

Hi <First Name>

It is my pleasure to offer you a roster spot on this year's U16 West Ottawa Hornets team. The coaches really liked what we saw from you at tryouts. Your effort, positive energy, and tenacity and ability on both sides of the ball were really impressive. We think you will be a really significant part of what should be a strong team and great culture.

Our intention is to play in the [OBL](#) this year. <Template note. Being clear on the league, and hence travel, commitments up front is important for parents and players in making their decision. For new coaches, most of our teams play in the local Eastern Ontario League (EOBC).>

We will look to play in the local tournaments, Chris Paulin and Mike O'Connor, and likely 1-2 out of town tournaments.

We will have three practices per week, although we are going to reduce it down to two mandatory practices (one weekday and one weekend) and one optional player development session (weekday) during the high school basketball season from now until early to mid November. We should know our practice schedule this week and start practices next week.

Here are some additional things for you to be aware of that the club is offering this season:

- **Whole Athlete Program:** We have initiated this program to help our young athletes develop holistically. It includes: **Strength, acceleration, and injury prevention training** with [FitQuest](#) at their Bell Sensplex studio; **Mental Performance workshops** with [Ashley Strike](#), the Sports Psychologist at the Nepean Sports Medicine Centre (in areas such as managing performance-related stress, focus, emotional control, self-confidence and self-talk, etc.); and a **sports nutrition and hydration workshop** with [Ruth Burrowes](#), the Sport Dietitian at the Nepean Sports Medicine (focused on topics such as meeting the energy needs of young athletes, pre-event, in-event and recovery fuelling, and the Athletes' Plate model for healthy eating). These are all optional, at the discretion of our team, and are to be funded from team fees if we choose to participate. <Note: This program will be offered again this season. Teams must fund it out of their parent fees. Please discuss fees with Mark Emond.>
- **Video-based Development:** As we have done in the past two years, our team will use [Hudl](#) as a comprehensive video development and stats platform to help

players develop through watching and breaking down game film. All games are recorded (provided we have a parent volunteer). Players and coaches have access to all game film, and coaches curate and annotate video clips for players throughout the season to aid in skill development. <Note: This is offered to our U14 teams and above. It is funded by the association. Teams must have someone willing to video record games>

- **Coach Apprentice Program:** Players will have the opportunity to participate in this program, which enables them to assist coaches of younger competitive or recreational teams to develop their leadership skills and accumulate high school volunteer hours. This is an optional program. <Note: Participants must be 14 years of age or older. Younger teams benefit from the placement of a Coach Apprentice if they choose. Typically, our Coach Apprentices work with U14 teams and younger.>
- **Shooting Camp with BriAnna Garza:** West Ottawa competitive players will have priority access to a shooting camp and mentoring program we will be holding next summer with shooting coach [BriAnna Garza from Shooters Shoot](#). BriAnna works with players from youth, NCAA, WNBA, and the NBA. BriAnna's energy and teaching style really connects well with female athletes. All participants in her camp can also choose to be part of an ongoing mentorship program she runs, connecting young athletes with accomplished older athletes to develop or discuss issues and opportunities in their daily life. <Note: Our intention is to run another Shooters Shoot camp next summer>

My coaching style is best described as one where I strive to bring a lot of positive energy into the gym while also holding players accountable to a high standard of effort and attention to detail so that we grow as a team and as individuals. I put a lot of emphasis on teaching and repping fundamentals and in teaching players how to think the game, while asking them to bring a lot of energy and communication to our practices and games. I love the game of basketball, love teaching it, and I love working with young people and helping support their development both on the court and off it (we have a lot of team discussions on life skills and topics that are relevant to teenagers today). I'm currently taking my Level 3 (Train to Compete) in the National Coaching Certification Program, which is suited for coaches developing provincial level and university level players.

Again, I am excited to offer you a spot on our team this season and look forward to working with you to continue your development.

I do ask that you respond to this email, confirming (hopefully!) your decision to play for us this season by [12:00 PM on Tuesday, September 12th](#). If you have any questions or concerns I would be happy to chat with you.

Best,
Coach Mark