

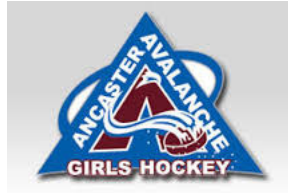


**Welcome to the AAGHA Midget AA for the 2018/2019 Season:**

**Coach Contact Information:**

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**SUCCESS THROUGH TEAMWORK**



## **Coaching Objectives**

Emphasize the importance of hard work and team play while having fun, by creating a family atmosphere with open dialogue offering constant feedback and ongoing evaluation.

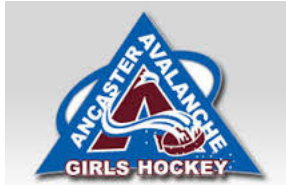
## **Coaches Philosophy**

We favour players with a desire to compete - this Trait is a pre requisite for all practices and games and is what is expected at all times. A work ethic with insatiable desire to compete.

- The 2018-2019 Ancaster Avalanche Midget AA team will play a Fast, High Tempo game.
- An offensive team w/clear decision making /systems,
- high pressure forecheck, team speed & puck control (possession)
- We build from the D out with a heavy onus on puck possession, balance decisions and puck patience.
- Hard work beats talent when talent doesn't work hard.
- The selected players will be given a playbook to review over the summer.
- Every game will be recorded and available on Coaches Eye for the players/parents to view. Coaches Eye will also be used as a teaching tool where applicable.

## **Playing Time (Ideal is equal playing time based on 85% to 100% best effort level) :**

1. Non-elimination games: players control 85% of the game, the coaches control 15%;
2. Elimination games (tournament games & playoffs): players control 80%, the coaches 20%;
3. Goalies: (40%)(40%) split on the season, coaches decision for 20% of games (goalies may be pulled and returned to action to maximize coaching opportunities).
4. Players who are not playing at their best effort level or refuse to execute coaching instructions will have their ice time reduced beyond the criteria listed above.



### **Team Plan and the Rep Commitment:**

Selected players will make a strong commitment to this team (plan is for 17 players, but variance from this number can be made). This year starting in September players will need to commit to the following:

1. At home dryland training\*, at least once per week (May through August);
2. Professional dryland training; once per week (June- August)
3. Weekly Summer ice sessions
4. Pre-Season Camp- August 21<sup>st</sup>- 23<sup>rd</sup>, 2018, Overnight for team
5. In season dryland training, prior to or after practices when scheduled;
6. Team building events- Possible University Tour etc.
7. Two regular practices per week (3 hours total)
8. Player development sessions, and goalie development sessions (goalies see their own goalie instructor)
9. 22 games for regular season and multiple exhibition games in late August and September.
10. Planned Tournaments
  - August pre-season tournament
  - Stoney Creek Midget Showcase
  - Two Nations- Detroit (Team Bus)
  - Waterloo Tournament
  - February Tournament (Team Bus)
11. 5 to 10 playoff games - **Both Lower Lakes and Provincial playdowns may extend into the March Break;**
12. OWSA Provincial Championships, usually second or third weekend of April;

### **Dryland Training, Fitness Testing:**

- May through August: objective is to build energy systems in preparation for Girls Hockey Training. Minimum two sessions per week: One with team plus at least one individually (summer sports count).
- Objective is to build strength and conditioning for regular season. Players are still expected to supplement training on their own. Note: additional practice times or exhibition games may be booked throughout year.

Team players will need to be available for a team wear and hockey jersey fitting May 5<sup>th</sup> at Morgan Firestone. Time TBD

Any additional activities outside of those listed will be negotiated as a team. Please note some activities are subject to scheduling and facility availability.

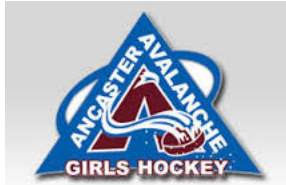


**Financial Cost - Team Budget**

This budget is based on 17 players and **costs are all estimated high for worst case scenario**. Revenue from team sponsor(s) and fundraising are other options to provide additional opportunities for the players. All players get to keep both home and away and practice jerseys.

