



COACH PROFILE

Burlington Novice MD Bulldogs



Mike Rows – Head Coach

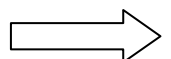
Name: Mike Rows
Age: 35
Hometown: Burlington
Email: mrows@cogeco.ca

Hockey jobs: Head Coach – 4/5 Development 2007 - present
Assistant Coach – Tyke Flyers 2009-2010 season
Assistant Coach – Pee wee AAA Eagles
Assistant Coach – Atom AAA Eagles

Day job: Entrepreneur

Family: Carter & Kody

Hockey experience: Played in both the BLOMHA and Eagles programs growing up, then went on to play for the Burlington Cougars for three years and Milton Merchants



for one year before going over to England to play semi professional hockey for the Romford Raiders.

Coaching philosophy:

First and foremost in minor hockey my main objective is that all of the players on the team as well as the parents have fun. Player development is always the most important thing when coaching young children and that is what I strive to achieve! The players on my team will improve dramatically while having fun! Minor sports are about having fun, getting exercise and building an individual's character. Working within and being part of a team is another factor that our team will learn to do and strive to achieve.

Practice tips:

- Work until failure in practice. Falling down because you're trying something new is a good thing! You'll never be criticized for that!
- Think outside of the box. Try things that you're uncomfortable with and wouldn't normally try in a game.
- Give 110% the entire time.
- Warm up and stretch prior to going on ice.
- Visualize the game and plays that you would like to work on before going on the ice. Envision success and having fun!