



## Program Outline Lindsay Muskies U18 Rep Hockey Club

### ➤ **Coaching Staff**

#### **Murray Lathem Head Coach**

The U18 rep team will be under the leadership of Murray Lathem, a NCCP Level 5 Coach with considerable coaching experience with Jr. A, AAA, Midget Level high performance players. U18 is a competitive division where the team finished 3<sup>rd</sup> in the division last season. This year our Team will focus on skill development, high tempo practice sessions, new systems, and off ice team building. This team will be structured and disciplined on ice and act as sportsmen off ice.

### ➤ **Pre-Season**

4 preseason Skates in September

Preseason Exhibition games

5 Tryout Skates in September. Team selected By September 27.

All skates posted on LMHA website.

### ➤ **Regular Season**

Full Game Schedule beginning October 1.

Regular weekly Practices.

Regular Team Building activities each month

Two Tournaments: Bradford in October, Silver Stick Midland in November 2022

Skating and Goaltending Instruction supplied by LMHA.

Dedicated Goalie Instructor from our team.

Charity Game vs. Lindsay Lynx U18

Skill Development Practices

Video Analysis of Games with players

Tier 1 placement for OMHA Championship weekend.

### ➤ **Team Building Events**

Nutrition Presentation

JJ Johnson Head Trainer Cranbrook Bucks BCJHL

Social Media Presentation

Mindset Mental Performance Presentation Sam Leavens Mental Performance Coach

Yoga Fitness Professional Fitness series Dr. Johanna Carlo

Referee Presentation

OMHA Tyler Minnie Referee in Chief LMHA

Should you have any questions about our program please contact Murray Lathem directly.

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