

My name is Jason Ralph and I am excited and honoured to be coaching Silver Seven U9 for the 2023-24 season.

I am very passionate about the game of hockey and coaching allows me to give back to the sport that gave me so much. Team sports helps to develop important life skills such as teamwork, goal setting, communication and leadership. My goal is to help develop not only good hockey players but good people.

Over the course of the season we will focus on the fundamentals...hockey has changed so much over the years with an emphasis on speed and agility. Puck handling and shooting will be done at high tempo to increase hockey IQ and decision making. I believe in creating a fun and exciting atmosphere through hard work and positive reinforcement.

Playing hockey at a high level takes effort and commitment from everyone involved. Players and parents will be expected to show up on time and be physically and mentally present. I look forward to seeing everyone at tryouts and look forward to an amazing season.