

My name is Tj Carlson, and I am thrilled to be head coach of the Ottawa Valley Silver Seven U13 AA team this coming year. I will be joined by at least one non-parent assistant coach; details will be provided on the website once they are available.

On behalf of the Silver Seven Association, I would like to welcome all families who have a player trying out for this team. Please read all the way through this letter to better understand my coaching philosophy as well as high level expectations for the season. Once the team is formed there will be more detailed communications provided to each family.

I am extremely passionate about coaching and have many years of experience coaching competitively both on the ice and on various fields. I take great responsibility in understanding that when you are trusted to coach minor sports you are providing lessons, attitudes, and skills young athletes can take with them throughout life.

Over the course of the season, we will focus heavily on developing technical skills that are applied within a strong team concept. Everything we do will be based on team and effort. Practices will be high tempo and will mix individual skill, tactics and of course fun. When the players come off the ice, we want them to be sweating and smiling! The team will be held to a very high standard when it comes to work ethic, sportsmanship, and teamwork both on and off the ice. I strive to create an environment players want to be a part of and one in which they will also thrive.

As with any high level sports team, commitment and communication are imperative. As a coaching staff we will endeavor to make sure that everyone is on the same page: players, coaches and parents. I believe that setting expectations early and clearly is critical in having a successful season. Communicating quickly and succinctly when expectations are not met will also occur so that course correction can be positively addressed and executed.

As a competitive team, all team events, whether they be games, practices, off-ice training or team building, are considered mandatory. You can expect 4-5 team events per week on average. In addition to on-ice activities we will have video sessions, dryland training and team building events. We will be joined at various times throughout the year with guest coaches, skills instructors and other experts in various areas of elite athletics. You can expect time off at Christmas. Players will be working extremely hard and having time off will be important to get ready for a strong push in the second half of the season.

There will be 5 tournaments this year with at least three being out of town but most likely four. We will be looking for the best competition possible so it may mean traveling a little further. You will be expected to travel the day before a game when we are out of town.

I want to wish all players the best of luck during the tryouts where we will be looking for individuals who best exemplify the core values of this team: skill, effort and teamwork. I look forward to seeing everyone at the rink. If you have any questions, please contact me at tj@silversevenhockey.com.

Thank you,

Tj Carlson