

2010 Louis St. Laurent BARONS Hockey Academy

"From the Start to the Finish"

How the time has gone by.

With only two weeks remaining in the Louis St. Laurent High School Hockey Academy it seems as though only yesterday when we stepped onto the ice back in February with seventeen young men in front of us; all eager and ambitious to be involved in this year's inaugural season. When I look back to our first meeting trying to remember new faces with names to where we are now in June, I can't help but think of the word 'growth' with the new friends made, the improvement of on-ice skills and numerous personal progress made both on and off the ice. Reflecting on the "*start to the finish*" with this year's hockey academy I take great pride in what we accomplished as a group both on and off the ice.

Our athletes were all given a singleness of purpose at the start of our academy year and they were asked to be coachable and to give their very best effort every time they came to the rink. For that our students were promised that they would each dramatically improve their hockey skills, increase their hockey knowledge of the game and most importantly become better people and leaders through their participation with the Louis St. Laurent Hockey Academy. From the impressive efforts and commitment from Larry, Jamie, Dave and Barry the strides the students have made as a group since February have been incredibly impressive. Our main staff objective was to focus on the improvement of over-all on-ice skill deficiencies in order to assist our students in advancing and competing at a higher level than they are currently at. Now that we are finally "at the end" I believe that the students, along with me, achieved this in a big way by 'sticking to the plan' and ensuring that each day represented personal hockey and life growth. It was critical to us that every student 'had to grow' each and every single day.

Now that our year is complete I would like to thank Jaret and Louis St. Laurent High School for giving me the opportunity to be part of such an amazing group of kids, a 'top drawer staff' and a hockey program that is second to none. Because of this the students are now better players from when they started and more importantly

the life talks they received throughout the academy year will have positive long term benefits that will assist them in being better people in the community in the future.

In closing I would like to thank all the parents for their support and for raising such awesome kids – they have been a pleasure to work with.

Our June schedule will consist of:

- Ø One skill day (checking theme)
- Ø Two 'technical skill' testing days
- Ø One off –ice skills session
- Ø The first annual '3 on 3 PE E L Cup.'

Have a great summer and see you next year.

Rick

SOME THING TO THINK ABOUT

"Even a mistake may turn out to be the one thing necessary to a worthwhile achievement."

Henry Ford

Our lives are filled with choices. Choices we make, choices we fail to make. And with each choice selected, there is a very good chance that our decisions may not be 100% correct all of the time. Meaning that there is a 100% chance that every decision we make will not be 100% right. So if that is the case, instead of worrying about making mistakes, why not let 'er rip and see what life has in store? As long as we continue to take chances and keep learning from the errors we make, we'll inevitably keep getting better and better and better.

Don't worry about making too many mistakes. Worry about making too few.