

Leaside Girls Hockey – Midget “B” Coaches Statement 2012-2013 Season

Coach

My name is Tom Stevens and I will be the head coach of the Toronto Leaside Girls Midget B team for the 2012-2013 season. This is my 12th season at Toronto Leaside and in that time I have been a parent, a trainer, a convenor, an assistant coach, a head coach and a member of the board. I am also an NCCP certified coach. I will choose assistant coaches, a manager and a trainer once the team is set.

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Overall Philosophy

We will continue to build from a strong core of returning players. We will teach the athletes to compete through goal setting, hard work, and individual and team effort. Win or lose, our objective will be to provide the athletes with skills that are important in sport and in life. We will do this in a safe and fun environment which encourages the girls to try new things, to push themselves and their team mates and above all else, have FUN in the process.

Goals

Our goals for this year’s Midget “B” team will be:

- To reinforce the fundamental skills of hockey allowing each athlete to develop to the best of her abilities;
- To train together and develop as a TEAM in creating a positive and winning spirit;
- To instill a love of the game and have fun;
- To compete to our maximum potential in the process.

This will be accomplished through the combination of a focus on fundamental skills including power skating, puck control, shooting and positional play, as well as providing an environment in which the athletes are encouraged to test their skills and to accept their mistakes and those of their teammates, always emphasizing hard work and desire to improve.

Our team expectation is to:

- 1) Be very competitive in our division of the LLFHL.
- 2) Be the hardest working team in our division.
- 3) To be the smartest team from a hockey perspective in our division.
- 4) To be the most improved team by April of 2013.

These are the very same goals we established for our team this last year.

The goal of each girl should be to reach their own individual potential.

On-Ice Program

Early season (end of August) training camp.

Participate in the Lower Lakes Female Hockey League, in the Midget B division. If the same as the last number of years, this will entail 22 regular season games to the end of January, playoffs and playdowns

1-2 practices per week including power skating and fundamental skills for which we will enlist the assistance outside professional coaches.

4-5 tournaments over the course of the season, up to 2 of which will be out of town.

Use of professional instructors to develop individual skills.

Off –Ice program

The off-ice program will consist of 2 main components:

- 1) We will target a fall 5k run (Run for The Cure). This is a wonderful tie-in to a girls hockey team and will provide the base level of conditioning for the girls.
- 2) Dryland training/chalktalk. Each time we go to the rink, we will tie in a component of dryland training or a chalktalk. This will allow our time on the ice to be utilized for skills development.

Athlete targets

Our expectation is that the core of the team will be made up of 7 players on my existing Bantam B team. I am looking to add quality players at any age of midget:
I am looking for 1996 and 1997 athletes looking to develop and grow with a program.
I am also actively looking for 1995 athletes who would relish the role as mentor and who may be looking to still play competitive hockey while concentrating on grade 12.

Family Expectations

School will always be #1, However it is our expectation that this team will be the #1 extracurricular activity for your daughter. To be successful, it will require all girls to be attending, learning and advancing at the same time.

The expectation is to arrive at practice, on time and prepared to work.

The expectation is to be ready 45 minutes before a game, ready to do a proper warmup, get ready and have a brief discussion with the coaches.

As always if you have any questions or concerns, please do not hesitate to call me.