include additional skill or video sessions. The approximate team fees for the season will be around $2500-$3000, divided into three payments. Some fundraising efforts may be required.

**Time management**

In preparing our training schedule, we are mindful of the players' academic and work commitments. We will aim to streamline team activities and make the best use of our time together.

**Try-outs**

The selection process for the U18AA team will consist of in-game skill evaluations, competitions, and scrimmages. Independent third-party evaluators will assist in the selection process. We are looking for skilled, hardworking, and eager players with a great attitude.

**Summer training**

I encourage everyone to start training over the summer. Arriving at tryouts in AA condition signals your readiness for the competitive season ahead. Your summer preparation will be factored into the selection process.

This season promises to be exciting, competitive, and filled with growth opportunities. I look forward to embarking on this journey together. Have a great summer, and see you on the ice in September!

Scott Goodfellow

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