

Coach Profile: Sean Rutherford

Position: Head Coach

Team/Organization: U11 AAA Kitchener Jr. Rangers

Coaching Experience: 15+ Years

Email: KJRCOACH1@GMAIL.COM

Cell: (548) 883-4701

Coach Biography:

Personal Coaching Mission:

Our goal is to develop good human beings both on and off the ice. Hockey is a game of hard work, compete, fun, and most of all a game of teamwork and respect. Our objective will be to create a healthy environment while providing the absolute best opportunity for personal development and team success!

Coaching Style:

Our staff will focus on the individual development of each player and identify strengths and opportunities for improvement. This will help create a more well-rounded player that will contribute to the overall success of the team.

Playing Experience:

Position(s) Played: Played Forward and Defence throughout career.

High School / Junior / Pro Career: AAA, Grand River Coll., Waterloo Siskins Jr. "B" camp, Elora Rocks Sr. "A" Hockey.

Coaching Certifications & Education: Level of Certification:

Development 1, Hockey University – Coach 1 & 2, Professional Development Coaching Day Clinics 1 through 8, Checking Skills- Instructional Stream, 2025 completion of HP1.

Other Relevant Certifications or Courses:

Certified Strength and Conditioning Coach.

Testimonials:

Player Feedback: Coach Sean & Coach Jake

Brady Martin - Soo Greyhounds & Upcoming 2025 NHL Draft pick

“Coach Jake was always positive around the room and had fun with the guys, but when it came down to game time he was always dialed and locked in! He helped me with little “tips and tricks” to improve my game and would always treat every player with respect. Playing for Jake was one of my favourite years of hockey and he knows how to bring a team together to help them succeed on and off the ice.”

Thank you, Jake (Brady Martin)

Kasra Fathi - Peterborough Petes draft pick 2024

“Some of my best hockey memories are from playing for Coach Sean. He supported me and provided me with the habits necessary to obtain the next level of Hockey. Coach will vouch and support his players and knows when to be light and fun and knows when it is time to get serious. He focused a lot on skills and development while having fun practices with lots of compete and foundations for becoming an elite athlete. Coach Sean has a strong hockey background and was able to communicate to his players the sacrifice it would take to WIN! He ensured that we placed our teammates ahead of ourselves and taught us that we are stronger as a group, than we are as an individual. I am grateful for everything he has done to support me, and he continues to check in on me today, as I follow my dream of breaking the lineup for the Peterborough Petes in the OHL.

Thanks Coach! (Kasra Fathi)

Parent Feedback:

Colin Kirvan: Son, currently playing U18 AAA Kitchener Jr. Rangers

"Coach Sean is an outstanding leader who has had a huge impact on my son, Connor Kirvan, and his development as a player. Under his guidance, Connor has grown tremendously in skill, confidence, and love for the game. Coach Sean creates a positive, encouraging environment where players feel valued, motivated, and—most importantly—have fun. His passion for hockey is contagious, and he strikes the perfect balance between competition and enjoyment. We are incredibly grateful for his dedication, and any team would be lucky to have him as their Coach!" Colin Kirvan

Why Choose Coach Sean Rutherford for Your Child?

Elite Development:

We have assembled the strongest bench possible for professional development.

Jake Ertel – Asst. Coach; Jake played AAA hockey in Kitchener right through to his draft year. He continued with Jr. Hockey and has a strong background in player development with years of experience working in the business of hockey. Jake was an Asst. Coach on a championship U16 AAA team, assisting many players obtain their goal to be drafted into the OHL. Brady Martin is just one of those players Jake worked with, and he is currently ranked to go in the top 20 of the NHL draft this year!

Tyler Ertel - Professional Development Consultant; Tyler has agreed to join our staff and has an extensive coaching and playing career. He played 5 seasons in the OHL , and was drafted to the NHL Vancouver Canucks and went on to tryout for the Tampa Bay Lightning. His coaching career included an Alliance U16 AAA championship in the Spring of 2023, and more recently Tyler had OHL Coaching experience with the Soo Greyhounds in the 2023-2024 season.

Trevor Bloch - Goalie Development Specialist; Trevor will be facilitating our on-ice support for our tandem of Goalies. Trevor is a former Goalie that grew up playing AAA hockey in Huron-Perth and went on to play Jr. Hockey for three seasons from 2013-2016.

Quinn Duquette – Player Mentor; Quinn is currently a U18 AAA Kitchener player, also playing for the Ayr Centennials Jr. B program. He will be a positive influence as a young player that will help mentor our U11 talent during practice. Quinn played for Coach Sean and shares in his belief to create a fun, competitive and positive development program that our staff is focused on achieving this season.

Experienced & Trusted:

We have a long-standing reputation for success, from U11 to U16! The players that we work with will be respected, while being pushed to be the best version of themselves, both on and off the ice. With the vast experience of our U11 AAA staff, I am confident that we will provide the highest level of training and development to be a well-rounded athlete, performing at their absolute peak ability.

Proven Track Record:

We have assembled a staff that has won at all levels, from Minor Hockey Championships to Jr. A achievements. There is no better development program available to your child, and it will be a privilege to work with our elite athletes this coming season.

Coaching Achievements & Recognition:

Championships/Medals:

Recent Accomplishments – Regional Silver Stick Champions U15 for 2024-25, Nashville Showdown Champions 2025, U12- U13 League Champions / Playoff Champions 2017-2019, Lake Placid Bronze medal playing up an age group U12, Buffalo Riverworks Champions U12.

Player Development Success Stories:

Kasra Fathi drafted by the Peterborough Petes OHL, with additional 2008 Birth Year players to follow in the near future, as they complete U18 AAA in Kitchener.

Asst Coach Jake Ertel - Brady Martin Jr. A Soo Greyhounds, Hunter Solomon Jr. A Soo Greyhounds, Brendan Gerber Jr. A London Knights draft pick, Sam Black Jr. A Barrie Colts draft pick.

Awards/Accolades:

Coach Sean was nominated as one of the finalists for Alliance Coach of the Year while Coaching the 2008 age group.

Coaching Specialties & Focus Areas:

Skill Development:

At the U11 age group, a focus will be on strong skating and edge work, heavy compete level, confidence with the puck and an introduction to team systems that will be progressive throughout the season. Our team will have many opportunities through professional development to provide age-appropriate training both on and off the ice.

Tactical & Strategic Understanding:

Players will be expected to learn and apply the skills that are being introduced to them. We have assembled a strong, knowledgeable and professional level bench to provide top level training and development, that will be second to none.

Team Leadership & Culture Building:

All players and coaches will be respected and pushed to perform at their highest level. Our job is to help motivate each individual player and bring out the best players possible, for team success.

Philosophy on Player Development:

Individualized Approach:

Each player must be treated as an individual. We will evaluate and understand where each player's skill level is and create a plan to get them to beyond the age-appropriate level for Hockey. It is our staff's commitment to discover what makes every player unique, to motivate them and develop their abilities in areas that we recognize as an opportunity for success.

Focus on Growth, Not Just Results:

We believe in building pillars for success. With a progressive development plan, the players will be introduced to several new skills that will be built on throughout the season. I believe the season is a marathon and not a sprint, and we will provide teachings to support this mindset.

Positive Reinforcement: Respect for players and coaches is likely our core foundation. With mutual respect, there is nothing that we can not accomplish together!

Balancing Fun & Hard Work: Our goal is to always have FUN... However, there is a time for fun and there is a time to work hard and compete. We will find the balance to these initiatives in order to create a safe and welcoming environment, while pushing your athlete to bring their best effort to our TEAM every day!

Contact Coach Sean Rutherford:

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