



# WINTERHAWKS TRAVEL HOCKEY








WINTERHAWKS  
SKATING CENTER

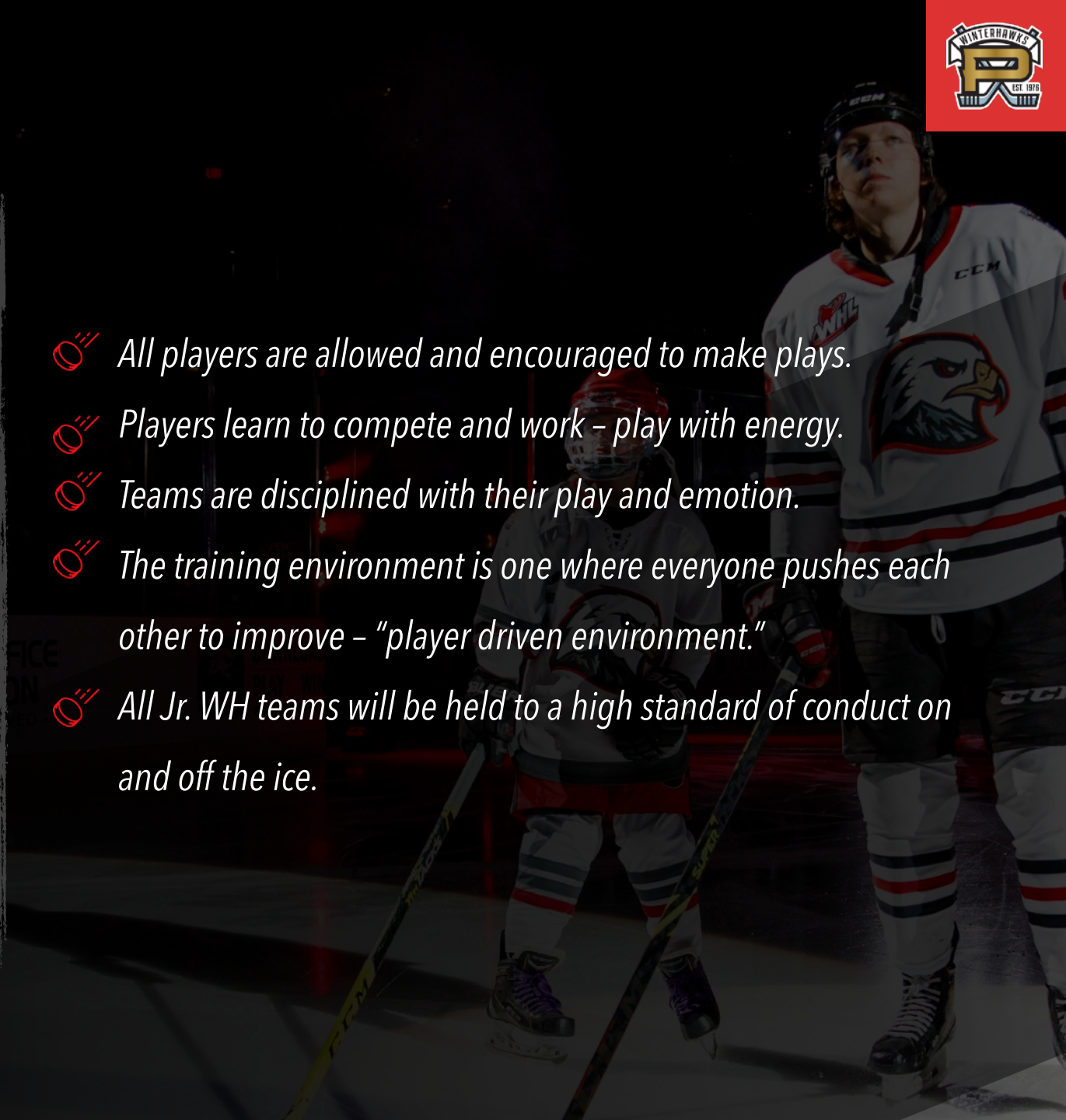


# JR WH PHILOSOPHY

*The foundation of the Jr. Winterhawks  
Travel Program will be based on  
"speed, skill, intelligence and compete."*

*-Mike Johnson - Portland Winterhawks WHL*


-  *All players are allowed and encouraged to make plays.*
-  *Players learn to compete and work – play with energy.*
-  *Teams are disciplined with their play and emotion.*
-  *The training environment is one where everyone pushes each other to improve – “player driven environment.”*
-  *All Jr. WH teams will be held to a high standard of conduct on and off the ice.*







