

Mike Mallette U10

Growing up in Metcalfe there was a competitive atmosphere in all the sports we played as kids. The most important lessons from my best coaches were always ones of respect, hard work and dedication.

Providing a safe, fun atmosphere with high standards on respect and accountability will be the foundation of our U10 team. We will have an opportunity to grow friendships that last a lifetime, as well as have fun and learn a game we all love.

Practices will be dynamic and challenging, games will be a chance to use the skills learnt at practice. A culture of dedication and hard work will be rewarded.

Proposed Tournaments:

Sept 26-28	Capital Blues Hockey Fest	Ottawa, ON
Nov 13-16	Sudbury Silver Stick	Sudbury, ON
Dec 27-31	Bell Capital Cup	Ottawa, ON
Jan 30- Feb 1	Kingston Canadians Tournament	Kingston, ON