



# Frank Reago

## Coaching Experience

- **Melody Brook Lazars:**
  - 1998 – Bantam A
  - 1999 – Bantam A
- **Ice Dogs:**
  - 2000 – Midget AA – Districts
  - 2001 – Midget AA – Districts
  - 2002 – Midget AA – Districts
  - 2003 – Midget AA – Districts
  - 2010 – Midget A
- **Pennridge High School:**
  - 2004 – Varsity – Playoffs
  - 2005 – Varsity AA - - Playoffs, Flyer's Cup Invitation
  - 2006 - - Varsity AA - SHSHL Champs, Flyers Cup Invitation
  - 2007 - Varsity AA - SHSHL Champs, Flyers Cup Finalist
  - 2008 – Varsity AA
  - 2009 – Varsity AA - Playoffs, Flyers Cup Invitation

## Coaching Philosophy

Start with a new bunch of kids, teach them team systems and skills. Teach them team unity and respect for the game and others, including your opponent.

We hope to win all of our games, but if not, we learn from our mistakes and practice to become better. With me, as coach, yelling and screaming does not get it done!!! We will teach and fix together. I think coaching is like having a driver's license: it is a privilege. After all, we are dealing with youth and we can be a major factor in their life. We are the adults and we need to pave a bright future for our kids. When you are dealing with young lives it is a privilege. They are not chess pieces on a board; they all have feelings and emotions. I will do my best to make every player have a great Ice Dogs experience.