

Coach Profile: Randy Rudavsky

Position: Head Coach

Team/Organization: U14AA Kitchener Jr Rangers

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Coach Biography:

My journey is like many young athletes. I enjoyed a multitude of sports, including hockey, baseball, soccer, track and field, baseball, volleyball, football, skiing, golf, biking, canoeing, hiking, cross country running, swimming to name a few.

I was born in Kitchener, Ontario. Shortly after I was born my parents moved to Hespeler Ontario (now known as Cambridge) where I began playing hockey at the age of 4. After the first couple of years, I transitioned into rep hockey in Hespeler. During this time in hockey, I was also enrolled in power skating and figure skating. These two disciplines allowed me to enhance edge work and overall balance making me a great skater. Our family moved once again a few years later to Galt (Cambridge) and I continued to play rep hockey.

In our Major Midget 'AA'OMHA season we held a 39-0-1 regular season record. We also won several tournaments along the way.

In our incredible playoff run we meet Richmond Hill in the finals. We won the OMHA Provincial Championship in the seventh and final game of the series!

This great team was inducted into the Cambridge Sports Hall of Fame.

I played Jr. B in Cambridge, before focusing on education and attending the University of Guelph. I majored in Sociology at university, graduating in 1988. I also studied Psychology, Philosophy, Fine Art, Human Kinetics, Sport in Antiquity, Coaching and Sports Administration all in conjunction with my Sociology program.

I began my coaching journey at the age of eighteen while living in Cambridge. I, along with some high school friends, decided to donate our time, experience and love of sports to better the skills of younger hockey players. Over the many years, the different age groups, the different levels and different sports, the passion and enjoyment I have for coaching other athletes and sports has never wavered.

I have spent over 10 years coaching in KMHA, winning numerous tournaments and the Alliance Championship in 2024 with U14 BB Red team. During the 2024 -2025 season, I am currently enjoying coaching the U13 AA KJR team.

My competitive spirit and desire to succeed has driven me to be a better teacher and coach for younger athletes. My experience and values help shape the learning process for these athletes. To help them develop and reach their full potential and goals in sport and in life. I am very proud of some of the players that I had coached in house league and on the Select team very early in my coaching career, that now play on the 'AAA' and 'AA' teams.

I am a D1 certified coaching level in Alliance, working towards the High-Performance coaching level. Along with the coaching courses from the University of Guelph, I am always updating my knowledge through new courses, improved skill and technical development sessions. I have first-aid training, including CPR, and have obtained "Trainer Level 1" certification.

Sports of today require a multiple faceted teaching approach. Through on ice training, flexibility and conditioning training, mental health performance, fun off ice team building experiences, player progress feedback and video review over the course of the season, I hope to enrich the player's experience.

My coaching philosophy is based on ensuring that all members of the team experience enjoyment and excitement while competing at a high level on and off the ice. While emphasis is placed on developing both player's hockey skills and personal enrichment, we will also be focusing on the process of competition, dealing with the psychology both winning and losing and the requirements necessary to be successful in this process. Focus will be on work ethic, fair play, and teamwork, while maintaining a passion for the

game of hockey. I intend to incorporate the lessons that I have learned over my many years of playing and coaching hockey.

Please be assured that I will be seeking to play more challenging competitors, stressing a fast pace of play, team passing and player/team non-puck on ice positioning. Strong emphasis will be placed on positive reinforcement and

team building, while having fun, making new friends on the ice and in the dressing room. Demands will be placed on each player to work hard, play well & clean competitive hockey, and consistently give their best effort. Our goal of improving individual player's skill, and improving team play etc. will not only produce better hockey players, but better future community-minded citizens.

This is a journey for both the players and the coaching staff, and the goal is to improve not only every player but each coach as well by the end of the season.

My coaching focus will be player skill development. Special attention will be paid to mental health development, areas on building athlete's confidence and ability to overcome adversity and challenges. My focus will also be on creating a positive team environment and creating leadership skills in the players.

Our team motto is:

"Altruistic, Relentless, Hard Working"

I look forward to embracing the challenges to come.