



The U14 Crusaders are looking for players who want to compete every time they're on the ice. Why are we emphasizing compete? There are only 3 in-game scenarios:

**We possess the puck.**

We're looking for players to drive the puck aggressively to the key scoring area, to compete for an open passing lane, compete to create space for themselves and their teammates, and compete for positioning.

**The other team has the puck.**

We're looking for players to compete by relentlessly chasing down the puck carrier and utilizing stick pressure and contact to win possession.

**The puck is loose.**

We're looking for players who compete to win a puck race, won't backdown from engagement, and will battle hard for possession.

The U13 program solidified themselves as a good team last season. Let's dig deeper, find another level of compete, and become a top team in U14. How do we become a top team? By competing hard on every shift, challenging ourselves and our teammates on every single rep in practice, and committing to the extras away from the rink.

A relentless forecheck, high risk offence, and full team defence will be our identity. To achieve this, we'll need:

- Short shifts with all players working.
- Full support in each zone with quick transitions.
- Aggressively challenging shooters and blocking shots.
- Communication throughout the game.

As we've learned, it's difficult to win at the Rep B level, it's even more challenging to win consistently. To be a consistent top team, we need doers, not watchers!

We're going to take full ownership this season. Every game will have its fair share of good breaks and bad bounces. If we're unsuccessful, it'll be on us. It's not the refs, the timekeeper, the small dressing room, the tiny rink, our equipment, or the arena staff out to get us. Let's commit to using our thumbs. Not pointing fingers.

If you're new to Coach Mike, he asks that you arrive on time (45+ minutes prior), fully prepared (stretched with eye/hand warm-ups complete), your equipment and sticks organized, and your hair combed - no hats. Why is this my request? You wouldn't show up to an interview or a special occasion without being properly prepared or properly groomed. We should treat Crusaders hockey with the same level of attention, care, and respect.

We'll launch our season focused on conditioning and positioning. We'll shift to skill development and special teams and we'll close with offensive and defensive systems. To note, conditioning will be consistent throughout the season.

In terms of expectations, we'll dive deeper into team goals as a group, we should anticipate battling for a top seed in the regular season, pushing deep into the playoffs, and tournament redemption!

We'll be booking 2 x local tournaments, returning to Kingston, a rest at Christmas, and a possible USA/NCAA road trip. More to follow.

You'll once again vote on Captain and Assistant Captains. You'll also vote on pre-game attire: dress shirts & ties or tracksuits. We'll fully support the majority vote. In-room DJ will rotate throughout the season.

As mentioned, weekly extras away from the rink are an absolute must. Extras will include workouts, at-home skill development, studying the game, and homework. This is to better yourself and to be a good teammate. Again, this is part of competing.

If the above fits with your style of hockey and you're excited to be part of a team with high compete level, high expectations, and high accountability mixed in with lots of fun and "memories," I look forward to welcoming you to tryouts.

Coach Mike