



South Stormont Minor Hockey Association – P.O. Box 308, Long Sault, Ontario, K0C 1P0

Dear Parents and Guardians,

Welcome to the 2021-2022 Hockey Season! My name is Stephane St Denis, and I am very excited to be taking on the role of Head Coach for the U9 Tier 2 hockey team in South Stormont.

As a product of Cornwall Minor Hockey, I was fortunate to play for several great coaches that guided my growth and development and fostered a love for the game which steered me towards 6 seasons at the junior level, playing for the Char-Lan Rebels and the Kemptville 73's.

With a clear passion for sports and coaching, I was able to pursue further education at the University of Ottawa earning a bachelor's degree and a master's degree in Human Kinetics as well as a bachelor's degree in Education. I am currently a proud member of the South Stormont community, working as a Physical Education and Biology Teacher at St Lawrence High School in Cornwall.

Over the past 15 years, I have coached various sports both in our community as well as at the High school level. Whether it be minor hockey or high school basketball, my philosophy remains the same: Fun first! It is my believe that if our kids develop a love for the game, they will continue to play well into their adult lives.

My overall objective this year is to provide our group of players with as many tools as possible. We will look to solidify strength and balance in skating, develop edgework and puck control, but also, create an environment where players are free to be creative on the ice and to make decisions on their own as the game develops in front of them. Individual and team concepts will be taught using a small area games approach which allows players to apply the skills that they have learned in game-like situations, forcing them to increase their intensity as well as make quick decisions on their own.

Finally, my expectation for all players relates to three basic principles: I'm looking for players who understand the importance of **respect**, players who are eager to **listen and learn**, and finally, players who are receptive to **hard work** and attention to detail as I hope to create a competitive environment.

In the interim, should anyone have any questions regarding the Tier 2 U9 Hockey Team, feel free to contact me at stephane.stdenis@ucdsb.on.ca

I look forward to seeing you at the rink!

Stephane St Denis
Coach, U9 Tier 2 Hockey Team