



OTTAWA WEST GOLDEN KNIGHTS

2025-2026 U10 COACH LETTER

Hello players and parents,

My name is John Turriff, and I am thrilled to introduce myself as the Head Coach of the U10 Ottawa West Golden Knights for the 2025-2026 season. I am very excited about this coming season and look forward to working with the U10 group in creating a fun and memorable experience for everyone.

Coaching Experience

This will be my fourth year working with the 2016 age group from U7 through U9 and now U10, with the West End, Sting and other spring teams. All of my coaching experiences have been extremely rewarding, and I look forward to another great year coaching with the Ottawa West Minor Hockey Association.

Coaching Philosophy

My coaching philosophy is built on four core values: **effort, attitude, respect**, and a **growth mindset**. In sport, as in life, people will face challenging situations for which the outcome will be determined entirely by things beyond their control. My role as a coach is to develop resilient young people, not just hockey players, who have the skills and abilities necessary to focus on the things within their control (effort, attitude, respect), learn from their mistakes (growth mindset) and persevere.

Expectations

Players

- Be on time, listen, and give your best effort in every drill and on every shift, regardless of the situation or score.
- Embrace the challenges faced in games and practices as opportunities to try new things, make mistakes, and learn.
- Be a good teammate and treat all members of our hockey community with respect – this includes teammates, coaches, opponents, officials, parents, and rink attendants.

Families

- School comes first but hockey should be the primary extracurricular focus for players. You can expect 3-4 team activities per week (practice, games, off-ice/team building). Please do your best to ensure that players are on time and prepared to work (rested, fed, hydrated, etc.).
- There will be a team fee of approximately \$600-\$800 (in addition to the OWGK registration fee) to pay for tournament registrations, specialty coaching sessions (power skating/skills clinics), team supplies, and team functions over the course of the year. This does not include the hotel costs for the away tournament. The goal is to keep fees as low as possible and so all fundraising and sponsorships opportunities will be explored.
- OWGK requires each team to have a dress code. Our dress code will be a track suit and Knights winter hat. The details will be available after tryouts but it will cost approximately \$150-\$200 (this is in addition to team and registration fees). Hand me downs are allowed (and encouraged).



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- Parents play a huge role in the success of a season, so please do your part to create a positive environment within the context of our team. All volunteers/contributions are welcome; once the team is finalized, we will need a trainer, team manager, assistant coaches, and other supporting roles.

Tournaments

The U10 Golden Knights team will be participating in three tournaments this season. The list of planned tournaments is as follows:

1. Coco Lemay Tournament (Rockland, ON): October 10-12, 2025
2. Oshawa Challenge Tournament (Oshawa, ON): November 14-16, 2025
3. Bell Capital Cup (Ottawa, ON): December 27-31, 2025

Tryouts

Tryout details will be communicated to families later in August. For the tryouts, a group of qualified, independent (non-parent) evaluators will be enlisted to assist me in assessing Hockey Canada Core Technical Skills following the Hockey Canada Pathways model. Evaluators will specifically be asked to focus on skating, shooting, passing, compete level, and teamwork. Separate evaluators will complete similar assessments for goaltenders. I am committed to a fair and transparent tryout process; all players will be given equal opportunity to be a part of this team.

Enjoy the rest of your summer and see you at the rink!

John Turriff

johnturriff@hotmail.com