



## COACH PROFILE

**BURLINGTON**

### **Burlington Minor Atom MD Bulldogs**



### **Peter Gowthorpe- Head Coach**

Name: Peter Gowthorpe

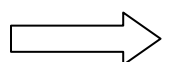
Age: 43

Hometown: Burlington

Email: [pgowthorpe@cogeco.ca](mailto:pgowthorpe@cogeco.ca)

Hockey jobs: I have been coaching in BLOMHA for 8 years and have coached Development 4 to Minor Peewee. I currently am Head Coach for both a Novice and Minor Peewee team. Many years I was involved with all three of my sons teams.

Day job: President Intech International Inc.  
Intech specializes in custom maintenance equipment design and outage services to the nuclear power generation industry. I have worked in the nuclear power industry since graduating from McMaster University with a degree in Mechanical Engineering.



Family: My wife Dianne and I have 3 boys aged 13, 11, and 9. Andrew, Matthew and Cameron are all active in hockey and varied summer sports. We have lived in Burlington since graduating from university.

Hockey experience: I started my minor hockey in Thompson Manitoba and continued it in Thunder Bay and St. Catharines as my family moved. After my first practice at 8 years old, I decided to play goal and have ever since. The highlight of my playing career was when I played a few games of Jr. B hockey after being a tryout walk on. I continued to play mens league once I finished school and still play weekly.

## **Coaching philosophy:**

My coaching style focuses on balanced ice time and strong positional play. I do not believe in shortening the bench. Each player needs to contribute to the outcome of the game in order to develop the team. This is how each player will develop the most. I enforce good team habits; respect, fair play and team work. Problems are addressed immediately in an appropriate manner between the player and the coach.

## **Practice tips:**

Shoot the puck. You don't need ice to do it. Get a bucket of pucks on the driveway and practice wrist shots everyday. If you shoot everyday you will get stronger and shoot better.

Improve your fitness. The fitter a player is the more effort he can give on the ice. Do the simple things like ride your bike, walk or skateboard to a friends house, don't drive.

Give 100% effort to what ever you do. If you put your best effort forward in everything only good things can happen.