



Kanata Minor Hockey Association

Creating a Stronger Community Through Minor Hockey



Welcome to the 2024-25 Hockey Season! My name is Paul Barnes and I have been selected as Head Coach for the Kanata Blazers - U18AA Hockey Team. This letter provides some information about myself, my coaching philosophy, evaluation / tryout process and the season plan.

As a member of KMHA, I have been coaching minor hockey nearly 13 years at both the house and competitive levels. However, I have been involved in this great game my entire life either as a player, referee or coach. It is an honor to be trusted to build and develop this team and provide a challenging, positive and fun hockey season.

Coaching Philosophy

Team sports and activities are a vital part of an individual's growth, development, personality and character. For me, Hockey is an excellent way to teach many of these critical inter-personal life skills that will help a young adult excel as they mature, while enjoying Canada's Game.

Teamwork, unselfishness, discipline, respect, friendship, accountability, work ethic and fair play are all life skills that I've developed from hockey and I am passionate to share these learnings with children through hockey.

Coaching Principles

There will be three primary rules for this team: 1. Listen and be respectful at all times 2. Always work your hardest and compete 3. Maintain a positive growth mindset 4. Have Fun.

Individually, my goal is to develop each player's skills and tactics through high tempo, high repetition and well-designed practices. Then utilize and apply these skills in all game situations.

As a coach, I am enthusiastic, knowledgeable, consistent, hardworking and organized. I am also very passionate about team and team play! As such, there will be no individual recognition or discussion based on points or Pointstreak.

Evaluations and Tryouts

"Team First" will be the driving theme for selecting this group. In addition to identifying strong skating, physical 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.

Additionally, time and diligence will be invested to identify player personality characteristics. Selection preference will be given to players who are positive, disciplined, unselfish, good listeners, follow instruction well and are team players who show good potential and keenness for continued development.

Final player selections will draw upon information gathered from a combination of on-ice practice sessions, inter-squad / exhibition games, discussions with previous coaches and individual player meetings. The

evaluation panel will be comprised of several 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, which will include:

- 2 – 3 League Games
- Video Review
- Team Practice (typically 1 or 2, 2 hour sessions)
- Professional Skills Sessions / Goalie Sessions
- Sports Psychology & Goal Setting Training

At the U18AA level, it's very important to recognize the players Academic and work commitments when designing a Season Plan and training schedule. It will be very important for the players to exercise good time management skills and clearly communicate previous commitments as early as possible. For the Coaching Staff, we'll streamline each of the training components to minimize the number of weekly trips to a rink.

There will be 4 tournaments - 2 local and two Out of Town. The exact dates and times are still being finalized and will update this letter in due course. Team Travel for one of the away tournaments will be via Coach Bus.

Financially, on top of KMHA registration and tryout costs, families can expect team fees of approximately \$2500 - \$3000 depending on the level of team fundraising or sponsorship that can be secured.

I understand the responsibility that comes with being a minor hockey coach in a competitive organization. To fulfill that responsibility I invest a lot of time and energy into delivering a high quality program for all players and parents. In return, my expectation is for 100% player and family buy-in. This year, individual and team successes will not only be measured by wins and losses; but also, will reflect directly on that team buy-in and development.

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

Email paul.cf.barnes@gmail.com

Enjoy your summer and I look forward to seeing you at the rink.

Coach Paul