

Coach Profile: Jon Krochmalnek

Position: Head Coach

Team/Organization: U16 BB/B Blue Kitchener Jr Rangers

Coaching Experience: 10 years

Email: j.krochmalnek@gmail.com

Coaching Biography:

With a decade of experience coaching hockey and three years coaching rep baseball, Jon brings a wealth of knowledge and passion to the rink. A former varsity squash player at Queen's University, Jon understands the dedication and discipline required to excel in sports and academics.

As a coach, Jon is committed to developing players' skills on the ice while also emphasizing the importance of life skills such as teamwork, perseverance, and sportsmanship. Jon believes in fostering a positive and supportive environment where athletes can grow both as players and individuals.

Coaching Philosophy:**Attitude Effort Resiliency**

“Attitude is the difference between ordeal and adventure,”

There are only 2 things a player can control in the game. The first is their Attitude. You can't control the bounces on the ice or what the refs will/won't call, but you can control your Attitude. A positive Attitude will ensure that you are ready for and able to adapt to whatever happens in the game. In addition, a positive Attitude is contagious and spreads to the rest of the team. The second item is the Player's Effort level. If every Player gives their maximum Effort, we will be a tough team to play against and will have success on the ice. Throughout a hockey game, there are moments where bounces won't go our way. Our ability to push through these challenges by maintaining a Positive Attitude and giving Maximum Effort will best position us to be successful and help build Resiliency. These are all values that will serve the players in their lives as they grow into young men!

Coaching Experience

- 2025-2026: U15 BB Blue Kitchener Junior Rangers - Head Coach
- 2024-2025: U14 BB Blue Kitchener Junior Rangers - Head Coach
- 2023-2024: U13 Select Kitchener Junior Rangers - Head Coach
- 2022-2023: U12 Select Kitchener Junior Rangers - Head Coach
- 2021-2022: U11 Select Kitchener Junior Rangers - Assistant Head Coach

Qualifications

- HU - Online Coach 1/Coach 2

- Respect In Sport - Activity Leader
- Coach 2 - Coach Level
- Coach 1 - Intro to Coach
- Gender Identity and Expression Course
- HU - Planning a Safe Return to Hockey
- Coach - Professional Development (Member Specialty Clinics – Creating Offence)
- HCSP Trainer Level 1 Refresher - Certified (HCSP-L1)
- Instructional Stream - Goaltending 1
- HU - Online Checking
- Development 1