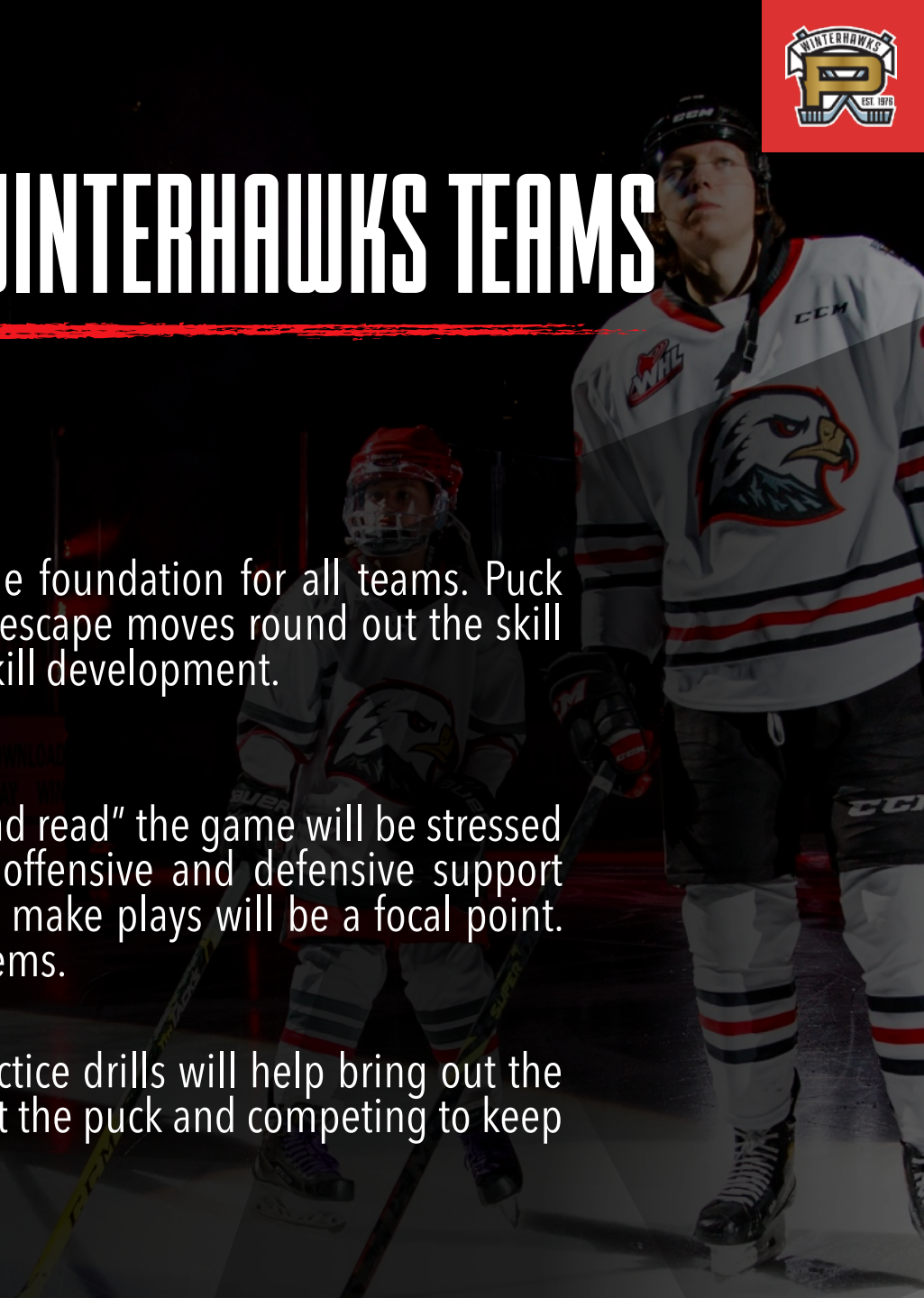
# KEY DEVELOPMENT AREAS FOR JR WINTERHAWKS TEAMS

 **SPEED** = stride, edge control, change of direction

 **SKILL** = passing and receiving skills will provide the foundation for all teams. Puck control, deception, shooting, checking techniques and escape moves round out the skill area. Tracking repetitions in practice will help monitor skill development.

 **INTELLIGENCE** = teaching players how to "think and read" the game will be stressed from beginners to elite travel teams. Understanding offensive and defensive support along with a calmness with the puck and the ability to make plays will be a focal point. Principles and concepts will be taught as a base for systems.

 **COMPETE** = small area games and competitive practice drills will help bring out the competitive nature in each individual. Competing to get the puck and competing to keep the puck is more important than physical play.



