

Hello Parents/ Players

My name is Jacob Latour, I've been selected to coach the U-15 Rep B team this year. I've been playing hockey for 20+ years and am excited to take on the role as coach now. This is an important year for the first year U15 players as well as the returning players moving up to U16 the following year.

My goal is to maximize all of their potential and challenge them to become better players, teammates, and athletes with great character on and off the ice. Assistant coaches Blake Legue, Gabriel Cyr and I plan on developing the players to be ready for the next level.

The coaches on the bench this year truly believe if you work hard, commit to your team and teammates as well shows discipline you will be rewarded.

That being said, this year we will be looking for players that are ready to compete, aggressive on the puck, have good discipline, have a good attitude and great character on and off the ice. We encourage players to practice the way they would play a game.

I'm looking forward to a great and fun year.

Jacob Latour  
Head Coach  
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#### **A little information on the upcoming 2024/25 U15 Rep season.**

**Player Selection** – This year tryouts will include skills sessions, intra squad games and possibly some exhibition games. There will be independent evaluators ( goalies as well ) who will be running the tryouts. As for the coaches, we will be evaluating off ice. We will be evaluating players on skating, passing, puck movement and puck handling. Players will be evaluated from the moment they arrive to the arena.

**Tournaments** - We would like to be participating in 4 tournaments this year.

**Pre-season off ice training** – The team will take part in off ice training before the season starts.