

## Rod Kirk B.Sc. (H.K) DC

Goaltender & Coach Mentor



For the past 17 years, Rod Kirk has been a notable figure within the Burlington Eagles hockey organization, as he has taken on many roles; from coaching, to training, and in the last 8 years, Goalie Coach Mentor. For Rod, teaching young goalies a mindset that parallels life has been a rewarding endeavor. As a result, and as a natural extension of this role, he developed a highly effective program as a Mental Performance Coach for the Burlington Eagles. Being responsible for the development of team and organizational culture, Rod takes an enthusiastic and sometimes unconventional approach for teaching coaches, young hockey players, and their parents, lifelong learning skills.

***"Playing organized sports can give us the tools required to be successful in life. It teaches us about who we are, what we are capable of achieving, how to interact with others and all the trials and tribulations life brings us. We have a responsibility to model exceptional behaviour and teach our young players these lifelong skills."***

In the coming seasons, Rod will continue to look for new and innovative ways to help the Burlington Eagles Hockey Club to develop our young athletes.