



LEASIDE WILDCATS ATOM B - 2008-2009

My name is Butch Langlois and I will be the head coach of the Leaside Wildcats Atom "B" team this year. This will be my third year coaching Leaside girl's hockey having just finished a successful season coaching the Novice "Teddy Bear" team. I have a long background in hockey having played Triple A hockey through my younger years right up to the Junior "A" level. I've seen the good, the bad and the ugly of competitive hockey and try to focus this program around all the positive aspects and memories from my career. Those memories generally relate to the camaraderie of my teammates, the tournaments and trips I shared with them and their families, and the satisfaction from improving my skills as a player. I think we've built a strong foundation for the future in the Novice program this year and are looking to build upon this in Atom with the intent for the core of this team to represent Leaside in Atom A or AA in 2009/10.

I consider a commitment to a program like this to be a serious one. It requires commitment from the coaches who volunteer their time and in turn from the players and their parents who are participating. Attending practices every week, missing the occasional weekend birthday party, sacrificing weekend ski trips and the like are not always easy or fun choices for the girls to make at this age but are required commitments when signing up for a program like this. Understanding that in advance ensures the players who are looking for this type of experience are the ones chosen for the program. From that commitment come great teams, players and individuals and a greater shared experience overall

The focus of the program will be to teach the girls the individual skills they need to be successful and to improve but equally important the individual tactics and team play required at the Atom level to support each other on the ice. These skills contribute most to the girls embracing the game and maintaining their enthusiasm for the game moving forward.

The camaraderie built amongst the coaches, the girls and their families are the key elements to a successful season. A win-loss record is not indicative of the girl's enthusiasm or fun level in the season. In fact if the team is being too successful from a win-loss aspect it indicates the need to raise the level of competition to a level where the girls are more challenged and so on until they reach the top level in their age category.

The rewards from a great team season can be incredible. An environment where the girls feel secure and develop strong relationships will contribute dividends to their whole life experience.

The training program is patterned after other successful Leaside teams. It will include 2 practices each week. One practice is focused on individual skill development and instruction and will be run by an outside instructor (most likely Annie Fahlenbock of Fierce Hockey). The second practice will focus on systems and philosophies of team play.

We will play some pre-season and selected other exhibition games and a 20-24 game schedule in the Lower Lakes Female Hockey League from mid-October to mid-February followed by league playoffs. We will also enter 3-4 tournaments; one or possibly two of these tournaments will

require overnight stays. These overnight stays are key to team building and always turn out to be one of the highlights of the girl's season. Finally, the team will compete in the Toronto Region playdowns for the right to represent Toronto in the Provincial Championships in April, 2009.

Attendance for practices, games and tournaments are mandatory. School is always your child's first priority and will always trump hockey but participation in a program like this requires that hockey be the #1 extra-curricular activity for your daughter.

As a coach all I ask of my players is that they work their hardest at practice and games and that they treat each other, their coaches, their opponents, and referees with the greatest respect possible.

I see the coaches role as one to provide the environment for athletes to have fun, to develop their skills, and to grow as players and individuals. I will also be certified at the NCCP *Development 1* level for the start of next season.

If you are interested in your daughter participating in this program I look forward to seeing you at tryouts. If you have any questions about the program I can be reached at 416.694.9784 or at arianed@rogers.com

Go Wildcats!

Butch Langlois
Head Coach
2008/09 Leaside Wildcats Atom 'B'