



Scarborough Sharks Bantam 'A'

My name is Mike Lake. This coming season I will be coaching the Scarborough Sharks Bantam A team. This Bantam team will be focusing on the players who have the passion and the desire to persevere at a higher level of hockey. Our mandate is to assist these players in achieving their goals.

Our program will focus on individual skill development, team play, hockey systems and player fitness. This program will have regular professional instruction throughout the duration of the season, combined with structured, high tempo practices.

My personal coaching experience spans over 14 years. I have been involved with boys' hockey programs through to the GTHL "A" level, coached girls' high school hockey and have coached girls' hockey exclusively for the past 7 years.

I strongly feel it is important for the coaching staff to create an environment where players not only will be able to look back with fond memories and friendships, but also carry forward the value of teamwork and commitment.

The Scarborough Sharks Bantam A team is seeking players who have the skills to contribute at the "A" level, the desire to "climb the ladder", and the dedication required to be successful.

If this describes you, I look forward to meeting you at the tryouts.