

Ottawa West Golden Knights Minor Bantam 2009-2010



My name is Kevin Terrion and I will be Head Coach of this season's Minor Bantam hockey team.

Background

I have been involved in coaching minor hockey for over a decade and have played the great game of hockey all of my life. I have played and coached competitive hockey and appreciate the commitment and hard work required by players and the support needed from parents.

Coaching Philosophy

My job as coach is to maximize what the players can contribute as individuals and to develop them as a team in order to play the game the best we can. I am looking to build a team of players who are willing to work hard and push themselves and their teammates in a positive way while having fun.

Playing competitive hockey is a big commitment but the positive experience for both parents and players should not be underestimated if a player has the desire, skills and attitude to play at this level.

The Try-Out Process

During try-outs, players will be evaluated on skating, puck control, shooting, passing, intensity, work ethic, teamwork, hockey sense and attitude. There will be impartial evaluators to ensure players are evaluated on a fair basis. The only players trying out for a pre-determined position are the goaltenders. All other players will be considered for both forward and defensive positions.

What to Expect

If you are successful in making the team, you can expect to be at the rink for practices or games three times a week from September to March and we will also be investing in power skating and dryland training throughout the season.

The practices are full ice at Barbara Ann Scott arena and will be made up of high energy drills with a big focus on skating and team play. My job is to make the players want to come to practice and I do this by keeping the practices fun and creative in a positive learning environment that builds hockey, team and life skills.

Travel for the games is within 1 hour of Ottawa and carpooling is widely used for both games and practices. The regular season consists of 32 games and will run from October to the end of February. I am planning on participating in 4 tournaments this year with the possibility of 1 out-of-town tournament. You can expect to pay \$300 - \$500 on top of your West End Hockey League fees for tournaments etc.

I look forward to an exciting, fun and challenging 2009-2010 season and to working with this year's players. Good luck to all.

Kevin Terrion
Coach – Ottawa West Golden Knights
Minor Bantam