

Jeremy Horst – Head Coach

2021 – 2022 U13AA – Sharks

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My name is Jeremy Horst and I am excited to be part of the Sharks organization and named Head Coach of the U13AA hockey team for the upcoming 2021 – 2022 season. I have five years of coaching experience; one year as an Assistant Coach with the Scarborough Sharks Novice B (2016 – 17) team, Head Coach of Scarborough Sharks Novice B (2017 – 18), Head Coach of the Scarborough Sharks Atom A (2018 – 2019) team, Head Coach Scarborough Sharks Atom AA (2019 – 2020), Head Coach U13AA Scarborough Sharks (2020 – 2021).

Personally, I believe that sport is important for human well-being, health and life stability. My goals for the U13AA program for the upcoming season revolves around creating a program that will develop and improve each players' hockey skills, as well as teaching the values of hard work, and respect in sport. My coaching / team philosophy revolves around a few key concepts:

- Have fun and provide a positive learning environment.
- Using hockey as a way to teach invaluable life lessons such as the values of hard work, dedication, teamwork, and discipline.
- Respecting the coaches, teammates, officials and opponents at all times.
- High focus on skills development for all players, with skills training provided by professional hockey skills coaches.

I am very pleased to be collaborating and working side-by-side with a strong Coaching staff for next season;

Chris Crosthwaite – Assistant Coach (non-parent),

Mike Fleming - Assistant Coach, and

Gery Othmann – Player Development and Skills Coach.

The U13AA program will consist of the following:

- Pre-season practices, exhibition games and hockey tournaments.
- Regular season practices (minimum 2 - 3 per week including skills training provided by Professional skills coach once per week)
- Dryland Training provided by a Professional Strength and Conditioning Coach
- Regular season games played as part of the LLFHL and subsequent playoff games and provincial games as determined by results. The LLFHL is the premier league for girls in Ontario.
- Three to four tournaments, including 1 “out-of-town” tournament to help build bonds of friendship on the team.
- Goalie Training – Professional goalie training will be included in the team budget.

For more information on the 2021 – 2022 Scarborough Sharks U13AA program, please contact me.

Jeremy Horst

Head Coach