



U14 Bantam Major

This Cincinnati Swords U14 Bantam Major team will provide a premier environment for both on and off-ice development. This will be accomplished by; exposing players to a driven coaching staff, a challenging schedule, and a fun, competitive, and winning atmosphere.

Coaching Bios:

Matt Geggie – I grew up in Michigan, went to college at Bowling Green State University, and have lived in Wilmington, OH, where I teach high school chemistry and physics. My wife Lisa and I have 2 children, Emma who is 17 and Noah who is 14. Noah has played hockey with the Swords Organization since Mites. I have a Level 3 coaching certification with USA Hockey and have coached with the Swords travel teams from the Squirt through Bantam levels. I also helped with learn to play and ADM mite hockey.

David Newlin – I grew up locally and now reside near Lebanon Ohio with my wife, Christy, of 14 years and two sons, Blake and Brady. I am a Firefighter with West Chester and enjoy coaching both hockey and lacrosse for the local youth programs. I began playing hockey at age 4 and continue to play in men's league. I played with the AAA Dayton Bluehawks and Club hockey at Wittenberg University. I have assisted with coaching Swords teams for the last 5 years (two of which competed recently in LCAHL).

Philosophy:

- Players at all ages should focus on puck control. This element of the game dictates: how the game develops, the speed that the game is played, and ultimately, how the game is won.
- Practice plans are developed on an on-going basis as areas of improvement are identified throughout the year. Skating with speed, passing with purpose, and shooting with accuracy are all good basics that will be built upon throughout the year.
- At this age, practices will be developed with a split of 35% skills, 35% position specific, and 30% Strategy/Systems. This will be accomplished through drills, small area games, and scenario-based challenges; further raising their hockey IQ.
- We will renew a philosophy from our past by continuing to expect from our players: **Good Effort, Good Attitude, and Good Sportsmanship**. This has been a cornerstone for our teams in the past and we feel will serve the players well into the future.
- Finally, as fathers, we realized the players at this age are going through many changes both physically and emotionally. As coaches, we will be empathetic and supportive of their needs during this time.

Team:

We plan on rostering 15 players, and two goalies. This breaks down to 9 forwards, and 6 defensemen. We plan on having a few utility players that have an understanding of both offense and defense in order to remain flexible with numbers throughout the year.

Our plan is to play in the Buckeye League. We've played there in the past and think it will be good competition for our group of players. If we find the Buckeye league to be less competitive, we will be an independent team.

Schedule:

We will plan for 2-3 hours of on-ice practice per week from late August to early March and we may also include additional off-ice training sessions for our team. We would like the players to take part in an off-season workout schedule. We plan to play approximately 50-55 total games in a combination of league, non-league and tournaments.

Cost:

The team fee is expected to be between: \$2,200 and \$2,500 per player, based on a roster of 17 players. The fee includes: all practice ice time, all game ice time and official fees, tournament entry fees, Cincinnati Swords administrative player fee, and miscellaneous team fees and supplies. The team fee DOES NOT include travel expenses and team uniforms and apparel, if needed.

Parent/Player expectations:

We expect parents and players to be committed to the Team and organization. We also recognize and respect family obligations and most importantly, academics. While most of them will be in the 8th and 9th grade, players are student athletes, and their education comes first.

Players will come to practice and games prepared, listen to the coaching staff, work as hard as they can, learn something new, and respect everyone. Being coachable is a skill-set that will be emphasized, as our kids will need coaching throughout their lives.

- To ensure the players come prepared, we ask that players arrive 60 minutes before game time. It's important that the captains lead the team in stretching and pre-game activities.

Players will conduct themselves appropriately and respectfully in all situations. Every player is accountable for his or her actions. Inappropriate behavior from the players will not be tolerated, on or off the ice.

- Players will respect the coaching staff and game officials and to give their best effort at all practices and games. We will start with an assumption of equal playing time, however; attendance, effort, and attitude will have an impact. Ice time is a privilege.

Parents will be expected to be supportive of their hockey players, which includes getting players to and from team events on time, respecting game officials, not coaching from the stands, and allow the coaches to coach and the parents be the most supportive parents and fans.

We are open to dialogue with any parent regarding your player's development and only ask that if you are upset about something that you don't approach the coaches for 24 hours from the time you are upset. Either of us will be happy to speak with you on the phone or in person. We look forward to coaching your hockey player this season and meeting each of the families.