

Dear Parents and Players,

Welcome to the 2025-26 Hockey season!

My name is Max Storey and I am looking forward to Coaching the u18 B team this year. I would like to take the opportunity to outline my coaching philosophy, the required commitment to the team and the tryout process.

U18 is a different year as the players are branching out and getting ready for the next phase of life. The schedule and time commitment are tailored to provide flexibility while also providing the opportunity to continue playing a competitive sport.

Coaching Philosophy: Team Work + Hard Work = Fun

There are 3 pillars to my hockey coaching philosophy: Hard Work, Team Work and Fun. I believe that kids learn the most when they are having fun and being challenged in a positive way.

Kids get the most out of the experience through a combination of working hard individually in practice and working together as a team towards a clearly defined common goal.

Ice Time:

Playing time will be equal, barring any behavioural issues.

I will roll lines regardless of the situation and the 2 goalies will rotate games. On a power play, the next 5 (3f, 2d) kids are up, on a penalty kill, the next 4 (2f, 2d) are up. Skaters will start games on a rotation.

Communication:

I like to keep the lines of communication open with players and parents; by setting individual and team goals as well as giving clear simple instruction and setting clear expectations from the outset allows everyone to focus on having fun.

If an issue arises, please speak to me face to face. Email, text and phone calls are no substitute to face to face problem solving.

Season Overview:

Projected team fees per person will around be \$600-\$700.

This includes tournament fees, exhibition games and first aid supplies. It does not include team clothing.

Tournaments:

We will plan to do 2 tournaments this year, 1 in Ottawa and 1 away. To ensure no exam/school conflicts, these will be done in the first half of the season.

Given the fact that school is the priority this year for the grade 12s, we will look to do some short duration, local, team events to replace the bonding fun that tournaments bring. These will be built around the practice and game schedules.

Should interest and time allow, we may look to do another tournament at the end of the year.

Commitment and Expectations:

Time Commitment:

We will likely be getting together for practices and games 2 to 4 times per week.

The Knights will provide ~ 2 hours of ice a week, likely at Barbara Ann Scott.

Arrival Times:

Please arrive 45 minutes before game time; a 15 minute pre-game warm-up begins 25 minutes to puck drop. Players are to be completely dressed 10 minutes before puck drop.

Please arrive 30 minutes before practice.

Team Commitment for the Players:

It is the player's job to help their parents get to the rink on time: Players should be ready to go with all their equipment when their parents are!

Players are expected to arrive with a positive attitude, ready to listen and work hard.

Team Commitment for the Parents:

For parents, please do your best to ensure that your player arrives prepared: on time, well fed, well rested and hydrated.

Financial Commitment:

The financial commitment for this team will be approximately \$800-\$900 in addition to all league fees. This amount could fluctuate, up or down, depending on the tournament/extra ice situations, fundraising and any sponsorships.

Dress Code:

The Knights require each team to have a dress code. Our dress code will be a track suit and knights winter hat. The details will be available once the team is settled but it will cost approximately \$150-\$200. Hand me downs are allowed (and encouraged).

Tryouts:

The schedule has not been determined. The season starts October 14th, so tryouts will probably start around Sept 27th. The GK website will be updated once the dates are finalized.

Volunteers (will be) Needed:

During tryouts I will need parents to open the door on the bench. You cannot work the bench that your child is on. I will also need 2 trainers per session. We will need volunteers to fill roles such as Manager, Video Person/People, Treasurer, Social Convener and the like. **After tryouts**, please feel free to send me a note if interested.

Have a great summer and see you all in September.

Max Storey
Head Coach – U18 B