

LOUIS ST. LAURENT BARONS HOCKEY ACADEMY

April 2012 Coach Message

“REFLECTION”

“Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.” Sandra Carey

I hope that everyone had a great Spring Break vacation. For me, I spent a lot of personal time “reflecting” about life in general (family, work, and hockey) during my time away. I also thought about every one of our student athletes at the Baron’s Academy and I couldn’t help think just how much opportunity and potential awaits them in the future away from the hockey arena. We have been exposed to some great ‘life lesson’ readings over the last three years which has continued to ‘shape’ everyone’s character, especially mine. None of us has a crystal ball to predict what is ‘yet to come’ in our lives however looking back and reflecting on my own journey as well as being lucky enough to “bounce ideas and thoughts off my mom,” I have learned some important lessons that serves me well moving forward today.

- Enjoy what you are doing - if you don’t enjoy it, than try something else;
- What we worry about in life rarely happens so focus on what you can control;
- The journey (experiences and friendships made) is usually better than the destination;
- Follow your own heart when making decisions and have no regrets afterwards;
- Enjoy today and the moment rather than being in a hurry to get somewhere or do something else;
- If we get ‘out of our own heads,’ the ‘peak’s and valley’s’ in life will work out in the ‘long run;’
- We’ll eventually reach our destination fastest with slow, patient and steady progress -
“we’ll always get where we want to eventually;”
- The worst that we can ever imagine is often worse than what actually transpires - “dealing with adversity and challenges can be a great growth experience;”

- Your direction in life is mainly determined by the choices you make with the situations that you face ("the choices you make, make you);

- If we always look for the lesson, we can learn something from every experience.

Reflection is about wisdom and I am grateful that we all get to experience "more than just a hockey Academy together. I am looking forward to a great month of April focused on physical development, learning and more life lessons. Thanks again to everyone for making it so fun to be at the Baron's Academy everyday.

Rick, Jaret, Larry, Jamie and Justin.

Parent Reflection

Real stories from our "own back yard" (I'll keep the Edmonton ones silent):

"A hockey dad and coach in Airdrie got so mad at a referee that he dropped his pants and mooned him while the game was in progress. He was suspended."

"In Regina, a man spat on a woman in a rink, which erupted into a fight in the stands."

"A parent in Calgary whined that a nine year-old child who had just been hit extremely hard and was lying on the ice was "faking it."

"A Calgary hockey dad sat behind the opposing team's goalie, and taunted him for an entire period. The goalie was nine. The dad was banned from the rink for the rest of the hockey tournament."

"Two Toronto fathers sued the Greater Toronto Hockey League, one of its clubs and four coaches for \$25,000 because their 14-year old sons were cut from a Midget A team. Over 70 players had tried to make the 17-man roster."

Attention - if...

- You figure throwing a cup of coffee at the coach's head during a game is the perfect way to let him know your child's shift wasn't long enough for you to record a good video on your iPhone;

- You empty the contents of the garbage bin into the stands during a game when the referee didn't see what you thought was an obvious penalty against your child;
- You're a mom and you lift up your shirt up to distract the players of the opposing team of 11-year-olds while the game is going on;
- You continue the banter and complain from the stands long after the game has ended;
- You wait outside the referee's change room after a game ready to discuss a bad call instead of waiting outside your child's dressing room to congratulate him/her for trying their best;
- You 'hang around' in the parking lot after the game has ended and you yell at and taunt kids leaving the game;
- You've been escorted out of the arena more than two times;
- You've been banned from two or more local rinks;
- Your child starts telling you how to behave during a hockey game because he/she is embarrassed...

....then you may be a bad Hockey Parent and need to take some time to reflect!