

Hello U11 Families,

My name is Noah Arshinoff and I am thrilled to introduce myself as the Head Coach for the Ottawa West Golden Knights U11 team for the 2025-2026 season. I am excited to work with this group of talented young athletes and their families as we embark on a new season of growth, competition, and fun.

****My Experience****

I have been involved in coaching minor hockey with this age group since my son was in the IP program in 2021. I have been an assistant coach in the WEHL at the U7, U9, and U11 levels. I have also coached Ball hockey for this age group for the past 3 years, and recently was the Head coach for a U11 team competing in a provincial championship. In my younger years I played competitive hockey and was a referee for 10 years. Today, I play more leisurely in men's league and enjoy devoting more time to helping kids reach their potential and get as much joy out of hockey that I always have.

****Coaching Philosophy****

My coaching philosophy centers on fostering a strong team culture where every player feels supported and encouraged to bring out their best. I believe that when players lift each other up—on and off the ice—they not only develop as hockey players but also as individuals. My goal is to create an environment where hard work, respect, and sportsmanship are at the core of everything we do. I want our team to be a place where players are excited to come to the rink, challenge themselves, and celebrate each other's successes. I will emphasize the importance of a team-first mentality, where we support one another, learn from our mistakes (and aren't afraid to make them), and always strive to improve together.

Work ethic is also a central pillar of my philosophy. Giving your all in practice translates to games. Our practices will strive to ensure we are making incremental improvements throughout the year. Every player will get an opportunity to learn the fundamentals through fair ice time and a variety of situational play. I expect all players to show up to practice, games, off-ice, and team building events with a positive attitude and a strong work ethic. Competitive hockey is an increased commitment, but I want our players to enjoy coming to the rink and being around each other in a variety of settings.

****Time Commitment****

Families can expect an average of 3-4 team activities per week, which will include practices, games, and team-building events. Consistent attendance and punctuality are important for both individual and team development. I ask that players arrive prepared, with a positive attitude and a willingness to work hard and support their teammates. Parents play a crucial role in the success of our season, and your support in getting players to the rink on time, well-rested, and ready to go is greatly appreciated.

****Tournaments****

We are registered for the following tournaments this season:

- Coco Lemay Tournament, Rockland, ON, October 10-12, 2025
- Capital Mid-Season Showdown, Bell Sensplex, Ottawa, November 28-30
- Quebec Cup, Quebec City, QC, January 16-18, 2026
- CAN/AM Montreal Challenge Cup, Montreal, QC, February 13-15, 2026

These events will be great opportunities for our team to compete, bond, and create lasting memories. Additional exhibition games and skill sessions will be scheduled throughout the season as ice availability allows.

****Team Fees and Volunteering****

In addition to the OWGK registration fee, there will be a team fee of approximately \$650-700 to cover tournament registrations, specialty coaching sessions, team supplies, and team functions. There will be additional expenses for away tournaments such as hotel costs. Our dress code will be a track suit and cost around \$100.

We will explore fundraising and sponsorship opportunities to help keep costs as low as possible. Once the team is finalized, we will be looking for volunteers to fill important roles such as team manager, trainer, assistant coaches, fundraiser, and more. Your involvement as parents is key to making this season a success for our players.

****Tryouts****

Tryout details and schedules will be communicated closer to the start of the season. Every player will have an equal opportunity to earn a spot on the team, and selections will be based on effort, attitude, skill, and team play.

Thank you for your commitment to the Golden Knights and for supporting your child's love of hockey. I look forward to a fantastic season filled with growth, teamwork, and fun. If you have any questions or would like to discuss anything further, please feel free to reach out to me at narshinoff@gmail.com.

See you at the rink!



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