

U16 Crusaders Players and Parents

My name is Jamie Box and I will be coaching the U16 Crusaders for this upcoming 2023-2024 season. I would like to welcome and encourage all players who fall into this category, to consider trying out for this seasons U16 team, please stay tuned for the tryout schedule and I look forward to seeing everyone on the ice during the tryout process.

I grew up in the Ottawa Valley, with 3 brothers, our family was always focused on a variety of sports and being active. Hockey was a huge part of my upbringing and life from a young age and into my adult years. I am a father to 3 children and have passed this mentality onto them. In the past 16 years I have been actively involved in coaching minor hockey, I started out coaching with the Renfrew Timberwolves Rep B, then moved to the Ottawa Valley Aces AA for a few years and since moving to West Carleton have been involved with multiple Crusader's teams.

My coaching philosophy is pretty simple. Work hard, play hard, have FUN, work as a team helping and supporting one another. Come prepared to put full effort into practices, games and team activities. As a coaching staff we will run fast pace, competitive practices to have the team prepared for game play. We will work on individual skills as well as team play to move the team throughout the season and be successful. At present I am looking to have one non-parent coach helping with the team this season.

It is fully understood at this age group there will be players who have jobs and will not be able to make some games or practices. I am also a firm believer that **school** and **family** take priority at times. With open communication between player and coach, and as a team we will be able to work around players who are away due to a family, school or work commitments.

Tournaments – I am in the process of booking tournaments and currently planning for 2 local tournaments and 2 away tournaments. If the team chooses, we will potentially consider a 5th as well. I am looking to register the team in a tournament across the border, below are the projected away tournaments;

Cleveland, Ohio - Oct. 20-22, 2023 - coach bus reserved for transportation

Regional Silver Stick, In Sudbury – Nov. 16-19

If you have any questions, please don't hesitate to reach out at jbox644@gmail.com

Enjoy your Summer, and I look forward to seeing every at the rink this Fall.

Thank You

Jamie Box