

Doug Long U11

I started playing hockey when I was 5 years old. I quickly fell in love with being a goalie and never looked back moving from House to Rep B early on and then by the age of 15 I was playing Junior B. I had the chance to play for a number of Junior Teams in Eastern Ontario, Including 2 Championship years with the Embrun Panthers. As an adult, I continue to play 2-3 times a week in Russell, but as a skater.

I am excited to be returning as the Head Coach of the Castor River Canucks. We look forward to building on the foundation we built last year. We will challenge our team with a blend of high intensity practices, off ice training and small area skill development at a variety of facilities. We will also utilize the 67's skill development coach during some of our practices. Whether we win or lose, we will enjoy the process and strive to make this season, a season to remember.

Proposed Tournaments:

Oct 27 - 29	Capital Volunteer Cup	Ottawa, ON
Dec 7 - 10	Green Mountain Avalanche	Jay Peak, USA
Dec 27 - Jan 1	Bell Capital Cup	Ottawa, ON
Feb 9 - 11	South Simcoe Classic	Innisfil, ON