

Coach Profile: Jim Karahalios

Position: Head Coach

Team/Organization: U10 BB Blue Kitchener Jr Rangers

Coaching Experience: 2+ Years

Email: jimkarahalios@outlook.com

Social Media Links: N/A

Summary

Enthusiastic hockey coach and baseball (assistant) coach looking to apply my passion for sports, personal development, team building, and leadership to support young athletes and their parents in maximizing their investment of time and money in rep minor hockey. As a survivor of femoral cancer, I had to learn how to walk and skate again which led to renewed commitment to fitness and health and a re-examination of my priorities where I shifted my time to working with young athletes and my son. My diverse experiences, some with public adversity, have taught me to better manage and respond to my environment.

Current Coaching Experience

Head Coach: Kitchener Jr. Rangers, U10 BB/B Blue, Alliance present	2025 -
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Assistant Coach: Cambridge Cubs U9 Tier 2, Cambridge Minor Baseball present	2024 -
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Head Coach: Coyotes U9, Kitchener Minor Hockey, Alliance Houseleague 2025	2024 -
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Assistant Coach: Team Blue, Fall Ball, Kitchener Minor Baseball	2024
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Current Professional Experience

Jim Karahalios Professional Corporation
present

2021 –

Self-employed as a lawyer providing advocacy, litigation, and corporate legal services. Licensed since 2008.

Education

Certified In-House Counsel, Rotman School, University of Toronto
2018

2017 –

Baccalaureate of Laws, Common Law, University of Ottawa
2007

2004 -

Bachelor and Master of Civil Engineering, University of Toronto
2005

1998 -

Certifications

Hockey

- Hockey Canada Coaching Program – Coach 1
- Hockey Canada Coaching Program – Checking
- Gender Identify and Expression – Coach
- Respect in Sport – Activity Leader Certificate
- Respect in Sport – Parent Program Certificate

Baseball

- 7U and 9U PCCP Baseball Certification
- Teaching and Learning Clinic
- Coach Initiation in Sport / Baseball
- Initiation Clinic, Hitting Clinic
- Abuse Awareness for Adults

Skills

- Public speaking, Leadership, Motivation, Empathy, Organization, Teaching, Analytical, Detail Oriented
- Competitive year-round hockey (AA / AAA) until 18. Player/Coach intramural University hockey.

PHILOSOPHY:

Coaching youth rep hockey is not about the coach – it is about the development and experience of the kids. Hockey development is as much emotional and psychological as it is physical. It requires determination and commitment which can't be done without encouragement, motivation, and a positive environment.

As a coach and parent, I am constantly seeking out best practices to hockey skill development to be applied in practice and during other training opportunities. My work ethic is fueled by my desire to do right by my players and to constantly learn and improve. I rely on my attention to detail and my analytical, organizational, and leadership skills, to establish an intense, hardworking environment, with an emphasis on positive (over negative) reinforcement. The focus is on the players improving and having fun and in turn, I expect players to focus, give it their all, and enjoy playing.

I am a married father and self-employed lawyer with a bachelor's degree and a master's degree in civil engineering. I am currently a C1 certified head coach and plan on completing my C2 certification and Development 1 certification this summer. I am also a certified assistant coach in youth rep baseball. My coaching resume is provided at the bottom.

Sports have always been an integral part of my family. My first love was hockey, but I didn't get to learn to skate until I was 11 as my dad preferred soccer. When I finally started hockey, my parents had trouble getting me to stop. I progressed from houseleague to AA quickly and by my final year of rep made a AAA team. I was able to accelerate my development by dedicating most of my time to studying the game and learning on-ice and off-ice training methods. I also learned from the lessons given by family friend and Hall of Famer, the late Leonard "Red" Kelly, and from my first cousin who played more than 600 games in the NHL and now works in player development for an NHL team.

A few years ago, I was diagnosed with osteosarcoma in my right femur. Through the encouragement of my wife and son, I learned to walk and skate again. Now that I am back to full health, I devote most of my free time to coaching – teaching hockey skills and the ability to remain resolute in the face of difficulty - so that players can have a positive experience and develop into the type of player they dream to be.