



Hello,

My name is Rodney Wilson and I'm honoured to have the opportunity to lead the Seaway Valley U14 AA Rapids for the 2022-23 season.

This is my second season working with the 2009-born group as Head Coach. In addition, I have many years of experience working with this group as an assistant coach.

I have more than 10 years of coaching experience and have worked with players of all ages and levels from the Initiation Program to Jr. B. I have completed my Competition – Development 1 training and in addition have obtained many other certifications and training that will help me in this coaching role.

Professionally, I am the Manager of Communications & Events for the Canadian Collegiate Athletic Association, a National Sport Organization with the objective of enriching the student-athlete experience.

I am a passionate and dedicated coach focused on motivating and building up young athletes, while also helping them develop on and off the ice. I take great pride in seeing young players grow and develop. Hockey is the ultimate team sport, and while I do want my players to succeed as individuals, I will emphasize team play and cohesiveness. **The team will always come first!**

I will create an environment that provides each player with the opportunity to have fun, develop and feel part of a team, no matter their role. My focus will be to develop a relationship with each player and ensure that everyone on the team improves this upcoming season.

I expect my players to be prepared, have a great work ethic, and show dedication to the team. I want my players to take pride in wearing a Rapids jersey and be mindful that they are representing their family as well as the Seaway Valley Minor Hockey Association.

My seasonal plan will focus on areas needed for the U14 age group as per Hockey Canada. Technical skills, individual tactics, team tactics, team play, and strategy will all be incorporated into my practice plan.

In addition, we will also work closely with Kyle Labelle at CrossFit Cornwall, with 20 hours of training included in our program this season. Other player development opportunities will also be available.

Our U14 AA Rapids are registered for the following tournaments:

- Mary Parkinson Memorial Pre-Season Tournament
Sep. 30 – Oct. 2, 2022, in Richmond Hill, ON
- Peter Mancuso November Challenge
Nov. 4-6, 2022, in Niagara Falls, ON
- Kingston Canadians Tournament Series
Dec. 2-4, 2022, in Kingston, ON
- Glen Bellerby Tournament
Jan. 6-8, 2023, in Barrie, ON

I'm looking for positive athletes with character and a strong work ethic. All players, whether returning or new to the Association, will have the opportunity to earn a roster position with the U14 Rapids.

I am excited for the 2022-23 hockey season and hope you are as well. If you have any questions, please don't hesitate to reach out to me!

Rodney Wilson
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