



Ottawa West Golden Knights

2009-2010 Major Bantam Team

Background

My name is Shawn Spooner and I would like to introduce myself as the Head Coach of the Golden Knights Major Bantam team. I have spent several years volunteering & coaching in the West End Hockey League, Ottawa Girls Hockey Association & the Golden Knights. The assistant coaches & I will provide a positive environment for all the players. This will also, include the help & effort from all parents, no exceptions. I expect all players to be fully committed to the team & provide 100% effort during practices, off ice training & games. In exchange for this each player will receive positive reinforcement & become stronger hockey players & more importantly better individuals.

Tryout Evaluation

All players will be evaluated by me & independent evaluators. The initial tryouts will consist of a warm-up, including selected drills & skating, followed by intra squad games. Secondly, we will have exhibition games. Initial player releases will be completed via a letter starting after the second tryout. Please do not open the letter until you have left the arena. Final releases will be done via an interview.

I will be looking for players that display the basic fundamentals, skating, passing, puck control, physical play, hockey sense, etc. Also, a strong emphasis will be placed on a player's work ethic, attitude, intensity & team play, including goaltenders. This process is subjective & sensitive, please come prepared to work hard & do your best. That is what will be asked & expected of you throughout the season.

Tournaments

North Dundas, ON, October 24th

Markham, ON, November 5th-7th

Gloucester, ON, December 5th-7th

Rochester, NY, Feb 13th-15th

Coaching Philosophy

I will strive to create a safe & fun environment for all players. I am committed to fair ice time, which does not always mean equal ice time. Players that continue to show development, work ethic, positive attitude & team play can expect not to lose ice time. The coaching staff's main objective will be player development & a strong emphasis on putting a competitive team on the ice.

Team Expectations & Commitment

All players are required to attend all team functions & be on time. Players that fail in this regard will lose ice time. Show respect to all coaches, officials, volunteers & opposition. Parents can help greatly in the aforementioned by conducting themselves respectfully at the rink during & after games. I will be placing a great emphasis on attitude, work ethic & team play. The team must & will come before the individual & this is how I will coach. Work ethic, intensity & positive attitude on the ice, bench & stands will create a fun positive environment. All players must be at the rink 45 minutes before games. All players must be dressed & ready to go on the ice 10 minutes before games & practices.

Playing competitive hockey requires financial & time commitments by all, including, volunteering, tournaments, practices, training, fundraising & games. Players will be on the ice or at team functions usually a minimum of four times per week. Please make sure you understand these commitments fully before tryouts.

Good luck to all.

**Shawn Spooner
Head Coach Major Bantam**