



## Scarborough Sharks Girls Hockey Association Novice Tier 1 - 2010/2011



**Head Coach - Avi Karunakar**

**Contact Information**

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Avi Karunakar has a B.A. and B.Ed. From Mercyhurst College in Erie, Pennsylvania and is employed by the Toronto Catholic District School Board. He has a specialist qualification in physical education and currently teaches health, physical education and business studies at the high school level.

In addition to his hockey background Avi brings a wealth of resources in having numerous contacts at every level of hockey to assist with player development.

Avi's two daughters Grace and Clara play for the Scarborough Sharks.

### **Coaching Philosophy:**

Avi believes that a coach's job is to teach and model. This is accomplished by helping each individual develop their hockey skills while fostering a love for the game. The 2010/ 2011 Novice rep season will be focused on individual skill development and building memories and friendships to last a lifetime. Team building and development will be accomplished through successful systems, tactics, and strategies. Families that decide to be a part of the team will be expected to share a commitment to the competitive hockey experience. This experience will provide an opportunity to teach their daughters some valuable life lessons which will include dedication, reliability, sacrifice, work ethic, determination and optimism. The coaching staff will strive to help the girls develop confidence and strength on a physical, mental and emotional level. Avi's main goal is to help develop a love of and commitment to the game of hockey while developing personal qualities that will equip the girls to face future life endeavours.

### **Playing Background**

#### **Junior A Experience:**

Richmond Hill Rams - "Rookie of the Year"

North York Rangers - Metro Junior A All-Star team selection

#### **University Experience:**

Mercyhurst College – Division I Atlantic Hockey Conference

- Scholarship
- "Player-of-the-Week" twice in the ECAC
- Named a Sports Information Directors All-American.
- Owns the school records for save percentage and goals against average.
- Nominated to the ECAC West All-star team in 98'.

### **Professional Experience:**

- ECHL – Richmond Renegades, Birmingham Bulls, Louisiana Ice Gators, Toledo Storm
- UHL – Saginaw Gears, Adirondack Ice Hawks
- AHL – Cincinnati Mighty Ducks
- IHL – Cleveland Lumberjacks.
- He was twice selected as player of the week in UHL and runner-up several times in the ECHL.

### **Coaching Background**

Avi Karunakar's stints with several professional teams have provided him the opportunity to develop a varied coaching background. He has been exposed to countless ideologies from a number of remarkable coaches including:

- Mike Babcock – Detroit Red Wings, Stanley Cup winner
- Todd McLellan – San Jose Sharks, Stanley Cup winner
- Claude Noel – Assistant coach of the Columbus Blue Jackets.
- Former NHLer's Dave Farrish, Gates Orlando and Robert Dirk

**Certification** - certified at the NCCP intermediate coaching level and level two trainer

### **Coaching Experience:**

- For several years has worked with many organizations to provide off-season skill development practices, dry-land training and goalie clinics.
- Employed with Rick Heinz Goalie Schools for several years.
- 2001 – coached Eastview Collegiate girls' high school team to the semifinal of the OFSAA championships.
- 2005 to 2007 – Head Coach, Scarborough Young Bruins and Toronto City Blues "AA".
- 2007 to 2008 – Head Coach, Toronto Marlboros "AAA"
- 2009 to 2010 – Head Coach, Scarborough Sharks Novice Select/Teddy Bear/C team

### **AMY TUREK – OWNER VICTORY HOCKEY SCHOOL - [www.victoryhockey.ca](http://www.victoryhockey.ca)**

Amy will lead some practice sessions during the 2010/ 2011 season. Her focus will be to teach skill development and power skating. She believes in motivating girls to be the best they can be and always incorporates fun games and drills to complement her program.

### **Previous Accomplishments**

Team Canada, World Inline Hockey — Gold Medalist, 2004

Team Canada, T.S.N. Challenge — Gold Medalist

Toronto Aero, Esso Women's Nationals - Gold Medalist

National Women's Hockey League (NHL) Millennium Cup Champions, 2000-2003

12 Years with the Toronto Aeros of the National Women's Hockey League, consistently one of league's top scorers.

Graduate of Wilfrid Laurier University — Bachelor of Arts/Education

Graduate of Brock University – Bachelor of Education

Team Captain and leading scorer for 3 consecutive years, 1st Team All-star

Inducted into the Wilfrid Laurier Sports Hall of Fame

Physical Education and Health Teacher.