

Doug Long U13

From age 8 to 21, I was goalie. I played competitive hockey in Stoney Creek and Char-Lan. During junior years, I played for South Grenville, St-Isidore, Char-Lan and Embrun. I have been a head coach, an assistant coach, a goalie coach, a manager, and even a mascot for the AHL Cornwall Aces. Hockey has always been apart of my life.

I am excited to be a part of the Castor River Canucks once again. For the past two years, I have been the head coach for the U10 and U11 Canucks. Last year U12 Canucks had a banner year and we can only hope to build on that success as we enter our U13 year. Our Canucks will be challenged on and off the ice to help them grow as players and young athletes in the community. We will be partnering with Metcalfe skating, Apex Hockey and Action Reaction Goaltending to further our skill development.

Proposed Tournaments:

Sept 27 – 29	Capital Blues Hockey Fest	Ottawa, ON
Nov 15 – 17	Pembroke Silver Stick	Pembroke, ON
Dec 20 – 22	Miracle Holiday Classic	Lake Placid, NY
Jan 17 – 19	Capital Winter Classic	Ottawa, ON

Note: A passport may be required as this tournament will require travel to the USA