



Hi Parents,

Welcome to the 2022-2023 hockey season! My name is Christopher Vivarais and I am very excited to be taking the role as head coach for the U10 A Seaway Valley Rapids team for the upcoming season.

The 2022-2023 season will be my 6th season coaching hockey and 3rd season as head coach. I have been playing hockey since I was a young child and have always been involved in competitive hockey in some capacity my entire life at various levels. Being able to pass on the knowledge I have gained over the years in this amazing sport to the upcoming generations is extremely rewarding and a true privilege. I am extremely passionate about the game, the process of developing player skill set, creating strong team bonds, and creating a good, positive work ethic during practices. These are only some of the few things I hold paramount when building a team at this level. In that, I am sure, those who have had me coach their child, could attest to the above mentioned.

Hockey is a competitive game of skill and development. The objective for the U10 team is to focus on developing the player, alongside teaching them the rules of hockey and how the game is played. Hockey is also a game of mistakes. I believe my role as a coach is to try to reduce the mistakes as the season progresses.

While working with your child, you will observe that I do bring a firm approach to the rink, and focus on the player building self-confidence, discipline and a commitment to the team while having fun along the way. I believe that if these qualities are instilled, it sets us up for success, and we become a "team". My expectations of your child are to bring a positive attitude and 110% effort when on the ice.

Player development is at the core of the U10 A Player Pathway, with a focus on skill development so that each player will experience success in both practice and the 20 game season with playoffs. It is delivered through a learn-to-play teaching curriculum that is age-appropriate and skill-specific for the 2013 born players.

The team is registered to play in 3 tournaments:

Belleville Mid Season Tilt - November 4th to 6th

Bell Capital Cup - December 28th to January 1st

East Gwillimbury Dunsmuir Memorial Tournament - February 23rd to 26th

I work with an open-door policy and invite you to contact me with any questions you may have along the way please contact me at cvivarais@hotmail.com. As a coach I feel it is very important to be available for the parents and players. I welcome all 2013 born players to try out and I very much look forward to working with the team this upcoming season!

Coach Chris