

Welcome to all 2002 aged players registered to try-out for KMHA's Major Atom 'AA' Hockey Team. My name is Mike Eastwood and I am looking forward to being the head coach for this up coming 2012-13 season.

Background: I have been involved in organized hockey for the past 40 years at most levels. I grew up in the south end of Ottawa playing competitive hockey from Minor Atom through to Major Midget. I then went on to play Tier II, NCAA, A.H.L. and N.H.L. I have been involved within KMHA for the past 5 years as an on ice helper, assistant coach and for the previous 2 seasons as a head coach.

Philosophy: My philosophy is pretty simple; have fun, teach the fundamentals, increase self-confidence, provide leadership and direction for the group. Areas to be emphasized this season; skating, individual skills/tactics, team play/tactics, passing, play with and without the puck, focus, work ethic, discipline, respect, team commitment and conditioning all within a team first approach.

Commitment: Player and family commitment is very important to the success of this program. Depending on the schedule, expect to be at the rink between 3-6 times per week. Obviously family and school are everyone's top priorities but it is expected that this team's hockey commitments take priority over all other sports and activities throughout the season. The financial commitment from each family will require 3 checks of \$500 - \$600 staggered throughout the year. Parents will be asked to spearhead fundraising projects and find sponsorship money to help balance the team budget.

Tournaments:

1. 10th Annual Ottawa Senators September AAA Shoot-out (Sept 7-9th)
2. Pat Larock Memorial AAA, Peterborough (Sept 14-16th)
3. Oktoberfest AAA Kitchener/Waterloo (Oct 19-21)
4. Shanahan AAA International, Mississauga (Nov. 9-11th)
5. Bell Capital Cup, (Dec. 27-Jan 1st)
6. Kingston AAA Limestone Cup (Jan. 11-13th)

Tryouts: We are scheduled to start on Friday August 17th. Once I receive the official tryout list and ice schedule from KMHA, you can expect to receive an email from me with further information. Players will be evaluated both on and off the ice throughout the tryout process. Some of the more important things I (and a group of independent evaluators) will be watching for:

Skating

Hockey sense

Focus

Compete level/ work ethic

Determination/Effort

Team play

Individual skills

Passing

Discipline/Attitude

Potential

On ice hockey habits

Prior to try-outs, I will be asking each family which position their child wishes to try out at. I will do my best to accommodate every player's request during tryouts. In order to avoid surprises to your child, it is important for parents and players to understand the following: a player's position may change at my discretion at any time during the tryouts. Also, please note it will be a coach's decision which positions players start the season at once I have selected the team.

Enjoy your summer and see you in August.

Mike Eastwood

Coach, KMHA Major Atom AA