

My name is Rob Mitchell, it is my privilege to have the opportunity as Head Coach at the U10 A level with Ottawa Valley Silver Seven for the upcoming 2023-24 season.

On behalf of the Silver Seven association, I would like to welcome all 2014 birth year players trying out for these two teams and wish you all the best of luck in the tryout process. Updated and Detailed information related to try-outs will be posted through the summer.

My passion for coaching and giving back to the game while guiding the development of today's youth on and off the ice is what drives me as a coach. As a big believer in player development especially at the younger ages and having the privilege of coaching for many years I look forward to using that experience to elevate and improve these players.

Intentions for the upcoming season are to create a program in a highly competitive fun and challenging environment built around player development. We will focus on individual skill and repetition while getting players as many touches as possible also teaching the key aspects of game play.

Practices are fast paced, structured with lots of skating, multiple stations and skills being taught leveraging other coaching staff to ensure we break down and teach the skills correctly.

I believe in creating an organized, high energy and hardworking competitive atmosphere that brings the best out in our players and coaches all season long. Players will be taught and expected to act with respect and class on and off the ice and given the teaching and tools to succeed.

We will create a culture of hard work, that promotes a fun, safe and inclusive environment where players can come to the rink and enjoy their time while building friendships that will last a lifetime. We will be involved in our communities giving back via player participation and community programs that allow for team building and acknowledgement of the communities we represent.

Players & Parents can expect hockey related activities (practices, games, team training sessions community events etc.) to be 4-5 times per week, and as this is a competitive team, we ask that parents prioritize our team events over other activities. Attendance at all team events is mandatory.

We anticipate entering 5 tournaments this season, with 3 of them being out of town. Expectation is that you travel the day before Game 1 start.

I want to wish all players the best of luck during the tryouts, enjoy your summer and I look forward to seeing everyone at the rink.

If you have any questions, please contact me at: rmitchell@silversevenhockey.com.

Thanks

Rob Mitchell, Head Coach U10A OVSS