



COACH PROFILE

Burlington Minor Pee wee MD Bulldogs



Anthony Brugess - Head Coach

Name: Anthony Brugess

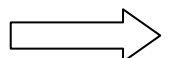
Hometown: Burlington

Email: coach-anthony@hotmail.com

Hockey jobs: 2009/2010 Atom House league Coach
2008/2009 M. Atom House league Coach
Regular season, playoff and Minor Hockey Day Champions
2007-2008 Novice House league Coach

Family: Happily married for 18 years to my wife – Michelle
Two Sons – Jordan and Riley

Hockey experience: -Played 7 years with BLOMHA.
-7 years experience as a hockey Referee
-3 years coaching.



Coaching philosophy:

These are formative years for the players and as coaches; our responsibility to our players goes beyond hockey skills. My coaching philosophy is to lead by example and teach the players life skills that they can carry with them as they grow. To that end, I expect the following...

- Have fun!** It is after all, just a game. When you play to have fun, you make fewer mistakes.
- Play to win!** You're only on the ice a minute or so each shift. Give it everything you've got.
- Accept your mistakes, learn from them and move on.** I'll take effort over perfection.
- Take some Risks.** Stretch yourself beyond your comfort zone – That's how we learn.
- Commit to your team.** We win as a team and lose as a team.
- Be Coachable.**

Practice tips:

Practice like you play! If you practice lazy, that's as good as you'll be in a game situation. If you want to be able to "bring it" in a game, you have to "bring it" in practice.

Pay attention during practice...we're there to make you better.