

**LOUIS ST. LAURENT BARONS HOCKEY ACADEMY**  
**March 2012 Coach Message**  
**PERSPECTIVE**

“Fun, hard work, quality repetitions, proper habits, focus, observed development, smiles, hard work and respect” are just a few words that describe the sessions during a great first month at the Louis St. Laurent Barons Hockey Academy. Our staff has really enjoyed coming to the rink every single day because of the solid character, excellent attitudes and the positive approach that the student-athletes possess and it is easy to see that “being on the ice” is something that everyone from Jaret, Larry, Jamie, Justin, the students and myself look forward to.

Reminders of this year’s objectives are:

1. “Every kid - every day” - it is important for our staff to make the academy day positive, fun and enjoyable. It is what we strive for so that every student-athlete loves coming to the rink everyday. To make the academy a positive growth experience and “one to remember.”
2. To achieve maximum activity; using maximum use of the ice; maximum use of the time we have; using the maximum application of learning principles focusing on proper execution, purpose and correction; using the maximum application of purposeful drills to improve technical skills as well as individual and team tactics.
3. To have a puck on every student-athlete’s stick as much as possible.
4. To involve our goaltenders for the entire day.
5. To improve “hockey awareness,” knowledge and reinforce habits.
6. To focus on life skills and situations to reinforce the positive values imparted on to each student-athlete at home each and every single day. For us, it is about being a better person from having participated in the Louis St. Laurent Academy.

Over the years I have learned that the game of hockey, involving impressionable young adults (and I stress impressionable and young), has an important goal way beyond the wins and losses. An extremely important conviction learned from playing for the U of A Golden Bears has always been to develop every one of our players (physically and mentally) in order to give them an opportunity to progress and improve. This translates to coaching and to producing ‘winners in life’ beyond the hockey rink. A consistent,

positive message from both the coaches and the parents will always keep the *'growing process'* moving in the right direction. I believe that we all have to constantly remind ourselves and remember that hockey is an amazing way for young people to develop both physically and mentally during the important years of their lives. The development of individual *accomplishment, continued physical and mental growth, pride, self-esteem, lasting friendships, dedication, respect, accountability, responsibility, the reinforcement of quality values and goal setting* are a few of the many attributes our student-athletes will gain from being with this year's Barons Hockey Academy.

All of these qualities take some people a lifetime to attain and by always keeping a proper perspective in mind we can all help *transform this great game that your kids love to play so that the game can help transform them to be winners in life.*

Our six month academy season is viewed as a process for our staff and we all believe that we are heading in the right direction towards moving our student-athletes to be winners in every sense of the word. Even after just one month it has been impressive to witness your sons come to the rink everyday with the necessary dedication and focus to make themselves a little better than they were the day before.

Our *'big picture perspective'* at the Barons Academy would lend credence that there is nothing more important for us than to provide an environment in which respect and appreciation for every player is the number one primary goal. Although there are varying skill sets between the student-athletes, through the support of Jaret, Larry, Jamie, Justin, myself and you as parents, along with the belief that every one of our student-athletes will rise to a competitive level equal to each other based on their own personal skill set, they will together and as individuals, improve to a level higher than anyone of us could have ever imagined.

I am looking forward to month 2.

Yours in hockey,

Rick

## PERSPECTIVE

### The Turning Point for a “Yeller”

Last month, a Minnesota Hockey coach attended a speech given by USA Hockey Associate Coach in Chief Terry Evavold. Evavold had his wife videotape him on the bench and while he sat in the stands watching his son play. After watching the two videotapes Evavold was shocked to see his behavior. Evavold now shares his experiences with minor hockey coaches and parents to help them realize the effects of negative adult involvement in the game of hockey. One of the coaches who heard the speech from Evavold wrote that he had a revelation about yelling that day.

*Terry, you really did a great job today and pointed out some painful things to me. “When I got home I apologized to my son for being such a jerk by how I conducted myself as a coach and a fan. It was good to be reminded that it was my son’s game and not mine. My son said, ‘That’s OK dad, I just wish you wouldn’t get so mad about how I play. You can tell me stuff, but please don’t get so mad.’ That cut to the bone, I am now going to read all the materials available to ensure that I can enhance his experience in a positive way and I will do everything I can to not interfere with his enjoyment of the game.” “I came from a background of yellers and jerk coaches, so I thought that’s how you do it. I didn’t know any other way. Before the season started, the head coach I am currently working with said, ‘We don’t yell.’ This was a new concept for me and I adapted the positive model for everyone but I didn’t for my kid unfortunately!*

*Thanks once again for the story about your wife videotaping you. This helped me reflect on my conduct with my own son, on the bench and with the miserable car ride home that he had to endure. I am sincere when I say that starting today I will do everything in my power so my son can now begin to have a great time in hockey and in life.” I think that we can all learn from your experience.*

Anonymous

