

Stephane Bujold U15

Since 2017, I have been involved with the MDHA as a coach and trainer. Over the past three years, I have coached five levels of Canucks hockey (U10, U11, U12, U13 and U14). I believe in instilling hard work and dedication with clear and attainable goals. Pre-icing players and coaches is a focus. I expect both to hit the ice with a clear understanding of practice plans and drill progressions in order to maximize ice time, ensuring smooth transitions and high tempo.

Promoting a positive environment and encouraging teammates to develop meaningful friendships that transcend the sport while fostering their desire to become engaged in the community are goals of mine.

Having played competitive hockey to now skating in recreational men's leagues, I understand the balance to be struck between the expectations imposed on players at a young age and the reality of where this sport will take them.

Proposed Tournaments:

Sept 26-28	Capital Blues Hockey Fest	Ottawa, ON
Nov 21-23	Pembroke Silver Stick	Pembroke, ON
Jan 2-4	Capital Winter Classic	Ottawa, ON
Jan 29-Feb 1	Melanie Clancy Memorial	Peterborough, ON