



Coach Mentor Guide

2026-27 Season

Thank You!

A huge thank you for investing your time, energy, and expertise in developing our coaches!

Player development starts with coaching development.



2026-27 Coach Mentors

Team	Coach Mentor	Head Coach	Assistant Coach(s)
U10 Girls	Heather Gordon	Eric Schefski	TBD
U10 Boys	Dan Case	Mike Field	Devin Yee
U12 Girls	Mark Emond	Anna Dupuis	Yvan Moise
U13 Boys	Julie Richards	Brian Hardy	Julien Raynaud
U14 Boys	Bill Arden	Derek Crupi	Stephane Pare
U15 Girls	Stuart Miles	Jason Buccino	
U15 Boys	Stuart Miles	Matt Ladd	Yaroslav Stadnyk
U16 Girls	Kevin Hemeon	Marlo Steenbakkers	Avery Platana, Kevin Hemeon

Coach Mentor Objectives

1. Foster a [transformational coach mindset](#)
2. Accelerate their adoption of key **Canada Basketball LTAD principles** learned through NCCP training
 - **Loading learning:** On-air through 5v5
 - **Focus:** Focused communication and points of emphasis (age dependent)
 - **Teaching players how to play the game:** small-sided games and constraints/rewards
3. **Meet them where they are at.** Reinforce strengths and key development areas.

Areas of Need

Traditionally, lesser experienced coaches often struggle in some of these areas:

- Keeping **communication** short and focused (multiple points of emphasis)
- Too much **feedback** (joystick coaching)
- **Managing expectations** of athletes and parents
- Applying modern Canada Basketball **LTAD principles**
- Developing practice plans that optimize skill development that **transfers to games** (on-air)
- **EOBA and OBA** participation
- Effectively **leveraging assistant coaches**
- Teaching **concepts, actions, reads and decisions**
- **In-game coaching** (recognizing mismatches, making adjustments, effectively using TO's)
- Effectively leveraging our **coaching resources**: clinics, coachhoops.ca, PGC Coaching

Our Development Philosophy

- We are **developing people**, who happen to play basketball
- We are **role models** for the type of character, values, and behaviour we seek to develop
- **Focus first on development** (over winning)
- **Teach players how to play**; concepts, reads, decisions, actions
- **Man to man defence in games below high school ages**. Teach them how to play a zone D in practice for zone offence purposes.
- **Positionless** below high school: teach global skills
- **Psychological safety**
- Hold them to **high standards** while coaching them to achieve them: mentor mindset
- Practice game/drill: Does it develop skills that **transfer** to games? (**3-man weave**)
- **Limit on-air drills** (good for initial skill acquisition)
- Use **constraints and rewards** in small-sided games and 5v5 to shape skill acquisition
- **Optimize time on task** (no lines in practice, unless it's designed recovery time)

Rhythm of the Season

- **Off-Season:** Review and provide feedback on their season plan (player development, systems and strategies, culture development, teaching concepts)
- **Tryouts:** Support them on the court (player evaluation and running some drills/games as desired by the coach)
- **In-Season:**
 - Give them a couple of weeks with their team, then go and observe 1-2 practices in the following 30 days. Focus feedback on 1-2 of the most important areas in alignment with LTAD (loading learning, 3:10:30, teaching players how to play)
 - Observe 1-2 practices per month ideally
 - Offer to run a practice or segments of a practice from time to time to allow them to role model off of you
 - Check in with them from time to time
 - Observe a game from time to time (live or Hudl if U14+)
 - End of year exit meeting with coaching staff and VP of Competitive (reflection and off-season development)

Measuring Success

1. Progress as a transformational coach (parent and athlete surveys)
2. Adoption of West Ottawa development philosophies/LTAD principles
3. Coach survey

Coach Mentor progress report template to be created by VP of Coach Development for mentors to complete at start, middle and end of season.

Resources

- coachhoops.ca | Curriculum by Age and Stage, Practice Games and Drills Library, Tryout Central, Getting Started with the Season Guide, FIBA Rules, 3rd party resources, etc.
- PGC Coaching membership | Resources, tools, templates, coach mentors, and live master classes on 5 elements of coaching (Master Teaching Leadership, Culture, Player Development, Systems and Strategies)
- [Gameplanbasketball.ca](https://gameplanbasketball.ca) | Canada Basketball's NCCP portal with LTAD documentation
- West Ottawa Coaching Clinics



Appendix

Transformational Coaching

Over the years, I've come to believe coaching is one of the greatest callings in the world.

We don't just teach the game—we shape lives. That's why transformational coaching matters more than ever.

When we coach with purpose and lead with love, we create an environment where players feel seen, safe, and significant. We help them grow not just as athletes, but as people.



