

Hello U12 Crusader Families!

My name is Mark Lange and it is with great joy that I write this letter to you and your athlete today. I am very excited to be the Head Coach for the West Carleton Crusaders U12B team this upcoming season. I want to start off by thanking the coach from the previous 2 seasons, Kris Hodgins, for all his work in this role. I can only hope to fill the big shoes that he has left behind. Furthermore, I understand the anticipation of these letters coming out and I would like to extend a heartfelt thank you for your patience as I navigated the tournament selection process for the first time before getting this information out to you today.

This will be my 2nd year coaching in WCMHA as a coach, and first as a head coach. I was a member of the U11 Crusaders coaching staff last year. I also spent some time as an on ice helper when my son was playing within the Stittsville IP program. Growing up in the States, I played hockey through high school and started coaching rep hockey there as a young lad. I eventually became a high school JV coach and Varsity assistant hockey coach at Wayland High School, just outside of Boston. At this time, I was also coaching lacrosse and began to coach that full-time at the University level. Before moving to Ottawa, I have spent time as the head coach for the lacrosse programs at Anna Maria College, Burr and Burton Academy, Castleton University and Green Mountain College. Over the last 5 years I have served as the Head Men's Lacrosse Coach at Carleton University here in Ottawa. Furthermore, I have spent time in Ottawa working with the Nepean Knights as both a minor coach, and board member.

I am also a teacher within the OCDSB, currently working as the DSP teacher at D. Roy Kennedy. For those of you whose+ athletes I may have coached previously, you know that I am very passionate about the game of hockey, coaching, and helping to use sport as a tool to grow your athlete as a person and as a player. My method of coaching can be boiled down to what I like to call the 6 T's of development:

Tempo: I like to keep the pace and the energy high at practice!

Touches: I believe that the more touches your child gets with the puck, the better they will become, so we will use the tempo of our practices to ensure lots of touches.

Teamwork: Your athlete is joining a team, not a showcase, and we will emphasize being good teammates on and off the ice.

Toughness: Being confident, resilient and mentally tough is needed during a long hockey season.

Teaching: Learning not just the skills, but how to play in the different facets of the game is important as well.

Training: Athletic development is just as important as your hockey development, especially at an early age.

This year I will be looking to form a team not only based on skill, but on your athlete's ability to show that they are coachable, hard working and an athlete who will contribute positively to the team environment that we are hoping to form.

While registration is open, a try out schedule has not been released as of yet, but I anticipate that pathways will start quickly as the AAA and AA process is already over.

The tournaments that we will be attending this year will be as follows:

7th Annual Capital Blues Hockey Fest Tournament – Sensplex

Sept. 26 - 28

We are on the waitlist for the Stittsville Rams Classic on November 28-30. If we get into that home tournament, and we can make the switch with ease, we can look into that as a team. But I like the idea of having our tournaments spread out within the season.

Kingston Canadians Tournament Series - Kingston, ON

Nov 7-9

Room block details to be distributed after tryouts.

Bell Capital Cup – Sensplex

Dec 27-31

King Playoff Challenge Cup – King Township, ON (GTA)

Jan 30-Feb 1

Room block details to be distributed after tryouts.

Upon completion of our team selection, there will be a team gathering shortly after, where time allows for as many (hopefully all) players and families to get together. If you are not one of the players to be selected, please remember that athletics is a marathon, not a sprint. Keep your passion and work ethic high and the sky's the limit. The time commitment outside of games is usually 2 practices a week, with dryland training before or after each practice. We will also be doing virtual film sessions with the players, as well as dryland events that are not associated with practice time as well. You can expect that these “extras” will take place no more than 1x per week.

Have a great rest of your summer, and I look forward to seeing you all at the rink!

Mark Lange

Coach, U12 Crusaders