

St. Thomas Jr. Stars

U18 AA/A Alliance Hockey

Tryout Information



Coaching and Bench Staff

Head Coach: Jeff Burrige
Assistant Coach: Dylan Bradburn
Assistant Coach: Kyle McCauley
Trainer: Camryn Hatfield

Selection Process

Our coaching staff is committed to assembling a dedicated and competitive team. During tryouts, we will evaluate players based on:

- Attitude and eagerness to learn
- Commitment and competitive spirit
- Hockey intelligence, skills, and overall game awareness
- Team dynamics and positional requirements

Release Protocol

We understand that tryouts can be challenging for players and their families. We are committed to a transparent and equitable process that allows each player to demonstrate their skills.

- Release discussions will be conducted respectfully and privately.
- Players may request feedback and advice for future improvement.

We appreciate your hard work and dedication throughout the tryout period.

For the **2025-2026 U18 St. Thomas Jr. Stars**, our team culture emphasizes hard work and a passion for hockey. We strive to compete, develop, and represent our team and organization with pride.

Focus on What You Can Control: Attitude and Effort

Your attitude and effort are within your control, no matter the circumstances.

- Come with a positive outlook and a team-first mentality.
- Exceptional teammates shine through their character and competitive nature.

Commitment to Hard Work

Prepare to give your best effort at every practice and game.

- Compete vigorously in every drill and prioritize the team's success.
- Achieving goals requires commitment, sacrifice, and pushing your limits.

Earning Playing Time

Playing time is earned through:

- Regular attendance at practices
- Smart decision-making and teamwork
- A positive demeanor
- Discipline both on and off the ice

Respect the game and your teammates, and opportunities will come.

Playing for the Love of the Game

We compete fiercely because we are passionate about winning and personal growth.

- Embrace the journey and support each other.
- Every practice and game is an opportunity to improve and earn respect.

Emphasizing Accountability

We all hold ourselves accountable—coaches and players alike.

- A strong team culture is built on effort and humility.

We are developing not just athletes, but future leaders who value integrity and teamwork.

Importance of Communication

Encouraging open and honest communication creates a positive atmosphere.

- Players are welcome to ask questions and seek clarification.
- Coaches will provide regular updates on team dynamics and player progress.

Support from Parents

Parents are vital to the athlete's journey.

- Motivate your player to stay focused and committed.
- Back the coaching staff and respect team decisions.
- Attend games and practices to show your support and dedication.

Health and Wellness

Prioritizing physical and mental health is essential for peak performance.

- Players should focus on nutrition, hydration, and rest.
- Mental strength is equally crucial, so engage in self-care practices.

Association and Community Engagement

We believe in giving back to our community and building connections.

- Team initiatives will include community service projects.
- Collaborate with local organizations to create a positive impact.

Together, We Thrive

Our success is a shared effort—players, coaches, and families working in unison.

- Let's cultivate a supportive and encouraging atmosphere for everyone involved.
- United in our aspirations, we will pursue excellence and create unforgettable memories.