



TORONTO LEASIDE WILDCATS MIDGET A

Head Coach: Alex Villarin
Defensive Coach: Kathryn Sbrocchi
Forward Coach: Haley Jones
Goalie Coach: Rebecca Bouwhuis

I am honoured and excited to continue an all-female non-parent bench staff for the 2018-2019 season at the Midget A level. This will be my second season with the association and as a head coach. I've played at the Midget AA, Intermediate A, and Intermediate AA level. Prior to my coaching experience with Leaside, I was an assistant coach with the University of Toronto Women's Tri-Campus Hockey team for a season and a skate instructor with Inside Edge Hockey School for 2 years.

My bench staff has all played at the Midget AA and Intermediate AA level – with notable achievements from my defensive coach, Kathryn Sbrocchi, and my goalie coach, Rebecca Bouwhuis. Kathryn played Div. III for Oswego State. Not only was Kathryn named Rookie of the Year (2008-2009) and Most Valuable Player (2011-2012) during her time in Oswego, but she was also the captain in her junior and senior years, and on SUNYAC All-Academic Team (2011-2012). Kathryn would conclude her collegiate hockey achievements with being named to the All-ECAC West Conference Team in 2011-2012.

Rebecca played CIS for Waterloo University where she would create a legacy with Waterloo's Women's Hockey Program. Not only was Rebecca named OUA Rookie of the year and CIS All-Canadian in 2011-2012, but she was also the first player in Waterloo's history to be named those awards. To conclude her remarkable 2011-2012 season, Rebecca would add CIS Second Team All-Star, CIS All-Rookie Team, and OUA First Team All-Star to her achievements.

Our combined playing experience and knowledge of the game has allowed us to successfully build a strong bench that is capable of taking our athletes to the next level.

Our goal is to not only teach these athletes skills that they'll need to be successful on the ice, but skills that'll be transferable off the ice. We're committed to help these athletes achieve their full potential. We stress the importance of team work and achieving success as a team. However, we also recognize that athletes will have individual goals and we will strive to help them reach those goals. We will also strive to make a team environment that these athletes will enjoy coming to every game and every practice. **I encourage any interested players to contact me before try-outs.**

COMMITMENT

Our program will be a competitive program where full commitment is crucial to be successful. Thus, we expect each player to attend **ALL** practices and games. However, we do recognize that family and school obligations do come first, so we will do our best to avoid scheduling any games or practices over the Thanksgiving weekend, Christmas break, and Family Day weekend.

PROGRAM OVERVIEW

- Pre-season training camp in August – Location TBD.

- Weekly dryland training from August to September– Location TBD.
- 3-4 pre-season exhibitions games.
- 22 regular season games.
- 2 regular weekly practices.
- 4-5 tournaments:
 - Leaside Tournament in March (mandatory).
 - 2 tournaments will be out of town.
- Playoffs
- Playdowns

PRACTICES

There will be two regularly scheduled practices a week – a 1.5 hr and 1hr practice. We will use one practice to focus on player development, while the other practice will focus on systems and game play. We will utilize the help of skating instructors throughout the season. As such, attendance at practices is **mandatory** with the exception of illness.

VOLUNTEERS

We will be looking for parent volunteers to fill the roles of a team manager, a trainer, and a statistician.

****Toronto Leaside Wildcats Association Requirements and Rules****

All players must pay a deposit of \$300 upon making the team at April tryouts. Remaining program fees must be paid in full by the end of the calendar year 2018 and can be paid in instalments, as laid out by the team manager. All Wildcats Competitive teams are required to participate in the Toronto Leaside Wildcats Tournament which takes place the first weekend of March break (2019). All families are expected to assist with volunteer tasks for this significant Association event.

See you at the try-outs in mid-April and best of luck. If you have any questions, please don't hesitate to contact me.

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