

## Q&A with Coach Harry Begg

Hometown: Christiana, DE  
College: University of Delaware

1. What was your position and number as a youth hockey player? Was this picked for a particular reason?

I played center growing up, but I switched to D in the over 18 leagues because if you can skate backwards, you play D. Wore #4 growing up because my dad did, he wore it because of Bobby Orr. Number 4 was taken when I joined my current team, so I picked 93, which is what you get when you add the numbers from my boys' birthdays together. Had it for a couple years now.

2. What was your greatest moment/moments or memory/memories as a youth player or college player? Getting named second team all league my senior year in high school. I was genuinely surprised to hear my name called, I think my coach may have pushed for me on that one.

3. Did or do you have a nickname? I will generally answer to any combination of sounds aimed in my direction.  
**Editor's note: I think that this means we need a nickname.**

4. Who professionally or personally inspires you? my parents. They were always honest and even keeled. I like to think that's where I got my personality and demeanor from.

5. What is your philosophy as a coach? Put kids in position to succeed, then let them do it. Overcoaching can be the same as micromanaging. There is nothing that is less effective in developing players or people. I am a huge fan of the USA hockey push for small area games. More touches, quicker decisions. Let the game coach them. You need to have a solid base of fundamental skills, but after that, the players that separate themselves are the ones that can think the game and improvise.

6. What adjectives do you associate with the best hockey teams? They play fast and heavy, and they play together.

7. Aside from hockey, what else do you like to do in your free time? I also coach the LTLC 2028 lacrosse team, and I am the boys' coordinator for the Ridgely Middle School lacrosse program, as well as coaching their 6th/7th grade team, so besides hockey, I do youth sports. If I can do something for myself, I love to play golf.

8. Do you have a favorite quote or line from a movie/book/someone famous?

I have a couple. My dad always said "Do the right thing, especially when nobody is looking." That always stuck with me on how important honesty is, and to always try to do the best you can even if there isn't someone there cheering you on. I can't remember where it came from, but I always tell my boys "When somebody is trying to help you, don't make it harder for them to help you." Even when you need help you keep trying, you don't just give up and expect someone else to solve it. That's an important part of being coachable, which isn't just a youth sports skill, but a life skill.

9. What is your favorite pregame power food? YES

10. Dogs or Cats, or if neither, what is your favorite animal and why? I have 3 dogs and about half of a functional couch because of them. I would love to have a cat too, but my wife Colleen and one of my sons, Bailey, are allergic.



**8U Atoms  
and Mites  
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