

My name is Ryan Jacobs and I will be the head coach for U18B team this season. I'm hopeful that this season will more closely resemble a normal season.

Coaching Experience:

I've either been a head coach, or an assistant coach with the Ottawa Sting organization since the 2014-2015 season.

Coaching Philosophy:

Fun / Good Health / Competition

I like my athletes to look forward to coming to the rink, seeing their teammates and invest in their health today both mentally & physically.

Player First Approach

I like to build an athlete first approach. Getting to know each player as individuals allows me to use a variety of coaching styles / teaching methods / communication techniques / learning and training principals to suit each player.

I strive for progress not perfection!

The players will have some autonomy to create and build their own hockey experience. I believe their personal goals must be set by them, with guidance, support and ongoing feedback.

Consistency / Positive Messaging / Sincerity & Trust

I believe in consistent positive messaging. Not only with players, but also with parents on a regular basis.

Hope everyone stays safe this summer and I look forward to seeing you all this Fall at the rink.

Ryan