

Coach Profile: Jesse Brooks

Position: Head Coach

Current Team: U15 AAA Jr. Rangers

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My approach to coaching is focused on team success through individual player development. This is achieved through a high level of accountability with respect to *attitude* and *effort*; ultimately encouraging players to consistently perform at their ceiling while providing them the resources, instruction and feedback to push that ceiling to new heights.

Collectively, the coaching staff is composed of dedicated mentors with a wealth of hockey experience playing, scouting and coaching at levels including AAA and various tiers of Junior hockey.

Players entering the U18 AA Jr. Rangers program should have the following expectations:

- Practices that consist of carefully structured plans to foster a fast-paced, game-like, environment with dedicated positional coaches to ensure adequate instruction and feedback.
- Detailed systems geared toward understanding and executing high-level team tactics to strengthen overall competitiveness.
- Regular video review sessions which are scheduled to be brief, but intentional, highlighting points of success and areas of improvement. These sessions are intended to be another learning tool for players to better understand the development goal(s) of the following practice.
- Strength & conditioning program led by a team of instructors with expertise in enhancing conditioning, improving overall athleticism and preventing injury.
- A strong dedication to establishing the correct team culture, with a family first mentality. The program will be composed of players that are eager to come to hockey as positive teammates and students of the sport.

At the U18 level, we endeavour to combine scheduled activities (ex. practice, video review, dryland) whenever possible to allow players the necessary time to focus on academics and other extra-curriculars.

Please feel free to contact me with any additional questions regarding the U18 AA program for the 2026-2027 season.