



# PJH Midget U18B 2008-2009



Players and Parents,

As the Portland Junior Hawk U18B coach, I believe first and foremost my responsibility is to the development of the players at the Midget level. I have coached the Midget B team previously for two years and am honored to return this year as the head coach.

The foundation of this team will be hard work. While we will be looking for skill, speed, and attitude at tryouts, an unrelenting determination and hard work ethic will be vital to make the team. It is expected that all players will treat themselves as athletes and arrive to tryouts as prepared athletes.

We will be practicing two times a week and plan on playing an exhibition schedule of approximately 35 games and attend three tournaments. The team will not have ice practice during the summer, but will have weekly dry land conditioning that will not be mandatory. Being in extremely good shape by the end of the summer is mandatory however. The team will have a boot camp weekend the second weekend of September for our first ice sessions, conditioning, and team building.

My goal is to provide a high caliber season at a reasonable cost. I have been able to keep the dues under \$300 a month every season I have coached this team and will do the same next season.

I look forward to meeting all the athletes at tryouts. If you have any questions about the 2008-2009 PJH Midget B team, its staff, season plan, or tryout procedures, please feel free to contact me.

Justin Rock  
Head Coach  
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