

Benjamin Mann U12

I grew up playing hockey and could not have been more excited when my three sons found the same love for the game that I have. I have been coaching for seven years through various levels in South End Minor Hockey Association, the Metcalfe District Hockey Association and last year as the head Coach of the U11 Castor River Canucks.

My coaching philosophy is based around WORK – Hard work/Team work/Out work. My goal is to instill in each player a work ethic that will not only be beneficial on the ice but will also translate into work ethic away from it. Our practices will primarily focus on individual skills building and fitness, while also teaching the players how to work together as a team and better understand the game.

Our goals as coaches will be to build a cohesive unit on and off the ice. We hope that our players will understand the importance of playing for one another and take this opportunity to build friendships that will last for many years to come.

I am looking forward to the opportunity to build on our successes last year and to having another great season of Canucks hockey!

Proposed Tournaments:

Sept 26-28	TNT Early Bird	New Tecumseh, ON
Oct 24-26	Capital Volunteer Cup	Ottawa, ON
Nov 13-16	Sudbury Silverstick	Sudbury, ON
Dec 27 – 31	Bell Capital Cup	Ottawa, ON