

**Lionel Trudel**  
**U18A- Head Coach**

I am very excited to be selected head coach for the Midget A/BB team this season. For those of you who don't know me, I have been coaching hockey for 28 years at all levels in both girls and boys hockey. I am from Smiths Falls and spent most of my coaching career there. I am also a volunteer representative with the OWSHA. Over these years I have learned the most important word in hockey and that is TEAM. My goal this year is to start has a team and finish has a team and this includes your family. To accomplish this I will need a commitment from players and parents and I realize at midget this is hard with work and school. I need players at all practices, games and off-ice activities. I hope to be running two practices a week and one off-ice session plus scheduled games. I also am very excited to introduce hockey psychology to help the players with managing school, life and hockey focusing on their mental health and well being. I believe it's part of the game we forget about and I hear of more coaches moving in this direction. These sessions will be once or twice a month and taught by a qualified sports psychologist. My goals for tournaments are 5 to 6 with some local and away to ease the financial budget for this year. I am a coach who focuses on character strengths and building confidence both on and off the ice. If you have any questions on the upcoming season please feel free to reach out to me.

Thanks, Lionel Trudel

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