



COACH PROFILE

Burlington Atom A Bulldogs



Paul Gentle - Head Coach

Name: Paul Gentle

Age: 46

Hometown: Burlington

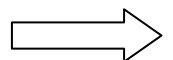
Email: pgentle@cogeco.ca

Hockey jobs: Blomha House League Coach – 8 years
Blomha Select Head Coach – 2 years (Atom and Pee wee)
Blomha Rep Head Coach – 2 years

Day job: Manager, Car Strategies - Procor Limited

Family: Separated father of 2 children. Son Braden 16, plays in Blomha and Daughter Taryn 14, skates for Burlington Ice Image.

Hockey experience: I have played and coached hockey for almost 30 years. I am currently an active member of the Burlington Oldtimers Hockey Club.



Coaching philosophy:

We will strive to have each player develop to the best of his/her abilities both mentally and physically. It is our responsibility to promote a safe, comfortable and enjoyable team atmosphere. Hockey is a competitive sport, but it does not need to be intimidating. My philosophy is to have fun first and foremost while maintaining discipline at the same time. We also teach social skills ensuring our players act appropriately while representing our city and association at all hockey functions. I teach each player to respect themselves, teammates, parents, coaches, game officials and opponents. We will learn more than we already know about team spirit, sportsmanship and effort. We will strive to compete but will also learn that there is no shame in losing if you gave your best effort. The ultimate purpose of a team is to enable individual players the opportunity to work together to achieve collective team goals.

Practice tips:

- Try your hardest every drill, every time.
- Pretend you are in a game situation.
- Listen to the coaches instructions and ask questions if you do not understand.
- Respect your coaches and teammates.
- Do not partake in horseplay or other actions that will disrupt the practice flow.
- Be on time.
- Keep telling yourself you are good but you're getting better.
- Have fun.