

Scarborough Sharks 2008/2009

Atom 'B' Program Outline

Head Coach: **Rob Abela, Level 1 certified coach**

Background: **10 years Coaching Experience including:**

- Current Head Coach of Sharks Novice Teddy Bear Team
 - First Place & Undefeated in Novice 'C' Teddy Bear Division
 - Scarborough Sharks & Durham West Tournament Champions
- Current Assistant Coach of Sharks Peewee 'A' Team
- Recent Assistant Coach of 2006 Provincial Champion Sharks Atom Team
- Six years coaching boys hockey including house league, select, AA and AAA
- Parent of 1993 Bantam 'AA' Boy; 1995 Peewee 'A' Girl; 1999 Novice Girl;

Staff:

Player Development Coach: **Steve Donaldson** (non-parent)

- 12 years experience coaching girls and boys hockey and soccer
- Current head coach of Scarborough Sharks Peewee 'A' team
- 2006 Head Coach of Provincial Champion Sharks Atom team.

Trainer: **Nicole Boyle** (non-parent)

- Level II Trainer with first aid and CPR training every 6 months
- Graduated Child and Youth Worker employed at Children's Aid Society

Two Assistant coaches to be determined after tryouts

Program:

The program will be a continuation of the elite development novice program that we currently have in place. Having fun and creating a positive memorable experience will form the foundation of our team philosophy. The number one coaching goal will be to maximize the individual skills development of the players, enabling them to play the game at a higher level in future years.

Planned Program Components:

- Five spring/summer off-ice treadmill skating stride development sessions
- One week Training camp at the end of August
- Heavy preseason practice schedule in September/October (3 per week)
- During season only one weekly team practice, which will allow girls to also participate in house league if desired (recommended)
- Maximum participation in Sharks-sponsored bi-weekly power-skating
- Team funds will be allotted for goaltender training
- Four to Five Tournaments (one out of town)
- Every effort will be made to qualify for Provincial Championships
- Min 130 Hours of ice-time including games, practices, power-skating & camp
- Season Cost is budgeted at approximately \$1,600 per player

Contact Info:

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