



Scarborough Sharks Girls Hockey Association
www.scarboroughsharks.com
Atom BB Program 2010/2011

Head Coach: Chris Farmakovski

Background:

Head Coach 2009-2010 Scarborough Sharks Novice A Team

- Durham Tournament – **Silver Medalists**
- Mississauga Tournament – **Silver Medalists**

Assistant Coach 2009-2010 Scarborough Sharks Atom A Team

- Sharks Tournament – **Silver Medalists**

Head Coach 2008-2009 Scarborough Sharks Novice B Team

- Clarington Flames Tournament – **Gold Champions**
- Leaside Wildcats Tournament – **Gold Champions**
- Scarborough Sharks Tournament – **Silver Medalists**
- **2009 Provincial Quarter Finalists**

Assistant Coach 2008-2009 Scarborough Sharks Novice HL

Head Coach 2007-2008 Scarborough Sharks Novice HL

- Regular season **First Place** finish
- Playoff **Champions**

Parent of 2 current Sharks players

- Julianna, Atom A
- Maddie, Novice A
- Both Novice 'C' **Provincial GOLD** Champions 2008

Have loved and played hockey since childhood and continue to play at least twice per week.

Staff:

- Heidi Boyle(Non parent) – Goalie coach – 2009 Intermediate A Provincial Champion
- 3 Assistant coaching positions available

Coaching Philosophy:

I will provide a fun learning environment built on positive reinforcement, enthusiasm and enjoyment of hockey. My program will be designed to develop strong individual skills and the self confidence to execute those skills with intensity and under pressure in game situations. Players will learn to carry the puck with patience and confidence while learning to play as a team. Coaches will not yell "Get it Out" as this promotes panic and confusion. Players will learn to play their position defensively and in support of the puck, use their team mates to break out or use the boards to clear the zone. In the offensive zone players will learn to control the puck while looking for passing or scoring options. Players will learn to go to open ice in support of the puck and to use all teammates including moving the puck back to the point when appropriate.

Coaches will endeavour to provide positive feedback to reinforce desired behaviour. Occasionally constructively critical feedback may be necessary to correct repeatedly undesired actions. Players have always and will continue to enjoy playing for me and some element of fun will often be incorporated into practice. Coaches will lead by example in teaching respect for teammates, opponents and refs by keeping a positive attitude regardless of game results.

What I'm Looking For:

Players and Parents who are enthusiastic and love the game of hockey, are committed to female player development and recognize the rewards of good on ice work ethics. Looking for players who are eager to improve individual skills and are ready to take their game to the next level and play as a team.

Program Details:

- Busy pre-season practice schedule with 16 practices starting in September after labour day thru to our regular practice ice in early October.
- 4-5 tournaments including 1-2 near out of town
- Will discuss with individual parents/player a very simple personal training and skills program
- 2 practices per week plus Sharks sponsored skills sessions
- Goalie instruction
- Regular synthetic ice shooting instruction
- Classroom education and review of game footage, target every 4weeks
- Target about 55 games including exhibition, tournament, LLFHL regular season and playoffs
- Target 100 practice events including weekly practice, skills sessions, synthetic ice and classroom education
- Team bonding events – mix of athletic and social events on average every 4 weeks, ideally on same day following classroom education

Fundraising:

I expect fundraising and sponsorship to pay for at least 25% of the program cost. Various events will be discussed with parents but some significant previous successes are:

- LCBO tag day
- Wines of the World
- Sharks Car Magnets
- Rock band

Sponsorship:

- All families will be asked to seek sponsorship opportunities
- Families bringing in sponsorship money will get 40% applied to their own fees.

Players who are unable to make this team will be referred to the Scarborough Sharks House League and Select Team.

I love to talk about hockey so any families with questions on how their child may fit into this program or in general are interested in this program are encouraged to contact me, Chris Farmakovski, for more information. Email is the preferred initial contact.

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