



SSAC Midget 'AAA' BP Athletics

Letter to Prospective Players



May 25, 2010

Prospective SSAC Major Midget 'AAA' Player:

The 2010-2011 season marks the start of a new era at SSAC. I have recently been appointed to Head Coach the Midget AAA BP Athletics and have big plans for this team. The journey starts today and so does your involvement. Together with Associate Coach Ian Munro and the rest of our staff, we will do everything in our power to accomplish the team's goals and expect the same from you.

My coaching background comprises of over 10 years experience with past success coaching at the Midget AAA level, including a first place finish in the North Division, Mac's Cup attendance and All-star game appearance. For the past two seasons I served as assistant coach in the AJHL; I plan to draw on these experiences to prepare the team and players for the next level.

Our expectations for the team are very high. In order to achieve these, all players must have:

- A Team First Attitude – “Check your ego at the door”
- Discipline – Both on and off the ice
- Maturity – Take responsibility for your actions
- A passion for the game of hockey

We have 20 roster positions to fill and are guaranteed to have tough decisions. If you do not have the above qualities in abundance, you have 3 months to develop them.

Energy management is crucial. As you are seeing in the Stanley Cup playoffs, mental fatigue determines whether a team truly “wants” to keep going or packs it in. To recharge your batteries for the upcoming season we recommend at least a 3-week break from hockey and hockey related training. Make time for yourself, family and friends, play other sports, vacation, etc. Following this break, it is important to ramp up your training and come to tryouts in superb condition, as they will be extremely competitive.

If you have any questions throughout the off-season, please don't hesitate to contact me. Have a great summer and looking forward to seeing you this fall!

Yours in Hockey,

Matt Bachewich

Head Coach

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