



2025-2026 U13 Golden Knights Season Plan

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PHILOSOPHY: My coaching philosophy is that all players be given an opportunity to develop their skills in a fun and safe learning environment. This applies to both practice and game situations. I am in complete agreement with the OWGK philosophy that *‘winning is an outcome and not the objective’*. Players will learn that they will be successful through hard work, commitment, and cooperation. My approach is to help players to develop both as hockey players and as people. Throughout the season we will set both personal and team goals and strive to achieve them to the best of our abilities.

SCHEDULE:

September/October - Team Building & Tournament #1

The first two months of the season will be busy. Starting in early September, the team will be selected through the try-out process. Once the team is selected, assistant coaches and a manager will be named. I would expect the team to be on the ice 3-4 times a week during this period to get the players ready for their season which will begin in mid-late October. We will use this time to focus on team building, individual skill and working on team concepts. Our first tournament of the year is the Capital Blues Hockey Fest tournament at Sensplex arenas from September 26th - 28th.

Early season practices will be focused on skating, skill development, and full ice concepts. Practices will be guided by the Hockey Canada database and personal experience. They will be fast and fun and focus on skill development.

November/December - Finding our Groove & Tournaments #2 and #3

Mid-season practices will continue to focus on individual skill as well as introducing more team systems and game play. These practices will be based on game results and skills that the coaching staff have identified as areas for improvement. Each practice will continue to have drills focused on skating and skill development. The team will continue to be on the ice 3-4 times a week during this time split between practices and games.

We are taking Halloween on the road this year as our 2nd Tournament of the year is the Belleville Mid-Season Tilt from October 31st-Nov. 2nd. Accommodation has been booked and booking information will be sent to parents once the team has been selected.

Our 3rd Tournament this season will be the Bell Capital Cup hosted in Ottawa from December 27th - 31st. There is a possibility that we could billet a team from Korea for this event. If this comes to fruition, we would need 7 families to take 2 players each. There are many benefits for the team if we are selected as billets and the opportunity would be sure to produce some life long memories.

January/February/March - Playoff Push & Tournament #4

At this point in the season, we will begin ramping up for playoffs. Practices will focus on systems, game play scenarios, and strategies for team success. We will continue to be on the ice 3-4 times a week. Our final tournament of the year is the Dunsmuir Memorial Tournament hosted by East Gwillimbury (Mississauga) from January 29th-Feb 1st. This will help to prepare ourselves for the playoffs. The regular season ends in February and playoffs are scheduled to be completed before the end of March (albeit no games will occur during March Break).

I am expecting that the U13 Ottawa West Golden Knights will be a very competitive team in the OBMHL this season. Therefore, it will be a challenge to select the top 17 players to represent the Golden Knights this year. With selection, comes the responsibility of commitment, teamwork, and sportsmanship. Players are expected to emulate these values throughout the season.

BUDGET: In addition to league fees, team fees will be required to cover the costs of extra ice, tournaments, and our skating program. The team fee will be dependent on sponsorships and fund-raising, but in the past, most GK teams have asked for approximately \$750 per family in team fees to cover the costs of the season.

IN CLOSING: I am very excited to be returning as the head coach of the 2013s and taking on the challenge of maintaining our status as a top team in the OBMHL. I am looking forward to working with the players, the coaching staff, and the parents, so that we can give our kids an excellent competitive hockey experience with the U13 Ottawa West Golden Knights.

Thank you,
Coach Johnny