# JR WINTERHAWKS - CLUB SYSTEM



## ELITE PLAYER OPPORTUNITIES

Summer Development Program & Nationals Bound Travel Teams

## REP COACHING STAFF AND INDEPENDENT ATHLETIC DEVELOPMENT

Travel Hockey

## ADDITION OF SKILLS/PEP COACHES AND OFF ICE DEVELOPMENT

Select Team & Skills Hockey

## DEVELOPMENT OF SKILLS AND HOCKEY CONCEPTS

Metro Hockey

# WINTERHAWKS YOUTH HOCKEY

## MEET THE COACHES



**BARRY SMITH**

HOCKEY DIRECTOR / 15/16U & 18U Head Coach

Barry has enjoyed playing and coaching hockey around the world for more than forty years. Honing his skills playing Junior hockey in Canada and the US and at the University of Alaska before starting his pro career North America & Europe, Barry then turned to coaching where he managed to coach at every level – major junior, AHL, ECHL, European Pro Leagues and most notably in the NHL where he was Assistant Coach for the Vancouver Canucks from 2002-08.

USA Hockey selected Barry to be Assistant Coach for the 2011 Men's World Championship team and as Head Coach, Barry led the U17 Select team to a gold medal at the 2012 Five Nations Tournament. He also was Assistant Coach for Denmark's national team at the World Jr tournament in 2012 and coached the Dutch National Team to a bronze medal at the B1 World Championships in 2013. Barry showed his passion and commitment for developing young players by spending his summers coaching youth ages 8-18 at the Okanagan Hockey School, Penticton, BC for more than 30 years.

From Coach Smith: *"I am very excited to be starting year three with the Jr Winterhawks and build on all of our success from last season. I feel we made great strides to develop all of our players at each age group, with one of our travels teams finishing 3rd at the nationals in 2023. This is really something we can build on throughout our organization. We are one of the few youth hockey organizations who is keeping their entire coaching staff from last season. This continuity in our coaching staff will allow for seamless development at all age divisions."*



**ZACH GAYNOR**

DIR HOCKEY OPS / 14U Head Coach

Zach comes to us after 13 years coaching college hockey at the DIII level as an assistant, associate head coach, and finishing the last five years as a head coach. His accomplishments include recruiting and coaching All-Americans, winning a conference championship, and making the first national tournament appearance in program history at Marian University.

His background in hockey goes all the way back to his youth days playing for the Junior Hawk Organization. After his final year of Midget AAA hockey with Portland, Gaynor moved on to play for Head Coach Bobby Freeland with the Portland Pioneers of the NORPAC Junior Hockey League. He went on to play Junior A hockey for the Springfield Spirit of the NAHL and the Nipawin Hawks of the SJHL. Gaynor then went on to compete for the University of Oregon ACHA squad. He followed that by playing NCAA Division III hockey for Marian University before transitioning into coaching.

From Coach Gaynor: *"I am very excited to be returning for another season of Winterhawks Youth Hockey. We had a great season last year and I look forward to watching our players progress and getting us back to the National Tournament. Go Hawks!!"*

Zach currently resides in North Plains with his wife Courtney and his son Atlas.



# WINTERHAWKS YOUTH HOCKEY

## MEET THE COACHES



**SHELBY McPHAIL**

12U Head Coach

Shelby is a native of Port Washington, WI. He played his collegiate hockey at Concordia University Wisconsin, where he received his Bachelor of Science in Sports and Entertainment Business. Shelby has a background in elite skill development and most recently serving as the ACHA Men's Head Coach at Milwaukee School of Engineering in Milwaukee, WI. Shelby joined the Jr Winterhawks organization to start developing youth athletes and help them find their passion for the game.

Shelby is a USA Hockey Level 4 certified coach.

From Coach McPhail *"Very excited to be returning for year 2 with the Jr Winterhawks. Looking to build on a strong foundation we established this season. Can't wait to get to work!"*



**MATT PRESTON**

10U Head Coach

Originally from the East Coast, Matt played his youth and high school hockey in his native Rhode Island before graduating to finish his playing career at the collegiate club level for Connecticut College (New London, CT). He began his post-playing hockey career spending eight years working on the administrative side of the game at all amateur levels, from Learn-to-Play to 18U. He returned to the college ranks in 2016, stepping behind the bench for Bentley University's (Waltham, MA) ACHA program, taking over the team in its inaugural season and growing it to a national championship contender over his five seasons before moving to the West Coast and joining the Jr. Winterhawks.

From Coach Preston: *"To me, team is the most important thing, both on and off the ice. It's those teams that come together and become more than just a collection hockey players playing with each other, but a group that unites and plays for each other that are the most successful. I look forward to joining the Winterhawks and working with our players to create an atmosphere of where they can grow into the best versions of themselves, but also learn the importance of being part of larger group."*



# WINTERHAWKS YOUTH HOCKEY

## MEET THE COACHES



**MAX RICHARDS - Goalie Coach**

In his third year as the goalie coach for the Winterhawks, Coach Max is responsible for developing the goaltenders across all age groups. His focus is to create a tailored development path for each goaltender, working directly with each goalie and their coaches to implement that plan through team practices, goalie-specific training sessions, and off-ice training.

