



Hi Parents & Players,

Welcome back to what is sure to be a great upcoming hockey season. My name is Jake O'Brien, and I'll be coaching the **U13 B Rep team** for the upcoming season. This year is crucial for our U13 Rep B players. As your coach, I want to help you become the best players, teammates, and athletes with strong team values. My goal is to guide you to reach your full potential and grow in all aspects of the game.

In the upcoming season, we have exciting new priorities to concentrate on that includes: **speed, team work, and positional play**. As a close-knit **TEAM**, consisting of **players, coaches, and parents**, we understand that success can only be achieved when we stand together. I am looking for a **team** of players who are willing to work hard and put everything they have into every shift they take. We will work hard on new skills as a team and work together to become a solid unit. We need players that will listen and put what we practice into play.

Some additional information has been added below for what you can expect for the U13 B Rep team this year. **I hope you'll consider trying out for the U13 Rep B Colts team this year**, and I'm confident that this decision will be one you look back on as a great one. I'm looking forward to the season, and enjoying the experience with the players & families.

Go Colts!!

Jake O'Brien

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Additional Team Information

Some information for the **2023/24 – U13 B Rep Colts** season plan...

Player Selection – Tryout information will be communicated via the CMHA website and CMHA's Facebook page – with information provided when available. Tryouts will include skating, stopping, puck handling, puck movement and full ice scrimmages (overall team game play). Independent evaluators will be running the tryout's with the skills listed above while the coaching staff and I will be evaluating from the bench.

Pre-Season Off-Ice Training: The team will take part in some pre-season off ice training a month before the season starts (4 weeks leading up to the season).

Tournaments – The team will be participating in 4 tournaments throughout the year.

Community Involvement: The team will be asked to participate in some sort of community involvement activity around holiday season, in form of a food drive or toy drive for a local charity group to show our support for the community.

Sponsorships: The team will be seeking out 4-5 team sponsors at different price points. **We have secured one sponsor** as of now and will be seeking additional ones before the season starts. If anyone is interested, feel free to contact myself any point before tryouts to discuss. (Please note, a sponsorship does not guarantee any kinds of spots on the team. All players will be evaluated equally)