



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

Dear Parents/Guardians,

My name is Mike St-Onge and I am very excited to have the opportunity to be the head coach for the South Stormont Selects U15 Rep. team.

I have been coaching and involved with SSMHA since 2015, I have been head coach for most of my time with the association and had the opportunity to be assistant coach/trainer under a great coach mentor. I have also coached soccer and this past summer had the opportunity to help out with my son's baseball team. I believe in developing well rounded athletes and feel that every young hockey player should also have the opportunity to participate in other sports and activities.

As a coach, my main goals are to:

- Provide a fun, safe and inclusive environment for all participants
- Provide opportunity for players to improve their skills through quality practices and competitive games
- Develop positive young people through teamwork and other activities

Playing on a Rep team requires a high level of commitment and motivation both off ice and during practices and games. A positive attitude, behaviour, effort and teamwork are as important as skills and knowledge. I expect all players who would like to be a part of this team to be a hard worker, have a positive attitude, to be respectful to all involved (coaches, parents, teammates, referees, scorekeepers, opponents) and use your individual strengths to contribute to the overall success of the team.

I am looking forward to this season as we get back to hockey!

If you have any questions, please feel free to contact me at mike@i-think.ca

See you at the rink!

Mike