

**Coach Profile:** Justin Krulicki

**Position:** Head Coach

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**26/27 Team:** U9 Kitchener Jr. Rangers MD Blue

I have been actively involved in coaching within the KMHA system over the past several years, beginning with U7 House League from 2022 to 2024. Building on that experience, I served as head coach of the U8 MD Kitchener Jr. Rangers White team during the 2024/2025 season, followed by coaching the U8 MD Kitchener Jr. Rangers Blue team in 2025/2026.

My coaching philosophy is rooted in hard work and a commitment to team success. I recognize that every player is unique and learns in different ways, which is why my coaching staff and I tailor our approach to meet the needs of each individual while maintaining consistency across the team. At the U8 and U9 levels, I emphasize simple, effective systems that are easy for players to understand, while ensuring that all five players on the ice play a meaningful role in the team's success. Above all, effort is the most important quality I look for in my players.

In practices, I place a strong focus on both skill development and team systems. Skating is a fundamental part of hockey, so high-tempo power skating and skating drills are a key component of every session. These are complemented by repetitive systems drills to reinforce team play and understanding. Preparation is also a priority—I will share practice plans with parents in advance so players know what to expect. This helps maximize our time on the ice and keeps practices efficient and purposeful.

At the end of the day, hockey is about more than just development and competition. It's about having fun, building strong friendships, and becoming great teammates. These values are at the core of everything we do throughout the season.