

## OTTAWA STING U13B COACH LETTER

Good day to all the great hockey families of Ottawa Sting.

My name is Felix Letellier and I have been giving the privileged of being the head coach for U13B for the 2022-23 season.

Accountability and discipline are 2 of the main drivers within the coaching philosophies that I have maintained with youths that I have helped coached over the past 7 years.

Accountability reminds youths that they are part of a team, a great sport, and a reflection of their family upbringing. Playing hockey at a competitive level should give youth a sense of pride, accomplishment, and dedication due to the level of accountability they have to their teammates by always giving 110% on the ice, whether it be in practice, season game or playoff. As a coach, it's important to keep our youths accountable to their actions on and off the ice to truly benefit from the greatness of competitive hockey.

The discipline portion insists on striving to get it right, whether a youth hockey player is struggling with a proper "tape to tape" pass or constantly forgetting hockey equipment items, it is important to have youths find discipline within in order to be accountable to themselves, their team and their family. I find it important to be a positive influence on youth to have a "want" to do it right and not show frustration when failures occur but rather determination in getting it right. But above all, have fun, remind youth that failure is not a lousy thing but rather a fun path to success and improvement.

Set clear expectations by proper communication

Coach, train, and support expectations, be a role model and create some

Maintain positive, simple constructive feedback, firm and to the point, move on, don't dwell on mistake

Celebrate incremental improvements, recognize when it's done right and show the result

Support and encourage accountability and responsibility, everyone shows embrace moments of leadership

We are currently looking to register in the following tournaments

-Ingersoll REP. Early Bird: October 21-23<sup>rd</sup> 2022

-Pembroke Silver Stick November 18<sup>th</sup>-20<sup>th</sup> 2022

-Oshawa Hockey Fest December 9<sup>th</sup>-11<sup>th</sup> 2022

-Sensplex Capital Winter Classic January 20<sup>th</sup>-22 2023

Looking forward to a great hockey season

Felix Letellier