

Coach Profile: Scott Atkins

Position: Head Coach

Team/Organization: U12 BB Tier 1 Kitchener Jr Rangers

Coaching Experience: 20+ Years

Email: satkins@twistfitness.ca

Social Media Links: N/A

Coaching Philosophy:

Coach Scott believes that coaching youth athletes requires a skill set based in strong communication and a deep knowledge base of the sport and the associated skills. Coach Scott has a very strong skill set in both areas. Coach Scott coaches from a TEAM FIRST mindset as the ultimate goal is to get the players to TRULY care about each other. Once the players care about each other, they will bond as ONE UNIT and can achieve great things in a positive and FUN environment! Scott strives to lead his team and help foster a POSITIVE learning environment in which each player feels confident and is able to reach their athletic potential.

Players learn quickly and build resilience from being praised and recognized when they complete a task successfully. Positive reinforcement is a staple to Scott's coaching style. The game of hockey often has many ups and downs in each game/season, and Scott works to guide the athletes through this while maintaining a positive environment. Scott works to instill a strong work ethic in each player, as hard work is an attribute needed not just in sport but in life.

Because of Scott's long and distinguished hockey background, he has the ability to demonstrate all skills required to play at a high level. Scott will work to improve each individual player and their skill set as well as make the team ONE TEAM! The individual skill focus will be based in teaching strong skating mechanics, including edge work and stride length/frequency. Scott will also focus on all areas of puck control and shooting that are vital for each elite player to possess. He will use all these skills in a TEAM FIRST environment!

Hockey background and coaching credentials:

- Awarded Best Defenceman of Ontario at Major Peewee

- Drafted into the OHL and played for the North Bay Centennials (OHL) and Sudbury Wolves (OHL)
- Named Captain of the Kitchener Dutchmen (& named to All Star Team of the Midwestern Jr B League)
- Strength and Conditioning Coach for the Kitchener Rangers (OHL)
- Strength and Conditioning Coach for the Augsburg Panthers & Ingolstadt Panthers of the DEL (NHL of Germany)
- Owned and Operated multiple Strength & Conditioning Facilities in the GTA.
- Global presenter/educator who presented all over North America, England and South Korea on Strength and Conditioning for Athletes and Athlete Long term Development.
- Performed fitness Testing for the Toronto Maple Leafs (NHL).
- Strength Coach for MANY NCAA, OHL and NHL athletes such as Darnell Nurse (NHL), Tanner Pearson (NHL), Mark Scheifele (NHL).
- Coached minor hockey for 20+ years (approx 10+ years at AAA and AA)
- Recently Coached U10 AA (2023/24) and qualified for AA and won 2 Tournament Championships.
- Recently Coached U11 AA (2024/25) and qualified for AA and won 2 Tournament Championships.
- Very effective communicator due to 20+ years of experience of teaching, coaching and presenting to a varied population.