

Hockey development is as much emotional and psychological as it is physical. It requires determination and commitment which can only be achieved through encouragement, motivation, and establishing a culture of high expectations and standards.

I am a married father and self-employed lawyer. A few years ago, I was diagnosed with osteosarcoma in my right leg that required the replacement of 90% of my right femur with an internal prosthesis. While undergoing treatments and multiple surgeries, I remember thinking I would never be able to skate or even walk again, let alone coach. But my wife and son encouraged me not to lose hope. Because of them, I learned to walk and skate again.

I believe in servant leadership and going the second mile. The players I coach are expected to abide by two rules: 1. Give 100% effort, always; and 2. Encourage, don't put down, your teammates.

I invest a lot of time into coaching, and in turn I expect players to focus, give it their all, and enjoy playing. I have completed my Development 1 training and regularly attend coaching seminars and read other materials in search of the best practices to develop players.

Our team will average approximately three hours of practice ice per week over the course of the season. Some weeks it will be two hours, and others it will be more than three hours, depending on the schedule. This will include dryland training run by former Canadian national track athletes, weekly power skating and goalie training, video sessions before practices that review actual game clips, a team play book that each player is expected to learn at home, and homework assignments designed to teach our values, systems, and positional play.

The 2025-26 U10BB Blue team that I coached exceeded expectations. After finishing the first half of the season in sixth place and qualifying for the BB division, the team improved in the second half by finishing third in the standings (two points out of first) and qualifying for the Alliance Championship Tournament. The team was the only Alliance BB team (across all ages) to finish with more wins in the second half of the season (the tier 1 portion) than the first.

Coaching youth hockey is one of the most rewarding experiences of my life – it truly is a privilege. Now that I am back to full health, I devote a lot of my free time to coaching to ensure the players feel the same way about their experience.

Jim Karahalios

Jim Karahalios, Coach, Kitchener Jr. Rangers U11 (2016) BB/B

Summary

Enthusiastic hockey coach applying 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 youth hockey. Surviving femoral cancer resulted in a shifting of my priorities to working with young athletes.

Recent Hockey Coaching Experience

Head Coach: Kitchener Jr. Rangers, U10 (2016) BB Blue (Tier 2) **2025 – present**

- Finished season in third place, qualifying for Alliance Championship Tournament
- Only BB team in Alliance (any age) with more wins in second half (tier 1 season portion)
- Finalists at Melanie Clancey Tournament

Head Coach (Hockey): Coyotes U9, Kitchener Minor Hockey (Recreational) **2024 – 2025**

Other Coaching Experience

Head Coach (Baseball): Mississauga Southwest Twins, 10U Tier 2 **2025 - present**

Assistant Coach (Baseball): Cambridge & Kitchener rep & recreational **2022 - 2025**

Professional Experience & Education

Jim Karahalios Professional Corporation **2021 – present**

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

- Certified In-House Counsel, Rotman School, University of Toronto (2017 – 2018)
- Baccalaureate of Laws, Common Law, University of Ottawa (2004 – 2007)
- Bachelor and Master of Civil Engineering, University of Toronto (1998 – 2005)

Certifications & Training

Baseball

- Best Ever Coaches Clinic ('25)
- 11u Package, Infielding, Pitching & Catching
- 7U & 9U PCCP Baseball Certification
- Teaching & Learning, Initiation, Hitting, Coach Initiation in Sport, Abuse Awareness for Adults

Hockey

- Development 1(trained)
- Brock Badgers High Performance Seminar ('25)
- Coach 1: U9 & U7, Checking
- Making Ethical Decisions, Gender Identity & Expression, Respect in Sport

Skills

- Conscientiousness, Public speaking, Leadership, Motivation, Empathy, Organization, Teaching
- Played baseball and hockey growing up transitioning to player/coach during University intramurals.