

Welcome to the 2023/24 U13 Competitive B Season!

My name is Chad Lacharity and I am excited and feel privileged to have been chosen as the Head Coach for this season's U13 Crusaders team. I would like to thank the dedicated volunteers who we call "Hockey Ops" for their hard work and commitment for this upcoming season. Your efforts are appreciated by the players, fans and the entire community in West Carleton. Keep up the fantastic work. I would like to take this opportunity to introduce myself and provide you with an overview of what to expect this season and my coaching philosophy. I have been a coach within WCMHA for the last 9 years starting as an on ice-helper at the IP level, to assistant coach on both Warriors and Crusaders teams from the U9 to U14 level and assisting with U7 Kanata Rangers this past season. Finally, head coach for the last years with the U11 and U12 Crusaders.

My coaching philosophy continues to involve a growth mindset where the players will be encouraged to be great teammates and positive community members. This team will continue to have a core covenant that all players, parents and coaches will agree to strive towards. Players who demonstrate dedication, effort, discipline, skill, being a good teammate, understanding and executing the game, physical conditioning, mental toughness and finally Respect, will be at the forefront. Players will grow their passion and love of the game not only as athletes but as individuals, contributing to a successful team environment.

The season plan will consist of a few exhibition games, 30 regular season games + playoffs and 4 tournaments - 2 local and 2 travel. Players can expect at least 2 practices a week with some opportunity for off ice development.

Tryouts are an opportunity to showcase your skills, have fun and learn from your experience. I encourage you to play with confidence, determination and sportsmanship. Embrace the challenge/opportunity. Do not be afraid to make mistakes – they are part of the learning process. Listen to your coaches, work hard and support your future teammates. Regardless of whether you make the team or not - Hockey is the greatest sport that teaches valuable life lessons. Always believe in yourself and trust your abilities.

I encourage and hope all players playing in WCMHA at U13 level register for tryouts. Hockey is filled with adrenaline, excitement and joy, so let that passion drive you give it your all.... play with heart And enjoy the game

See you at the rink,
Coach Chad