

Rick Wilton
U8 Assistant Coach

My name is Richard Wilton. I am a Master Electrician who has owned a small electrical business since 2017. Our business supports the high school co-op program which introduces teenagers to the trade. I take great care and pride in mentoring young people as co-op students and apprentices.

I love hockey. I love playing it. I love watching it. I love talking about it. I first began coaching my son when he entered preschool hockey at age 4 in 2022. I saw an opportunity to lead the kids and volunteers to build a strong preschool program that would prepare our youngest players to excel into their hockey careers. After my son moved on to the next level I was prepared to continue coaching preschool even without my own child enrolled because we were on such a roll. The growth and skill set of the kids that were moving up at the end of the season made me realize that I wanted to do this again for the next group. Coaching rekindled my love for the game.

I have a sense of duty that drives me. I know that without hard work, nothing gets done. Life is challenging. Every day we experience small struggles, and oftentimes big ones, whether its our work situations, personal lives or our health. Having a strong support system and staying calm will allow you to weather the storm.

Achievement at the preschool level is seeing a players skating develop from ditching the skate-aid to completing full-ice skating drills.

Achievement at the U7 level is watching the player's hockey IQ develop and their sense of team begin. When the kids start coordinating with their team to score a goal and are excited to talk about how the game went in the dressing room after.

I focus primarily on skate development in my practice plans. My expectation is for everyone to try their best and have fun. To generate long lasting player interest and development the priority should be on having fun and setting realistic expectations and goals for the players to achieve.

I focus on fundamentals while having a fun atmosphere and pushing players to do their best. I design my coaching plans to challenge and progress the skills of the higher level players while still keeping them simple enough to not frustrate and discourage the less developed players. I try to be a fair and honest coach - and win. Hard work and effort are the values that are most important to me.