



COACH PROFILE

Burlington Minor Bantam MD Bulldogs



Paul Maltby- Head Coach

Name: Paul Maltby

Age: 47

Hometown: Rosemere, Quebec

Email: paul.maltby@sympatico.ca

Hockey jobs: BLOMHA

2009-2010 Coach Pee wee & Minor Midget

2008-2009 Coach Minor Pee wee & Bantam

2007-2008 Coach Atom & Minor Bantam

2006-2007 Coach Minor Atom & Pee wee

2005-2006 Coach Novice & Minor Pee wee

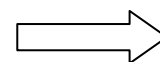
2004-2005 Coach Pre-Novice & Atom

2003-2004 Coach Initiation & Minor Atom

2002-2003 Coach Novice

Family: Jody - Wife, Josh (16), Jake (13)

Hockey experience: Started Playing Hockey on the frozen Mille Ilse river north of Montreal at the age of 7. And still playing ...



Coaching philosophy:

My coaching philosophy is to create a safe and secure environment where players can achieve their full potential in hockey, fitness and life. I feel it is important to maintain a positive atmosphere that encourages players to push their personal limits and achieve new levels of development and achievement. Players are also encouraged to take risks that allow for new learnings, without the risk of criticism. I also believe in co-operative and positive social interaction with team mates, opponents, peers, parents and coaches.

Practice tips:

Be on time and be ready to learn (and have fun).

Stretch before you get on the ice, don't waste ice time.

Understand the game application for practice drills, if not ask

Complete drills correctly, don't cheat yourself on personal development

Cross Train all year long - run, cycle, hoops, soccer - endurance is critical

Life is...10% Luck, 20% Skill, 15% Concentrated Power of Will, 5% Pleasure and 50% Preparation