

My name is Mark Heuchert and I will be coaching the U15 Crusaders team for the upcoming 2023-24 season.

I have been involved for many years in the local hockey community at both the Crusaders and House levels. I have been Head Coach, assistant coach and trainer. I have learned lessons from many great coaches over the years both growing up as a player and from being part of the bench staff. I encourage all eligible players to sign up for tryouts if you feel you possess the following attributes

- Strong work ethic
- Strong competitive attitude
- Self control
- Willingness to learn
- Good conditioning
- Desire to be part of a strong team environment
- Ability to effectively contribute in a body contact league
- Desire to have lots of fun with your buddies

As a coach I expect all players to bring hard work, a positive attitude, self control, and to respect themselves, their teammates and everyone involved in the process. Every player will make mistakes and it is how we learn from these mistakes that will define our season. The coaches will work to encourage creativity and build the confidence of every player on the team, delivering a consistent message and make the season as successful as possible.

This team has signed up for 4 tournaments during the season, one of which is in the USA so plan accordingly with obtaining proper documents required for travel.

The tournaments are as follows:

- Jay Peak – October 26-29
- Pembroke Silver Stick – November 24-26
- Rockland Crush Coco LeMay – December 8-10
- Oshawa Cup – January 11-14

Players will be expected to show up on time and prepared for all ice times. For games, players are expected to have a suit, Crusaders track suit for warmups, Crusaders branded jersey bag and hockey bag.

There will be regular off ice conditioning sessions that players are expected to attend as well as being committed to their own conditioning activities on their own time. There will be an overnight team building camping event following tryouts in September that all players are expected to attend.

I hope you all have a great summer and I will see you at the rink soon enough!  
Coach Mark