

1. Be Prepared

Be prepared for each practice or game. Check your equipment to see that everything is in order – skates sharpened, sticks taped, all accessories included. You don't want any distractions once you are at the arena. Be in the dressing room early. Show everyone that you are ready.

2. Be Alert

Listen carefully to your coaches. Watch the drills closely. Figure out the purpose of each drill. Coaches like alert players who are focused on the job at hand. During games, notice everything that is happening. Players on the bench can be a big help to players on the ice.

3. Give Your Best Effort

While skill is obviously important, a hard working player always catches a coach's eye. Be the hardest worker every time you are on the ice. Hard workers never give up in any situation.

4. Always Bounce Back Strongly

Coaches like to observe a player's reaction after a bad play – a forward misses a breakaway pass, a defenceman gets deked, a goaltender allows a soft goal. How does the player react? Coaches notice the players who bounce back after a missed assignment. It's the sign of a strong character.

5. Be A Team Player

It's great to see young players who are concerned about their teammates. In fact, it's great at any level – even in the NHL! A pat on the back to a teammate on the bench, a tap on your goaltender's pads at a face-off, a word of encouragement to an incoming player at a change – these are indications to a coach that you are a good team player.

Good luck to all of you. I sure hope you have lots of fun this season!

SPECIAL TIPS

RETURNING 'VETS'

1. Give your best effort during the pre-season even if you are assured of a position on the team.
2. Show your coaches and teammates that you intend to be the leader this season.
3. Never 'coast' during tryouts. This is unfair to teammates who are battling to make the team.
4. Remember to always support your teammates on and off the ice.

ROOKIES

1. You need to make an 'impression' on your coaches quickly.
2. Work hard, battle at every opportunity. Whatever your strengths are, be sure to demonstrate them.
3. Be alert, enthusiastic and a good team player.
4. Without being a nuisance, ask the coach for instructions. For example, where he/she wants you to be at the face-off. Show the coach you are eager to learn.

HAVE FUN