



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

Hi, my name is Eric Fontaine and I'm privileged to have the opportunity to be the Head Coach of the U 13 South Stormont Selects Rep hockey team for the 2022-2023 hockey season.

I have several years of coaching experience at all levels, including Junior, AAA, AA and at the B Rep and B House level.

My goal is to create an environment that provides each player with the opportunity to have fun, develop and have a key role within the team. As a coach, I want my players to succeed as individuals but I will also emphasize team play. The team will always come first! If the TEAM wins, everyone gets 2 points!!

My seasonal goal is to teach technical skills, individual tactics, and most importantly team play. I'm a big believer that hockey also teaches us a variety of life skills. I want individuals to strive to become better, not only on the ice, but most importantly, as a person.

My expectations as a coach are quite simple. Players are always expected to demonstrate respect, work hard, be a great teammate and compete. Those are the characteristics that I will be looking for during tryouts. The locker room atmosphere is very important and I expect everyone to act respectfully towards one another.

The Team is currently registered for the following Tournaments: We are currently looking to register for another Tournament in January.

1. Milk Tournament, Picton, ON, Oct 28-30
2. Pembroke Silver Stick, Pembroke, ON, Nov 18-20
3. Cornwall Minor Hockey Tournament Feb 2-5

I'm looking forward for the 2022-2023 hockey season!

Eric Fontaine