

Intro

My name is Jared Carden; I am a non-parent coach who has spent the last decade coaching in Ottawa & abroad. I have extremely high expectations of all players who commit to this team and expect nothing but their very best at all times. My staff will be composed of parents, all of whom have been involved with hockey for a greater part of their lives and are looking to enhance the hockey lives of those surrounding them.

- Coaching Philosophy -

"My objectives as a coach are to assist players build confidence and self-esteem while trying new things in a positive learning environment and while learning to work as a contributing member in this team's environment. I have very high expectations of all players and expect nothing less than their very best efforts at all times. I expect players to commit to the 'One Team' concept; they should be capable of working together towards common objectives.

At this age, players should be able to think critically as it applies to their performance in practices or games and to identify areas for improvement as well as areas of strength both as an individual and as a member of the team. My expectations of the players who come out is they are hardworking individuals who pursue the puck relentlessly, who take their fitness seriously and who maintain a healthy lifestyle. 'The fastest way to make my team is by being fast'."

Tournaments

- Capital Blues Hockey Fest (September 28-30, 2018)
- Capital Volunteer Classic (October 26-28, 2018)
- Ebo Memorial Tournament, NJ (November 22-25, 2018)
- Jacques "Coco" Lemay (December 7-9, 2018)
- Byron Optimist Tournament, West London (January 18-20, 2019)

Off-Ice Program

- High Intensity Interval Circuit Training (HIICT)
- Video Sessions
- Team meetings
- Position specific meetings and training sessions



On-Ice Program

- Situational game play drills
- Team tactics
- Creativity
- Goalie 1 vs 1

Commitments & Key Dates

- Expect to have anywhere between 4-6 activities each week
- Expect to pay approximately \$1500 above association & tryout fees
 - This amount can be reduced with fundraising & sponsorships
- Regular season is approximately from October 11, 2018 to February 13, 2019
- Playoffs run from February 14, 2019 to March 29, 2019

Tryouts

Players must wear proper attire to all evaluation sessions; dress to impress. How players comport themselves off the ice is important to assessors as well.

Tryouts are stressful for us all, players, parents and assessors. All assessors will be non-parents or those with no ties to any player trying out. There may be parents assisting with non-evaluation components such as opening doors etc... They will have no bearing on the tryout process. Players given advice by parental units in this capacity are encouraged to stay their course as it relates to any coach given tryout information.

The first set of releases will be done on after the second hour at a home arena to be confirmed at a later date. Depending on numbers, they may be done electronically or in-person; this will be decided closer to tryouts. The final set of releases will be done in person, parents are welcome to sit in with their player but there will not be time for a question period during the interview. Should you have questions, I ask that you wait the 24-hour cool-down period prior to doing so and I will be happy to provide clarification.

Should you have additional questions in the weeks leading to tryouts, send me a note and I will get back to you.

Check back closer to Labour Day weekend for a confirmed tryout schedule...

If you wish to be in touch with me about anything between now and the tryouts, I can be reached by email: jaredcarden950@gmail.com.