



Our names are Katie Dale and Jennifer Miniota, and we are thrilled to introduce ourselves as the head coaches for the upcoming 2025-2026 U9 Durham West Lightning Rep team.

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Katie Dale

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Coach Katie has been coaching hockey for 10 years, with a deep passion for the game that has shaped her entire life. Starting at the grassroots level, she progressed through competitive programs with Durham West Lightning and other organizations. She went on to play U22 hockey with the Markham Stouffville Stars, which led to competing at the NCAA Collegiate level with the College of the Holy Cross in Boston. These experiences have provided her with a solid foundation in teamwork, dedication, and the skills necessary to succeed both on and off the ice.

As a coach, Katie has had the privilege of leading teams at various levels, including U9 programs with Durham West Lightning and other organizations, as well as competitive varsity highschool teams.

Coach Jen is a proud lifelong member of the Durham West Girls Hockey Association. As one of its first players 35 years ago, Jen has grown alongside the organization, playing for many seasons and gaining a deep understanding of the game. Her background also includes years of experience as a hockey referee, providing her with a unique perspective on the sport.

Over the past three years, Jen has coached the U7 and U9 programs with Durham West Lightning and has contributed to U9 B and U11 A Durham West rep teams as the team trainer.

Program Highlights

- Preseason training camp
- Preseason team building
- Preseason practices and exhibition games
- Two practices per week during season
- Dryland (off-ice) training (Fitness Garage/Pickering Rec)
- OWHA - 10 home and 10 away games
- 4-5 tournaments, including 2 Away tournaments
- Provincial Championship Weekend
- Team building events and other activities
- Lasting Friendships/ Tons of FUN!

Our Vision

Together, our coaching philosophy emphasizes skill development, teamwork, and creating a positive, inclusive environment where players can grow and have fun. We are passionate about fostering a love for hockey while teaching valuable life skills such as discipline, resilience, and sportsmanship.

With strong organizational skills, age-appropriate coaching techniques, and a commitment to building relationships with players and parents, we are dedicated to creating a structured and supportive environment. As we look forward to the 2025-2026 season, we are excited to lead and develop the Durham West Lightning U9 Rep Team, helping these young athletes compete at a high level while building a solid foundation for success on and off the ice.

As female coaches, we understand the importance of representation and are proud to serve as role models for the young athletes in our program. We believe that strong female mentors can inspire confidence, leadership, and empowerment both on and off the ice. By showcasing what women can achieve in hockey and beyond, we aim to instill in our players the belief that they can accomplish anything they set their minds to.

Here's to a fantastic season ahead—let's make it one to remember!

Fun and Enjoyment
Skill Development
Teamwork and Inclusivity

Positive Reinforcement
Sportsmanship and Respect
Commitment and Accountability

