

INTRODUCTION

Hello, everyone, I'm Joe Rathwell who is greatly privileged to be selected as the head coach of this very important age group of U-15. Once you have been selected on this team, I will devote my time and energy to make sure players achieve what each of you have committed too. My commitment regarding practice time, which is a strong belief of mine, that it's a coach's time to teach, to guide and to encourage each player to be pushed beyond their own capabilities but enjoying and performing each task at hand. My passion as a coach is encouraged by viewing the games to see and review how each player is being developed from the high paced, but fun practices and also from their own creativity.

U-15 is a very important age group where many of the players begin to determine their own level of seriousness for the game of hockey. As such, given the age group and the level of this year's competition, we will primarily be focusing on developing each player's skills, individual tactical skills and team tactical both on and off the ice.

Special attention and commitment will be made to refine the four key fundamental skills of hockey: skating, puck-handling, passing and shooting. A significant portion of each practice will be dedicated to continuing developing and further refining all players' skill levels in these fundamental areas.

What's more, given the current skill level, age, and maturity of these players we will continue to bundle skills together to further improve each player's individual tactics. We will also increase the knowledge of team tactics and will spend a portion of practice time focusing on power play, penalty killing, defensive and offensive zone coverage, fore checking and back checking both on and off the ice.

I will be a very demanding and fair coach. As mentioned my main dedication for you is practice time. We will be scheduled for 2 to 3 practices per week and I will not accept anything under a 100% of your commitment and your effort to achieve our common goal. Each of you must maintain your 100% commitment and effort towards team mates and achieving a team unity. As mentioned including 2 to 3 practices a week we will also have 1 or 2 games per week as an average as a commitment from each individual.

Here are the dates that are currently booked for tournaments for the upcoming season:

- 1) The Pre-Season Exhibition Series -Mississauga (September 9th to the 11th)
- 2) Silver Seven Tournament - Bell Sensplex (November 4th to th 6th)
- 3) Silver Seven Day November 19
- 4) Pembroke Silver Stick - Pembroke (November 25th to the 27th)
- 5) Oakville Rangers – Oakville (January 19th to the 22nd)

As the tryouts are quickly approaching, I hope each of you will have a very enjoyable and safe summer.

If you have any questions, please feel free to send them to coachrathwell@gmail.com.

Regards,
Coach Joe Rathwell