



West Carleton Minor Hockey Association

Crusaders U14

Welcome to the 2025-2026 Hockey Season! My name is Marc Vacher and I am very excited and honoured to be selected as the Head Coach of the U14 West Carleton Crusaders.

I have been involved at the competitive and elite levels of hockey for the past 20+ years. Over my career in hockey I have had opportunities to play at the Competitive A, AA, AAA, Junior A & Junior B levels of hockey which included the experience of competing and privilege of playing in the Hockey Canada Telus Cup AAA national level tournament hosted in Arnprior. In my coaching experience I have been fortunate enough to coach at the house level and competitive level as an assistant coach as well as assist with the Jr B Perth Blue Wings defence staff. I am excited to pass on my experience, knowledge and skills I've obtained thus far to the future Crusaders to help them develop into their fullest potential and achieve greatness no matter how big or small the success may be.

Philosophy

My coaching philosophy is to provide a safe environment for players to have fun, grow and develop as young hockey players. All while competing at the competitive level as a team learning and improving fundamental individual skills to contribute to the team's dynamic. These skills will allow each player to develop individual roles on the team and adopt very important life skills for a successful future both on and off the ice. Remembering always that hockey is a game of mistakes and that we learn from mistakes to better and further our experience and skill set. Our overall goal being progress not perfection.

We hope to build a strong bonded team through team functions, team building events and treating each other like family. Family always comes first.

Tournaments for the 2025-2026 Season will include:

- **Best of the Best Tournament** - Halton Hills, ON - Oct 10th - 12th
- **20th Annual Capital Mid-Season Showdown** - Bell Sensplex - Nov 28th - 30th
- **Quebec Cup** - Quebec City, QC - Jan 16th - 18th - TBD
- **Additional Home Tournament in 2026 - TBD**

Team Rules

Team rules will be discussed in detail at the first parents meeting at the beginning of the season however, here are a few basic ones:

- **Always have fun.** Hockey is supposed to be fun first and foremost.
- Hockey should take priority over all other extra curricular activities to the best of our ability.
- Always come to compete. Give your maximum effort at all practices and games.
- Be respectful to everyone on and off the ice (Coaches, Officials, and all players)
- Arrive 40 minutes before practice (ready 10 minutes before ice time) **Early Practices can be exceptions as schools end at different times for individuals.**
- Arrive 1 hour before games (ready 10 minutes before ice time) **Further pre game details to be provided in parents meeting.**
- Everything we do is "**Team First**". Teams can be like a family. We protect, respect and help our family.

Evaluations and Tryouts

The tryouts primary focus for selecting the 25-26 Crusaders U14 team will be centered around teamwork, effort and positive attitudes. We will be looking for individuals that play the game of hockey working as a team and have the drive to put 110% every shift and practice with the common team goal in heart and in mind. With wearing the Crusaders crest and the family names on the back, respect to the other players, coaches, and officials both on and off the ice is a must. The expectation for each player is to show up at the rink ready to play "Crusader Hockey" which means playing with a positive attitude and the willingness to always learn, improve and contribute as part of the team.

Additionally, evaluations will also consider active listening skills, ability to follow instructions, and the ability to recover when mistakes are made. As stated before, the game of hockey is a game of mistakes. We will **always** make mistakes. Part of the evaluation will be based on how we recover, learn and adapt to grow from mistakes made, not from the mistakes itself.

Final Note

The word and definition of **success** does not mean "winning" all the time. Success comes in many different forms. Success for us will begin in the smaller victories and grow into the bigger ones throughout the year during our practices, games and tournaments. Success for us will be all players having fun, developing and growing as a team, with the main goal being a strong contender come playoff time.

Join the U14 West Carleton Crusaders as we embark on our journey to success.

Please feel free to reach out via email if you have any questions. See you all in the fall.

Coach Marc

Head Coach

U14 West Carleton Crusaders

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