

U18 Crusaders Players and Parents

I am already looking forward to the upcoming hockey season

My name is Robert (Rob) Dunn and I will be coaching the U18 Crusaders' 2023-2024 season. We are looking forward to another successful year of competitive hockey and encourage all interested players in joining us at the tryout camp this fall.

From a coaching perspective, I have been an Assistant Coach with the West Carleton Crusaders for the past 2 years and prior to that was coaching my daughter's teams at the Goulbourn Girls Hockey Association for almost 12 years. My focus and philosophy remain unchanged: grow a love for our game; work as hard as you can to develop your skills and support your team's objectives; and most importantly stay healthy, safe, fit and focussed.

Team commitment and time commitment. We fully understand at this age group there will be players that have jobs and will not be able to make some games or practices. I am also a firm believer in school and family come first. With open communication and planning, we will be able to handle if a couple of players are away due to one of the previous commitments.

U18 Tryouts. We are planning a few training sessions prior to tryouts, which are planned for the following dates: 1 October; 2 October; 3 October and 6 October. I would encourage players to take advantage of the off season to participate in as many different sports and extracurricular activities that build upon health and happiness, as well as, strength and conditioning.

Tournaments. The planning for hockey tournaments is already well in-hand. The plan will include opportunities in Ontario and the USA. The current plan includes the following tournaments and may consider a fifth tournament pending additional input from the team.

1. Cleveland 22-24 October (TBC)
2. Belleville 3-5 Nov
3. Pembroke 1-3 December (Silver Stick)
4. Simcoe 9-11 February

Volunteers. Hockey teams are most successful when they have a strong support base and a healthy dose of volunteers willing to step up for various roles and responsibilities. We will discuss the upcoming season in more detail at our initial parents meeting. Please note that I will be looking to augment the team staff at minimum with 2-3 assistant coaches, 1 trainer and 1 team manager. Please keep this in mind if you are eager to get involved in a volunteer capacity.

I am eagerly looking forward to seeing everyone at the rink.

Rob Dunn

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