

Hi Parents & Players,

Welcome back to another great season of hockey in Cornwall. My name is Tessa Harrison, and I will be coaching the **U11 B Rep Team**. My goal for this year is to build on fundamentals while learning to play the game from a team perspective. I value development, teamwork and respect and am hopeful that we can demonstrate those abilities on and off the ice this year.

I am looking for a group of kids who are committed to attending practices and working hard while there. **Commitment, dedication, and hard work** will go a long way toward improving our overall game.

U11 is a pivotal time in terms of development therefore it is of the utmost importance that the players, parents and bench staff share the same commitment towards improvement. This includes showing up at practices, games and tournaments with a positive, team first attitude and mindset that will allow each player to put their best foot forwards.

I am looking forward to a fun year where FUN, team growth and personal development are our team goals.

Thank you,

Tessa Harrison

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Additional Team Information

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 used to support the evaluation process of goalies and players and will be assessing based on individual skills (e.g. skating, passing, shooting) and game skills (e.g. engaging in the play, team play). Players will be evaluated both **ON-ICE** and **OFF-ICE** – from the time they arrive at the rink. Off-ice attitude, respect and commitment will be prioritized.

Pre-Season Off-Ice Training: The team will take part in pre-season off ice training before the season begins.

Tournaments – The team will be participating in 3 tournaments throughout the season.