TJ Rosene
3X NCAA D2 Champion and Coach of the Year
Director, PGC Coaching

Transformational Coaching



TRANSACTIONAL COACHING	TRANSFORMATIONAL COACHING
Focuses on outcomes and performance	Focuses on growth and relationships
Asks: "What can I get from this player?"	Asks: "What can I give to this player?"
Uses fear, control, or rewards to motivate	Uses trust, connection, and purpose to inspire
Sees mistakes as failure	Sees mistakes as learning opportunities
Values wins over well-being	Values long-term impact and player development
Coaches the athlete	Coaches the whole person
Gives feedback to correct	Gives feedback to grow
Relies on compliance	Builds commitment
Short-term focus	Legacy-driven mindset

Getting Started with the Season

1. Players must be registered before they can practice
2. Plan your season: CoachHoops.ca
3. Select your [Team Manager](#)
4. Develop your [budget](#)
5. Hold a meeting with your parents
6. Collect your Team Fees.
7. Register for League Play and Tournaments
8. Identify your Emergency Action Plan call and charge people
9. Identify your Hudl Admin and videographer (U14 and above)
10. Get your equipment and uniforms from Mike Field
11. Determine your participation in the Whole Athlete Program: FitQuest, Sports Nutrition, Mental Performance
12. Schedule exhibition games
13. Get to [know your players](#) and parents

Concussion Management

- Players should be **removed from play if exhibiting any concussion symptoms**
- If exhibiting any symptoms they should **consult a physician or nurse practitioner (NP) before returning to play**
- Head Coaches are responsible for completing the [Suspected Concussion Report Form](#), and providing a copy to: 1) Athlete and Parents, 2) Dee Whitmore from WOBA, 3) [The OBA](#)
- If a doctor or NP completes their assessment and finds the athlete does not have a concussion, the athlete must show the Head Coach documentation verifying it. The Coach must then log it with [the OBA](#).
- If the athlete is diagnosed with a concussion, the athlete must be placed in the [OBA's Return to Basketball Protocol](#), a 6-stage protocol that should take a minimum of 4 weeks before returning to full play.

Safe Sport

- All coaches must watch the free [Safe Sport module](#) on the Coaching Association of Canada website.
- [Rule of Two](#): Applies to both in-person coaching and digital communication
- Read the [NCCP Code of Ethics](#)

Facilities and Practice Schedule Information

- 3 two-hour practices per week per team. Fixed weekend practice times.
- [Practice schedule](#)
- Facilities
 - All Saints: Wood & Tile
 - CardelRec
 - Earl of March: Both main floor gyms
 - Everybody Grows Church (Sanctuary Gym): Opens in November
 - Maplewood HS
 - Paul Desmarais (Monday nights)
 - Sacred Heart: Wood & Tile
 - South Carleton: Main Gym
 - Stittsville Public School

INFORM SANDRA AND MARK 2 WEEKS BEFORE A CANCELLED PRACTICE

League Play

- EOBA
 - 12 regular season games (10 games for U10G)
 - Home games on Saturdays at South Carleton
 - Coaches are responsible for registering their teams and for payment
 - \$1,600 including EOBA Championships
 - No seeding tournament for any age groups
 - All teams hit 6 game mark at same time. Reseeding.
 - Registration Deadline: October 12
- OBL
 - 12 regular season games played over 5 weekends in Southern Ontario
 - Reseeding half way through the schedule
 - U10-U14: \$3,363; U15-U19: \$3,420
 - See [OBA website](#) for deadlines.
- Other league options: North Pole Hoops, Coalition League

Exhibition Games

- Schedule with opposing coach, using practice time
- Arrange for [OVBABO referees directly](#)
- Must pay in cash, before the game
- Last Year's game fees:
 - Base Game fees \$60 per referee
 - 4 x 10 games now \$75
 - Stittsville + \$5
 - Richmond + \$20
 - Tile floor +\$5

Tournaments

- Local Tournaments
 - [OSS Fall Classic](#), U10-U14, October
 - Smith Falls Hoops 4 Hunger U11-U14
 - Chris Paulin, ONL, November/December.
 - Mike Suys and Mike O'Connor, GCBA, February/March
- Tournaments across Ontario: [See OBL website](#)
- Montreal
- Syracuse and other US tournaments
- Coaches are responsible for registering their teams

Championships

- Eastern Ontario Championships: April and May
 - Register when registering for league play
- Ontario Cup and Provincial Championships: [April and May](#)
 - Note: You must [submit your game scores](#) for all sanctioned games (league, tournaments, exhibition) to qualify and be seeded properly
 - Last year's cost: \$950

NCCP Certification

- All coaches must have their required NCCP certification level this season
- West Ottawa is hosting a L2T Workshop on Sept 19-20 and a T2T Workshop on Oct. 2-3

Required Coaching Certification		
Level	Head Coach	Assistant Coach
U10 to U12	Certified Learn to Train	Certified Learn to Train
U13 to U15	Certified Train to Train	Trained Train to Train
U16 to U19	Certified Train to Train	Trained Train to Train

Player Development

- West Ottawa skills clinics to be run throughout the year
- [Summer Jam](#) camp
- [Shooters Shoot](#) camp with NBA, WNBA and NCAA shooting coach BriAnna Garza
- [Whole Athlete Program](#)
 - FitQuest training at the Bell Sensplex
 - Mental Performance workshops
 - Sport Nutrition and Hydration workshops
- [HUDL](#): All of our U14 and older teams will have a subscription this season