



Hi Parents & Players,

Welcome to the 2023-2024 hockey season. My name is Julie Lafave and I am very excited and privileged to have the opportunity to coach the U11 Rep B team this year.

I am looking forward to a fun and great season of hockey. This year we will continue working on our skills and start working on strategy.

I am looking for some committed, hard working, eager to learn, dedicated with heart players at practices, game, and tournaments.

Hockey is truly a fun and exciting game. When all players encourage each other and come together as a team, it creates an effective and positive atmosphere. I believe that success is the ability to move from one failure to the next without the loss of enthusiasm.

Go Colts!

Head Coach-Julie Lafave

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Additional Team Information

Some information for the 2023-2024 – U11 Rep B Colts Season plan.

Tournaments – The team will be participating in 3 tournaments minimum this season.

Player Selection – Tryouts information will be communicated via the CMHA website and the CMHA's Facebook page. Independent evaluators will be used to support the evaluation process of goalies and players will be assessed on individual skills (e.g. skating, passing, shooting) and game skills (e.g. engaging in play, team play). Player will be evaluated both ON-ICE and OFF-ICE from the time they arrive at the rink.