

Hi, my name is Jon McDougall, and I'm proud to have been named the U10 Rams Competitive "B" Head Coach for the 2026/2027 season. I'm excited to welcome all 2017 born players and their families to competitive Rams hockey.

This letter outlines what players and parents can expect this season, and my coaching philosophy.

About Me

I was born in Ottawa and grew up in Kanata, playing for the Kanata Blazers before leaving the area for school. After returning, my family and I settled in Stittsville, where we're proud to call home. This will be my sixth year coaching with SMHA, my fourth year as a head coach, and my second year as part of a Rams Rep B team coaching staff.

Season Expectations

The U10 Stittsville Rams will follow Hockey Canada's pathway program, emphasizing team play, skill development, and a positive, competitive environment. All 2017 born players interested in competitive hockey are encouraged to attend tryouts.

Competitive hockey requires a significant commitment from both players and parents. Families can expect team activities 3-5 days per week. Attendance for games, practices, off-ice training, community events, and fundraising events will be mandatory.

Competitive Rams fees for the 2026/2027 season are expected to be \$1,400 (\$900 Rams fee, \$500 team fee) in addition to the SMHA house registration and the conditioning and/or tryout out fees. Sponsorship and fundraising will also be needed for successful season.

Coaching Philosophy

My coaching philosophy centers on life lessons through sport. Hockey is an opportunity to grow not only as athletes but as teammates and young people.

I expect players to arrive ready to work, compete, and put the team first. The coaching staff will foster a fun, positive, team first environment where effort, accountability, and competing with purpose are the foundation.

Important Season Dates

- League Start: **Oct 16**
- Halloween: **Oct 31** – Blackout date (no league games or practices)
- Stittsville Rams Day: **Nov 7**
- Christmas Break: **Dec 21 – Jan 3**
- Regular Season Ends: **Feb 7**
- Playoffs: **Feb 12 – Mar 31**
- March Break: **Mar 12 – Mar 21** (6:00 pm) – Blackout period (no mandatory hockey)

Tournament Schedule

- **Nov 13–15, 2026** – Silver Stick Regional (Sudbury, ON)
- **Nov 28–29, 2026** – Rams Mid-Season Showdown (Bell Sensplex)
- **Dec 30 – Jan 1, 2026/27** – Bell Capital Cup (Ottawa)

I plan to add two additional tournaments, including at least one more out-of-town.

Please continue to check the SMHA website and social media for updates and details regarding conditioning and tryouts.

If you have any questions or concerns, feel free to email me.

Enjoy the rest of your summer, and I look forward to seeing you at the rink.

Jon McDougall
U10 Rep B Rams Head Coach
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