



The Norfolk HERicanes would like to Congratulate and announce the following individuals on their successful applications regarding Head Coach positions for our Representative (Rep) Teams for the upcoming 2022/23 season. We feel these individuals are the right Coaches that can and will teach our HERicanes Players the core attributes needed to be successful in sport, as well that transcend into real life success outside the game of Hockey.

U18 Tier 1 - Todd Binkley - 10+ years of Coaching Experience

Coaching philosophy centres around individual and team skill development. He believes in giving players the opportunity to be successful at obtaining both team and individual goals. His belief in fostering a learning environment where players can develop, while understanding that responsibility, dedication, hard work and discipline are the keys to both individual and team success, and that all this can still be accomplished while having fun.

U18 Tier 2 - Jay Lingard - 13+ years of Coaching Experience

Coaching philosophy centres around a team first concept. While understanding that each individual Player brings a different and unique skill set to the needs of the team. He believes as a coach, he is able to mentor and teach these players to develop a winning strategy through a strong work ethic, discipline and commitment. Players will push themselves through hard work to achieve individual and team goals. His overall goal would be for every player to share in the team concept. Jay's successful season would be measured where every player feels they contributed to the overall team, and grew as a player and person.

U15 Tier 1 - Mike Wilson - 10+ years of Coaching Experience

Coaching philosophy centres around Win or Lose, it's as a Team. He likes to focus on team first mentality. Mike believes in defence and positional play, while looking to move the puck up the ice as fast as possible. Being a strong skating and positional team allows his teams to compete with anyone. Smart hockey makes the game simpler. All this can be accomplished with hard work, dedication and a positive attitude, without removing the fun of the sport. Mike is dedicated to creating and maintaining a safe, fun, positive, and disciplined environment that starts early through team building events that start in the off season.

U13 Rep Coach - We are still in search of our Rep coach for this level. Any interested parties please contact the association.