



Willowdale Red Wings



Midget A
2010 / 2011

Coaches:

John Landry:

- Development Coach
- GTHL AAA Coach
- 4 Seasons OHL
- 2 Season Professional European Hockey
- Drafted Pittsburg Penguins – NHL

Rick Wiebe:

- Forward Coach
- GTHL AAA/AA Coach
- Former GTHL AAA Player

Mike DuMaresq:

- Defense Coach
- Former Girls Head Coach
- Former GTHL AAA team Captain
- CFL Grey Cup Champion

Aslan Motahedin:

- Goalie Coach
- Former University Goaltender
- GTHL A Coach

Competitive Level:

Midget is a 3 year program for girls. We invite girls born in all 3 Midget years to our join our team. We have space available at all positions.

We bring a core of 1995 girls with Bantam A experience who are certainly able to compete at the Midget A level.

However, with the appropriate players filling key available positions we feel we will have what we need to compete successfully at the Midget A level in the upcoming season.

Our future plans are to continue to compete at the A/AA level.

We are looking for:

Along with an appropriate skill level, we are looking for players who bring with them:

Attitude - Unselfish, hard workers, who listen and perform to the best of their abilities in every situation

Coachability - Follow instructions regarding team play and individual improvement. Attempts to execute to utmost of ability.

Concentration - Ability to remain intense, focused and stay with the play at all times. Avoids distraction and distracting others.

Drive - Constant desire to excel in all situations. . Team players with desire.



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Coaching Objectives:

- Skill development: puck handling/possession, passing, shooting, and positional play
- Teach team tactics and develop active game plans
- Teach players how to read and react to situations
- Include defensive, offensive & neutral zone tactics, as well as transition
- Constant improvement of players and team throughout the season
- Development of the girls' 'Hockey Sense' - understanding and adaptation to the play, awareness of the overall play development.

Objectives for the Season:

- Be a competitive team at the Midget A
- A positive, fun and challenging competitive hockey experience
- Provide a strong sense of camaraderie among players, parents and coaches
- Lasting memories and a love of the game
- Develop and improve both individual and team skills
- Refinement of individual technical and tactical skills
- Mental development, preparation and focus
- Team play - offensive and defensive systems

Coaching Philosophy:

- Maintain a balance between the expectations of winning and enjoying the game
- Promote fair play, sportsmanship, discipline and team values
- Reward hard work and effort
- Regular, equitable, and usually equal ice time
- Positive reinforcement and understanding of individual player's motivation
- High tempo, pre-planned, practices with short and long-term objectives
- Communicate openly with players and always approachable

Hockey Program:

- Team is expected to consist of 14 skaters and 2 goaltenders
- Team Camp last end of August, or early September.
- Goaltender camp mid/late-August
- Ongoing goaltender development
- Approximately 50 games (exhibition, regular season, play-offs, tournaments, Provincials)
- 2 practices per week
- 6 tournaments throughout the season (1 out-of-town)
- Optional girls only summer hockey (May 11 – Aug 10), Tuesday evening's at Chesswood

Commitment:

- Player attendance at all practices and games is mandatory
 - Occasional absences for special circumstances with advance notice are permitted
- Be on time for practices and games (in the dressing room 45 minutes before game time)
- Maintaining a personal fitness level sufficient to compete is required