



**KATELYN SAUNDERS**

**U11 B HEAD COACH**

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### About Me

My name is Katelyn Saunders, and I'm excited to introduce myself as the head coach for the upcoming 2025-2026 U11 B Durham West Lightning Rep Team. Over the past two years, I have had the pleasure of contributing both on and off the ice as part of the U9 DWGHA House League coaching staff, where I currently serve as an Assistant Coach and Trainer. My passion for hockey began at an early age and has been a fundamental aspect of my life ever since. I began my hockey journey with Durham West Lightning over 30 years ago, competing at various levels (A, AA), and I continue to play today. These experiences have given me a deep understanding of the game, enabling me to teach a range of skills and techniques to help each player elevate their performance. As a female coach, I am passionate about empowering young female athletes. By sharing my experiences and lessons learned, I aim to provide them with valuable insights and support. My goal is to inspire and guide each player, helping them excel and develop a lasting passion for the game.

### Philosophy

My coaching approach centers on creating a positive, inclusive, and encouraging environment where players can have fun, make friends, and build character. I believe in fostering the holistic development of each athlete, both on and off the ice. My philosophy is built on the following principles:

**Skill Development:** Emphasizing fundamental skills and techniques to ensure players have a strong foundation and can excel in all aspects of the game.

**Teamwork and Sportsmanship:** Encouraging collaboration, respect, and integrity among players. Hockey is a team sport, and success is achieved through collective effort and mutual support.

**Individual Growth:** Recognizing and nurturing the unique strengths and opportunities of each athlete. Providing personalized feedback and setting achievable goals to help players progress.

**Fun and Passion:** Ensuring that the love for the game remains at the heart of all activities. Creating an enjoyable atmosphere where players are motivated and excited to participate.

**Lifelong Lessons:** Using hockey as a platform to teach valuable life skills such as discipline, leadership, and perseverance.

### Program Highlights

- Pre-Season Practices and Exhibition Games
  - Pre-Season Dryland Fitness
- 3-4 hours of ice time per week during the regular season
  - 20-25 regular season games
  - 4-5 tournaments (including 2 away tournaments)
- In-practice team development by an external hockey school
  - Individual and team challenges
  - Mindfulness and game intelligence exercises
  - Team building and social events
  - Dedicated goalie coaching