

Hi Parents & Players,

I'd like to welcome you back to another hockey season. My name is Tom Cooper, AKA Tucker and I'll be coaching the **U16 Rep team** for the upcoming season. This is an important year for the players as they need to develop their team and individual skills. My goal is to maximize all of their potential and challenge them to become better players, teammates, and athletes with great character.

The focus of our season will be on **Development, Speed, Agility** and, **Strength**. As a **TEAM** (players, coaches, parents), we can't move forward with a selfish mentality. The **team and well-being** of players will always come first. Our **team's** code of standards will be simple, Compete, Commitment, and Great Character.

I need a **team** of competitors who are willing to go get the puck aggressively and do something positive with it. I want players who have great character and have a sensible mind set. I also want players who commit to working hard at every practice, game and tournament and that genuinely want to be better hockey players.

I've provided some additional information below as some specifics on what you can expect for the U16 B Rep team this year. I hope you'll consider trying out for the Colts 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!!

Thanks
Head Coach
Tom Cooper

Some information for the **2024-25 – U16 Rep Colts** season plan...

Tournaments – the team will be participating in 3 or 4 tournaments

Player Selection – Tryout information will be communicated via the CMHA website and CMHA's Facebook page – with information provided when available. Tryouts will include skills sessions, intra squad games, and possibly exhibition games. 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 the play, team play). Players will be evaluated both ON-ICE and OFF-ICE – from the time they arrive at the rink. I hope to field a **team** of hard-working, aggressive, positive, focused players – a **team** that listens well AND respects all of those around us.