

David Powlowski

## MCYH Squirt Minor Travel

I grew up at the rinks of Rochester, NY where I began to love the sport of hockey at a young age. My hockey journey started as a mite with the Monroe County Eagles, where I learned the proper fundamentals that I've carried throughout my hockey career to become a minor professional athlete. I am excited and grateful for the opportunity to give back to the game and share these key fundamentals with the next generation of young athletes.

### Playing Career:

- Former Monroe County Eagle AAA Empire West League Champion
- 3 Time AAA Youth NYS Champion 2007, 2011, 2012
- National Bronze Medal AAA 2007
- Greece Lightning Varsity All-County sophomore season 2010
- Bowman Cup All-Star game Junior and Senior years
- USA National Camp U14 & U17
- **NHL Central Scouting Draft List 2012**
- USHL Draft 119th overall Indiana Ice
- Wenatchee Wild NAHL Assistant Captain 2013-2015
- **Nazareth College NCAA Leading Scorer Junior & Senior Years 2018 & 2019**
- NCAA National Player of the week 2018
- **Signed 1st pro contract with the Idaho Steelheads of the ECHL (Dallas Stars affiliate) 2019**
- Southern Professional Hockey League Macon Mayhem 0.5 Point Per Game 2020

### Coaching Career:

- **Relentless Hockey Assistant Coach**
- Stone Skating Coach 2015-2019
- Sport International Camp Squirt Coach
- **Wenatchee Jr Wild Squirt Travel Assistant Coach**
- NYS Coaching Certification

### Culture:

Before a team of young athletes can succeed, the right culture must first be presented. My first job as coach of the MCYH Squirt Travel team will be to teach this culture, present as a role model of it, and enforce it when necessary. All I ask from the players is

to take pride in the established team culture and their development as both a person and a hockey player will soon follow.

Commitment, discipline, pride, teamwork, and fun will be the simple basis of the MCYH Squirt Minor Travel team culture. **Commitment** to individual development as well as commitment to the team will be a major aspect from start to finish in the 2021-2022 season. Being on time, being prepared, and putting forth full effort is what each player will learn about commitment that they will take with them for the rest of their lives.

**Discipline** will be taught and enforced. Players will show respect to coaches, refs, teammates, opposing players, and parents while at the rink or while associated with MCYH. **Pride** of being a part of a travel hockey team for a long standing organization truly is special. I want a team full of proud young hockey players, as I will be proud to be their coach. **Teamwork** at this age is a crucial part of a player's development and is a tool that will also be used throughout their lives. The difference between good and bad teams can be as easy as how members of the team work together during tough times. My players will always be good teammates and put their team and their teammates ahead of themselves. I have been fortunate to have many great teammates while playing hockey; it is these teammates that I respect the most. Last but not least, **fun**. These squirts will play the game this season to compete, to develop life long friendships, to develop as hockey players and as individuals, but most importantly to have fun doing so! Everything about travel squirt hockey should be fun for everyone involved, including parents. By staying within the culture and doing things the right way, a fun environment around the great sport of hockey will manifest. I look forward to passing on my love of the game to the squirt minor mcyh travel team and watching the players grow and have a ton of fun doing so!

#### Coaching Philosophy:

A mix of older, proven concepts with a modern approach. There are many concepts that have weathered the test of time in hockey because they work and there have been many new ways to coach a hockey team that I have witnessed succeed. I will use them both. Each drill in practice will have a development purpose as well as learning points that each player will focus on. I will expose the squirts to peewee level drills at the appropriate time and will run practices for the purpose of helping the players move on to the next level.

Half ice practices will consist of modern USA hockey small ice skill drills, modern power skating, up-tempo passing, shooting, and stick handling fundamental drills, competitive battle drills, corner/slot/behind the net cycle drills that will focus on how to play in certain areas on the ice, angle focus drills, odd man rushes including basic zone entries and basic breakouts, basic defensive zone positioning, and conditioning.

Full ice practices will mainly focus on full ice flow drills that are a staple in elite level practices, very basic neutral zone do's and don'ts, basic forechecking systems (2-1-2 aggressive and 1-2-2 passive when protecting a lead), basic introductions into power play and penalty kill, basic positioning in many popular hockey situations, and conditioning. Skating drills are the most important part of a squirt player's development, and therefore every practice will have some sort of quick power skating drills at the start of practice. This can also be disguised as a warmup, but much more meaningful.

Game play will be all about positioning and learning how to compete with absolute full effort and respect. Simple gameplans and systems learned and repeated in practice will be put in place in games. The players will also learn when to do certain things as opposed to when not to (for example when to dump and change/chase vs when to take control of a rush or when to simply be offensive minded and pinch as a defenseman compared to when to play the breakout). The Squirt Minor MCHYH travel team will learn how to play hockey the right way.

Additional Items:

- Summer fundraising TBD
- Off-ice preseason team building events 1 or 2. Time and place TBD
- Games 3 out of 4 weekends each month from September through March
- 4-5 tournaments (2-3 out of town in either Buffalo, Syracuse, Niagara Falls, Toronto, or Albany)
- One extra practice scheduled each month instead of a game for development purposes
- Arrive one hour before games for quick game plan and off ice warm up in team apparel
- Game dress code will be dress pants/khakis & button up dress shirt tucked in with team coat (hockey is a sport of etiquette, class, and respect)
- Healthy, well balanced diet especially before and after ice sessions will be stressed (diet at the next level is very important)
- Relentless on ice preseason and midseason clinics
- Relentless off ice safe athletic agility and conditioning training (tailored to squirt age)

**2021-2022 MCHYH Eagles Squirt Minor Travel Team**