

# 2025/26 Season U18 Program Update



**Ottawa Valley Titans Minor  
Hockey Association**

2025-2026

ANNOUNCEMENT



**HEAD COACH  
BARRY  
CAPE**



**ASSISTANT COACH  
BRENT  
CARTY**

**U18 COACHES**



The Ottawa Valley Titans is thrilled to share some exciting news about our U18 program.



- ***We're welcoming Barry Cape, a highly experienced hockey coach, to our team. Barry brings over two decades of coaching experience from various levels of competitive hockey. Most recently, he was the associate coach of the Ottawa West Golden Knights and the head coach of the Arnprior Packers in the EOJHL since 2019. His past roles include coaching the Ottawa Valley Titans and various girls' hockey teams like the Ottawa Lady Senators and Carleton Place Midgets. Barry's coaching record includes 8 Regular Season Championships, 10 Playoff Championships, and multiple All Ontario Provincial appearances, where his teams earned silver and bronze medals. In addition to his coaching roles, Barry has over 25 years of experience as Head Instructor at various hockey schools and as a Skating Instructor for Skate Canada Can-Power.***



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- ***Also, joining Barry is Brent Carty who is returning to the Titans as the assistant coach for our U18 program. Brent's long standing coaching career with the Ottawa Valley Titans and his ongoing involvement in the minor hockey community make him a great asset. His insights into upcoming talent will be invaluable as he and Barry work together to enhance the Titans U18AAA program***



## **League U18- Program updates**

- **New 25/26 U18 will host an OHL Prospect All Star game**
- **League Inter Play – Showcases being considered between OMHA/HEO/GTHL**
- **League meeting June 21st for other updates to be announced...**
- **HEO has struck a committee to look at U18AAA Play.**



## Titans - U18 Program-Renewed Focus

### **Technical Skills:**

Dedicate a significant portion of practice time to refining fundamental skills like skating, puck handling, and shooting.

### **Tactical Awareness:**

Incorporate drills and game scenarios that improve players' understanding of individual tactics, team tactics, and overall game strategy.

### **Physical Conditioning:**

Implement off-ice training programs focused on strength, speed, agility, and flexibility to support on-ice performance.

### **Mental Performance:**

Incorporate mental skills training to improve focus, resilience, and confidence.

### **Ice Time:**

Ensure all players receive fair and consistent ice time, including special teams and late-game situations, to foster development and confidence.



## Titans - U18 Program-Renewed Focus

### **Advanced Coach Training:**

Provide coaches with opportunities for professional development, including mentoring, game analysis, and practice planning.

### **Unified Strategy:**

Align coaching philosophies and strategies across all levels of the association to ensure a consistent approach to player development.

### **Feedback and Communication:**

Implement a system for providing regular, constructive feedback to players on their performance, both positive reinforcement and areas for improvement.



## **Titans - U18 Program-Renewed Focus**

Build a Positive Team Culture:

### **Respect and Accountability:**

Establish clear expectations for respectful behavior towards teammates, coaches, officials, and opponents.

### **Positive Environment:**

Create a supportive and inclusive environment where players feel comfortable taking risks, learning from mistakes, and supporting one another.

### **Life Skills:**

Integrate life skills development into the program, such as time management, goal setting, and communication.

### **Player Involvement:**

Encourage player input and feedback on team matters to foster a sense of ownership and commitment.



## **Titans - U18 Program-Renewed Focus**

- **Practice Time – 1 set time Arnprior 4-530 Mondays, 2nd Practice Thursdays Goulburn 8-10 + (\*to be discussed at parent meeting)**
- **Random weekend Ice totaling NO less than 4 hours of practice per week on average.**
- **League Play – 30 games (6 teams) Regional U18AAA Provincial Championships**
- **Tournaments Ottawa October, Sudbury November, Vaughn December, Peterborough January**



## Titans - U18 Program-Renewed Focus

- **Regular Video review sessions done via Zoom. Team, Individualized positional, individual player for enhanced player/team development. Also, Opponent tendencies, pre scout**
- **Analytics review via Instat/49ing. Tracking of key individual and team stats. Individual Player meetings every two weeks.**
- **Off ice workout program led by TG Athletics with an approach that is online, working out from home.**



**TG ATHLETICS**



## Titans - U18 Program-Renewed Focus

- **Goaltender Instruction via Titan/PG Program. (bi-weekly)**
- **Affiliation-we will bring up players from AA or U16AAA on a per need basis only. ALL play up requests to Junior A or B will automatically be approved provided we do not play a game that night or are away at a tournament. A play up opportunity circumvents our practices as well.**
- **We would like to make the play up opportunity the best of both... being a regular player at U18AAA and experiencing Junior opportunities for what is to come.**



## Titans - U18 Program-Renewed Focus

- **We will work with all Junior teams to get all our players affiliated somewhere.**
- **2nd Assistant Coach – To be named**
- **We plan on offering some August pre-skates. Regardless of what your plans are; come out for the skate, you can meet our coaching staff and get some practice time in before your tryout regardless of where that may be. *\*Please feel free to reach out to Barry or Brent should you require any additional info.***



## August summer skates for U18 Titan Program

### Monday Aug 25<sup>th</sup>

CSP --- 9pm-10:30pm

### Wednesday Aug 27<sup>th</sup>

CSP --- 9pm-10:30pm

### Tuesday Sept 2<sup>nd</sup>

BSP-BL --- 9:15pm-10:45pm

For more info:

Barry Cape email is [barry.cape@sympatico.ca](mailto:barry.cape@sympatico.ca)

Brent Carty email is [bdcarty@sympatico.ca](mailto:bdcarty@sympatico.ca)



Thank You and  
Have a Great Offseason!