

A Select team is on the ice 1-2 times per week for practices or exhibition games, and in addition, competes in tournaments.

The plan for the Minor Midget Select team includes four tournaments:

- Winter Classic (Chedoke, Dec 28-30)
- Byron Optimist (London, Jan 19-21, possible hotel stay)
- Select Winterfest (Stoney Creek, Feb 15-18)
- Alliance Championship (Brantford, Apr 5-8)

I will look for opportunities for activity-based social time and to get the team some off-ice strength and conditioning.

I'm thinking of building visits to Alchemy CrossFit into the team schedule. It's a cool facility. I have taken teams there in the past and the folks who run it are great and the players really enjoyed it plus worked hard.

I know that players have priorities outside of hockey (family, school), and additionally as they get to Midget age, work and social life etc. So anything the team does off the ice is encouraged but optional.

Practices will be a combination of skill development and refresh, plus team play drills. My approach is very detail-oriented to try and squeeze as much benefit as possible from the team's limited time together.

Our practices will be upbeat and hopefully enjoyable for every player as they realize the benefits of practicing together and thus make it one of their priorities. I hope to manage my time with the players this year and their attention effectively. I attended a Leafs Open Practice a couple years ago and then Coach Randy Carlyle said that even with his professional players, he ensures his messages are on point and brief to ensure they're heard.

I am a student of the game. I watch and learn and am not afraid to try new things. I know what I want to see happen on the ice and I will do my best to instill those behaviours in our players in practice and with consistent messages.

I encourage open communication with all players and parents. Email is great for quick stuff but in-person or telephone is best for discussions. All players and parents will be treated with respect. This will be my 5th season coaching Select at Chedoke, all previously at the Bantam level. Our Bantam players over the last four years enjoyed great success on the ice and had a lot of fun off it. They worked hard and demonstrated respect for all. I will look for the same from this year's group.

A Select team requires a lot of effort for it to run well and I will be looking for some help on and off the ice. Some teams go overboard with the extras whereas others do very little. I hope to find a happy medium that everyone can get behind and support. If you have some on or off-ice experiences or ideas that would be helpful to the team, please let me know!

As for cost, with the "happy medium" amount of fundraising and sponsorships, I am targeting a per-player cost of \$500-\$600, which includes 30-35 games, 4 tournaments, 15-20 practices, home/away jerseys and all off-ice stuff; a great deal!

I hope to see you on October 7 at the first tryout!