**Doug Long U10**

My Coaching Philosophy is “Work Hard and Play Hard”

For many of our Canucks (and families), this is their first introduction to competitive level hockey. Our Canucks will experience dryland training, team building events, challenging tournaments/competition, unique skill development opportunities, at home training, and many other team and individual opportunities to help each player maximize their abilities.  Its important to balance, effort, learning and fun into everything we do.

From the age of 8 until my early 20’s I was a goalie.  I played competitive hockey in my minor hockey days and played both Junior b and Junior c from age 15-21. Since then, I have been playing 3 nights a week as a player in Russell. Last year, I had the opportunity to be the manager and goalie coach of the U10 Canucks, which will give me a leg up with this year’s squad.  This past Spring/Summer, I coached the U9 AAA Own the Ice Colts and the U9 Russell Raiders (soccer).

**Tournaments**

Nov 25-27, 2022           Silver Stick Northumberland Cobourg/Port Hope

Dec 28-Jan 1, 2022 Bell Capital Cup Ottawa

Feb 3-5, 2023              Kingston Canadians Tournament Kingston