

Coach Bio

I grew up in the Region of Waterloo playing AAA hockey all the way through minor hockey, then to Jr B. And finishing my playing career with the Wellesley AppleJacks.

I have been on the bench staff at the AAA and AA/A level since the 2009-2010 hockey season. Winning multiple Alliance Championships and an OHF championship in 2019.

Skill, structure, Accountability & Fun is how you build, not just great hockey players, but even better kids to represent our families and our organizations.

Skill Development First

At U9, learning to handle the puck, pass with accuracy, shoot with confidence, and skate efficiently comes first. Each practice is designed to build solid fundamentals that players can rely on as the game gets faster and more complex. Repetition, feedback, and fun are key.

Hockey Sense & Decision-Making

Even at this age, players start learning to read the play. We focus on encouraging kids to scan the ice, anticipate where the puck will go, and make simple, smart decisions quickly. Understanding the game at a basic level helps players enjoy it more and prepares them for higher levels.

Positional Awareness

We teach players where to be on the ice, how to support teammates, and the basics of defensive responsibility. Simple systems and clear roles allow players to focus on skill execution without confusion.

Team Culture & Confidence

Confidence grows from trying, failing, and trying again. We create a supportive environment where mistakes are part of learning. Players are encouraged to be creative, take chances, and trust their abilities. Effort, respect, and sportsmanship are expected from everyone.

Individual Growth

Every player learns differently. Our goal is to help each child discover what makes them unique on the ice and to grow those strengths, while also ensuring everyone contributes to the team. Fun, growth, and teamwork go hand-in-hand.

Accountability

Players are responsible for their effort, focus, and preparation both on and off the ice. We emphasize showing up ready to learn, supporting teammates, and following team rules. Learning accountability at this stage builds habits that will serve them on the ice, in school, and in life.