Over his 15 year coaching career, Coach Max helps each goaltender embrace their unique athleticism and skills to develop their game for advancement to higher levels of hockey

From Coach Richards: *"We'll focus on different things with each goalie throughout the season, whether it's more technical instruction or mental strength, but the common thread is that I want each goalie to enjoy the process and to be excited to come back to the rink. We're going to have fun getting better every day."*

A native of Pittsburgh, PA, Max was a Lead Instructor at the Building Blocks Goaltending School for 4 years, helping develop goaltenders ranging from the 8U to college levels. Prior to joining the Winterhawks, Max was an associate goalie coach within the LA Jr. Kings organization in Los Angeles, CA. He also has extensive experience in individual goalie instruction.

In his playing career, Max played for the Pittsburgh Jr. Penguins in the EmJHL. In his junior year of high school, he won a Pennsylvania state championship with the North Allegheny Tigers and a national championship with Team Pittsburgh at the Chicago Showcase. He has volunteered for many organizations within his community, including Hockey In the Hood and the YMCA Little Penguins programs, both affiliated with the NHL's Pittsburgh Penguins, and Street Soccer USA.



**KYLE GUSTAFSON - DEV Chief Advisor**

Coach Kyle, born and raised in Portland, Oregon and grew up playing PAHA with the inaugural Jr Hawk teams. Some of his favorite Jr Hawks memories include playing in the Portland Rose Fest tournaments and playing in Sapporo, Japan.

Kyle's role is to work closely with Jr Winterhawks management, coaches and players to provide them with best possible path for their development in the sport both in the summer off-season personal player development and during in-season team programming.

Kyle brings over 20 years of coaching experience.

Portland Pioneers - Junior B  
Portland Winterhawks - WHL  
Vancouver Canucks - NHL

Currently Kyle is the Associate Coach for the WHL - Portland Winterhawks Hockey team.

From Coach Gustafson: *"Portland has deep roots of hockey, both professionally and in youth hockey. From the Rose buds to the Buckeroos, Jr Buckeroos, Winterhawks, PAHA and Jr Winterhawks. It's our focus to develop young athletes on and off the ice and continue the hockey legacy for our future"*



**AUSTEN POTTER - Player & Goalie DEV Coach**

Coach Austen grew up playing hockey in the Portland metro area, ultimately playing at the Tier 2 level for youth hockey. In his High School years, Austen attended the national High School Showcase tournament during his junior and senior years. Coach Potter began his coaching journey teaching kids in the learn-to-play program as a 16-year-old intern coach. He later advanced his skills to organize and run the Sherwood Ice Arena learn-to-play program before joining the staff at WSC in the fall of 2018. Coach Austen is a level 5 USA Hockey coach and has been coaching with the staff at WSC and JrWH for the past 7 years. Austen has had the opportunity to work with 6U to 18U athletes, with on ice skill clinics, coaching in the travel program as well as with recreation metro program. Austen has also been a trainer at the Train Station, has worked with players in off-ice skill development and strength training programs. Recently, Coach Austen has added a focus on goalie development, providing weekly on ice goalie clinics to develop goalies in the JrWH program.

From Coach Potter, *"In developing any player in the 5 fundamental skills of hockey, skating, shooting, passing, stick handling and body contact, you need to be mindful of the players age and what they are capable of cognitively understanding while physically able to develop. Hockey speed isn't always about physical speed and strength, it is also cognitive recognition and reacting to the environment. I believe we need to use on ice and off ice sessions to develop these in tandem to help players in their journey to becoming the best player they can possibly become."*

# WINTERHAWKS YOUTH HOCKEY

## TRAVEL OPERATIONS



**BARRY SMITH** | PORTLAND WINTERHAWKS  
HOCKEY DIRECTOR COACHING STAFF



**ANDY POTTER**  
METRO/USAH/Registrar  
DIRECTOR



**ZACH GAYNOR**  
HOCKEY OPS DIRECTOR

### ADMINISTRATION

### HOCKEY OPERATIONS

#### STAFF

- > USAH / Metro Director / Registrar - Andy Potter
- > Admin - Tracy Meyer
- > Scheduler - Zach Gaynor
- > Communications - Shelby McPhail
- > Social / Media - Sumeet - Eliteye Media
- > Finance / Accounting - Luisa Stowe
- > Safesport - TBD

#### TEAM OPERATIONS

- > Head Coach
- > Team Manager
- > Treasurer

#### TRAVEL COACHES

- > 18U - Barry Smith
- > 15/16U - Barry Smith
- > 14U - Zach Gaynor
- > 12U - Shelby McPhail
- > 10U - Matt Preston
- > DEV Chief Adv - Kyle Gustafson
- > P/G DEV - Austen Potter
- > Goalie DEV - Max Richards
- > Strength & Cond - ROKKE Performance

#### TRAVEL ASST COACHES



