



My name is Roman Srutek and I'm excited to be back as a third year Head Coach of the Kanata Blazers - U15AA team. I'm looking at selecting 17 competitive players who want to become exceptional team players, grow as leaders in hockey and society in general, continue to develop their hockey skills, and support those players who want to push themselves to higher levels of hockey. I am proud to have had 12 players push for AAA spots this past spring with two graduating from our team last year and have made the move to the AAA level. Hoping for more this year again.

I consider myself fortunate to have played hockey for over 20 years, progressing from minor hockey all the way up to the university level. I continue to want to give back to players that want to develop hockey skills and the values taught from a competitive hockey experience.

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 and building a strong culture of willingness to learn. In addition to assessing hockey specific skills, the evaluations will look to identify players who display hockey intelligence, selflessness, consistent hard work, accountability 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, discussions and assessments from previous coaches and other sources of gathered information. To ensure an objective evaluation of all players, the evaluation panel will consist of several independent evaluators.

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 and off-ice training.

Financially, on top of KMHA registration and tryout costs, families can expect team fees of approximately \$2,000 to \$2,200 for the season. A detailed budget will be reviewed with parents at the start of the season.

There will be 4 tournaments to be booked for the season:



- a. TBD
- b. Pembroke Silver Stick – Nov 20-22, 2025
- c. TBD
- d. Capital Winter Classic - January 3-5, 2025

We will not be booking any tournaments or mandatory ice times over the Christmas break, other than the Capital Winter Classic as noted above.

Final Note:

Success does not mean “winning” all the time, we recognize that Kanata Blazers Hockey can feel reminiscent of David against Goliath. This year will be no different. We understand the challenge ahead of us, but we believe we can be a good competitive hockey team with the meticulous selection of players willing to learn and make sacrifices, and where parents are supportive and willing to let us coach their children in a positive, competitive environment.

Yours in competitive hockey,

Coach Roman
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