



2009-2010 Minor Bantam AA Team

Background

My name is Mike McDonald and I would like to introduce myself as the Head Coach of the Ottawa Sting Minor Bantam AA team for the 2009-10 season. I have high expectations for success in both league play and tournaments, given that I am confident we will have a very strong team.

Try-outs

Participation in Try-outs

- Players must be registered with their home association and with the Ottawa Sting before they are permitted to participate in the tryouts;
- Players must wear their assigned Ottawa Sting tryout jersey;
- Players must be wearing a full set of equipment including CSA-approved neck protector, helmet/face mask and mouth guard; and
- Each player should be fully dressed and ready a minimum of 10 minutes prior to each ice time.

In addition to on-ice evaluation, I will be watching how players conduct themselves off-ice, including promptness, focus and interaction with other players.

Try-out Process

- The initial try-outs for the Minor Bantam AA team will consist of a short warm-up, followed by a controlled scrimmage;
- All Players will be given a minimum of three hours of ice time in the try-out process, after which there will be the first set of releases. Players will be given letters indicating whether they are released or invited to continue further in the try-out process. Successive try-outs will be followed by further releases until the final team is selected by no later than September 7, 2009;
- The first releases will take place on Thursday, September 3rd at Brewer Arena starting at 9pm; and
- During the try-out period, players should check the Sting website on a daily basis for details of the schedule and their rink/time assignments.

Player Evaluations are based on:

- Skating and overall skill level assessed by the Head Coach and independent evaluators;
- Performance in the controlled scrimmages as assessed by the Head Coach and independent evaluators; and
- Performance in Exhibition games.

Player Releases

- Players released from the AA team who are living in the Ottawa West territory are encouraged to try-out for the Ottawa West Golden Knights competitive “B” team;
- Players from the South End, Canterbury, Ottawa Centre, Sandy Hill or St. Laurent Minor Hockey Associations will be released to the Ottawa Sting B team;
- It is never easy to be released from a team for which a player is trying out. We urge parents to take the time following the news of being released to discuss with your child the positive aspects of the try-out process. They are to be congratulated for putting themselves forward and making their best effort.

What I expect from Players

- Players will be on the ice an average of 4 to 5 times per week plus will be expected to participate in a weekly off-ice training session;
- Practices are not optional – players will be expected to be at all practices on time and give a 100% effort. If a player is unable to attend a practice, he must be given permission by a coach to miss;
- Players will be expected to compete hard and give a 100% effort in every shift of every game;
- Players will be dressed and ready a minimum of 10 minutes prior to every practice and game; and
- Players will treat coaches, parents and fellow players with respect.

What you can expect from the Coaches

- Coaches will foster a safe, fun environment that is focused on development throughout the season;
- Coaches will be prepared, have set practice plans and game strategies to maximize the performance and success of the team; and
- Coaches will be available and open with all players regarding their performance, attitude and areas of strengths and weaknesses.

Tournaments

There will be 4 tournaments for the upcoming season – 2 in-town and 2 out of town.

1. Early Bird Richmond Hill Stars AA Tournament – September 11-13, 2009
 - a. As the final selections for the team will most likely be made over the weekend of September 5th to 7th, the first tournament will be the following weekend so all players and parents should be prepared;
 - b. Hotel rooms have been reserved at The Sheraton Parkway in Richmond Hill for 2 nights commencing September 11th
2. Fall Classic AA Tournament at the Bell Sensplex – October 23-25, 2009
3. Kingston AA Tournament – November 6-8, 2009
4. Winter Classic AA Tournament at the Bell Sensplex – January 15-17, 2009

Closing

On behalf of the Ottawa Sting Minor Hockey Association, I would like to thank you in advance for taking part in this year's try-outs. The selection process is a very difficult process and is a stressful part of the season for players, coaches and parents. I encourage you to come to try-outs in top condition ready to compete at the highest level possible.

I wish all players the best of luck, and hope you have a successful and enjoyable season.

Coach Mike