

My name is Kris Hodgins, and I am very excited to be taking on the role of Head Coach for the West Carleton Crusaders U10 team upcoming season. I would like to provide you with some information regarding myself, my approach towards the game of hockey, and the plan for the team for the upcoming season.

This season will be my 4th season as a head coach and I can't wait to get started. I have played hockey at a high level my entire life, the highest being NCAA in the US, I have also worked for many years in hockey development, and look forward to the opportunity to pass some of what I've learned along the way to your children this season. For those of you who's son or daughter I may have coached previously, you know that I am very passionate about the game of hockey, the process of developing player skills, and developing good work ethic during practices and games. I assure you I will give every ounce of energy that I have into developing your child to become the best athlete and person they can become. It is my belief that as the coach it is my role to ensure that all of this can be achieved while having fun along the way.

The objectives for the team and my actions as coach will be focused on, having each player being the best teammate they can be, building confidence, self-esteem, discipline, skill development, and a sense of commitment and pride in their team, and in themselves, but most of all I want each player to have FUN and look forward to coming to hockey each and every ice session. These personality traits and qualities will benefit them at whatever level they play next. I will emphasize development over winning, my primary focus is on development. I know I have mentioned this a lot.

There will also be emphasis on systems, strategy and structure this season. In this regard, I will follow the Hockey Canada long term player development model as well as what WCMHA has provided me so that the each player are building skills that are appropriate for their age and individual skill levels, building a strong foundation of physical literacy in an environment that keeps them interested and motivated to come to the rink. Practices will be run with a high level of energy and effort all while having as much FUN as possible.

I look forward to seeing all of you at the tryouts in September.

Kris Hodgins
Head Coach
U10 Crusaders