



# Scarborough Sharks 2009/2010 Atom B Program

## Team Development Program

We will create a positive and fun environment for the girls to foster a love for the game of hockey while developing their individual and team skills. We'll follow the guidelines set out by the Hockey Canada Skills Development Programs; the Atom Program recommends the following practice time allotment

- 50% Technical Skills (e.g. skill development)
- 20% Individual Tactics (e.g. 'hockey sense')
- 15% Team Tactics (e.g. positional play)
- 10% Team Play (e.g. break outs)
- 5% Strategy (e.g. defensive/offensive play)

## Goals

- Build a strong team atmosphere; emphasizing fun, fitness and friendships
- Lead, demonstrate and encourage the girls to respect teammates, coaches, opponents & referees
- Provide equal playing opportunities for all players

## Planned Program Highlights

- Spring/Summer individual conditioning program plan
- Occasional summer team building fun activity sessions
- Front loaded preseason practice schedule in Sept. and early Oct. (2 to 3 practices per week)
- Weekly practice schedule throughout the season
- Maximum participation in league sponsored skating instruction program
- Three to five tournaments with one or two out of town
- Additional team funded goaltending training

## Chris Crosthwaite, Head Coach

3 years coaching experience including;

- Assistant Coach with 2008/2009 Sharks Novice B Team
  - Novice B – Leaside March Madness Champions
  - Novice B – Scarborough Sharks Finalist
  - Novice C – Clarington Applefest Champions
- 2 year Head Coach in Scarborough Sharks Novice House League
- Parent of twin girls on '08/'09 Novice B team
- Assistant Coaches and Managerial staff to be named after the team selection.

Feel free to contact me to discuss this Atom B program.

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Tryout schedules and further information on the Scarborough Sharks Rep and House League Programs are available at [www.scarboroughsharks.com](http://www.scarboroughsharks.com)