



Jim Geddes Coaching Biography

My name is Jim Geddes and I am honoured and excited to be the Head Coach of the Major Midget Rep B team for 2009-10.

I have coached for the past 14 years in the Kanata Minor Hockey Association, coaching both my sons each year, through the system at both the competitive and house league levels.

While new to the Ottawa West ice hockey organization I have coached in the Ottawa West Ball Hockey League for the past 12 years and am a member of the executive.

My teams have been fortunate to win a number of championships in that time while having pride in the fact that we always put forth our best effort on each shift.

I just recently returned from a trip to Edmonton for the National Ball Hockey Championships representing Ontario as Head Coach, of the Ottawa West Ball Hockey League team.

In each new coaching year I strive to offer varied approaches to doing things. For instance; I am always open to the players' suggestions about new drills they might like to try in practice. Those that come forward are then asked to introduce the drill, and diagram it for his/her teammates.

We will always play hard and aggressively, but fairly, and my teams are always among the lowest in penalties taken per season.

We will be looking for players who display the right attitude, "coachability", and skill set to compete at this level.

I always remind my team that when they are playing and travelling together they are representing not only the Association, and their families, but most importantly they are representing themselves.

Success to me is not only winning games in an appropriate manner, but also helping to develop young people to be strong both mentally and physically.

I look forward to a very successful year with the Golden Knights!