**Expenses below are estimates - significant changes will be discussed by group**

<u>Expense</u>	<u>Player Cost - based on team of 17</u>	<u>Team Cost</u>
<b><u>A.A.G.H.A. Registration</u></b>		<b><u>Approximately \$650 fee goes to A.A.G.H.A</u></b>
Team Rep Fee	\$1,058.82	\$18,000.00 (due Aug 1st)
5 Tournaments	\$423.53	\$7,500
Administrative Expenses (spirit wear, bank ,trainer, &misc. costs)	\$470.59	\$8,000.00
Training, Player, & Goalie, development Elite tranning and conditioning, pre-season camp (\$2000 total for goalie training)	\$882.35	\$15,000
Additional Ice, exhibition games, Room rentals at Morgan Firestone Arena, provincials, lower lakes	\$352.94	\$6,000
Contingency/Gifts /Parties	\$144.12	\$2,450.00
Transportation to Tournaments	\$588.24	\$10,000.00
Projected Sponsor & Fundraising	-\$352.94	-\$6,000
<b>Total Rep Fees</b>	<b>\$3,585.29—estimate \$3,600</b>	<b>\$60,950</b>



### **Payments:**

Online registration is to be made between May 1<sup>st</sup> and May 15<sup>th</sup>. The registration fee for the 2018-2019 season will be approximately \$525. Please visit [www.ancastergirlshockey.ca](http://www.ancastergirlshockey.ca) between May 1st and May 15th to register. Late registration fees apply after May 15th.

In order to have sufficient team funds in accordance with required team fees and other bills we will require 6 post dated cheques of \$600 each for May 1st, June 1st, July 1st, August 1st, September 1st and October 1st. **Cheques will be collected at the team meeting after tryouts.** Please make them payable to 'AAGHA Midget AA 2017'.

All team expenses and revenue will be accurately accounted. Year end statements will be made available for team members. All surplus monies at the conclusion of the hockey season will be divided accordingly between player's families leaving an account balance of \$0.00. The budget is a guide for the team's expenses. The coaching staff and management will make every effort to follow the budget. If there is any discrepancy with overpayment or underpayment the families will be notified within 30 days of the end of the season.

### **Team Fundraising:**

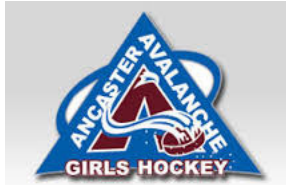
1. Team Banner,
2. MacGregors Meats
3. 649 fundraiser
4. Barrel of Booze Raffle

### **Team Rules:**

In order for the team to operate smoothly, to realize success, and to maximize player performance it is essential for rules to be followed and respected.

1. Notification of Absence or Lateness: This is rep hockey and we are looking for players to be committed to this team; Please remember other players were released from this team. This does not mean team functions cannot be missed. Parent's discretion will be respected.
  - a. Please notify coaching staff of absences or if you'll be late in advance. This also allows the coaches to be properly prepared. Please be respectful to others on the team and keep the line of communication with coaches open.
  - b. Repetitive absences and lates will be closely monitored and scrutinized.
2. Arrival Time for Games & Practices: Be diligent in your preparation to compete, both mentally and physically.
  - a. For games, players are to arrive at least 60 minutes prior to game time. Arrival times for tournament games may need to be adjusted as per most tournament rules (games may be played 30 minutes earlier than scheduled).
  - b. For practices, players are to be ready 10 minutes prior to practice time.
3. Players are also not permitted to start undressing until male coaches leave the dressing room as per the dressing room policy. Helmets, neck guards and gloves are the only exception.
4. Coaching staff are to have the players' full attention so they may complete their coaching tasks prior to, during, and after practices and games. Please also respect the need for the coaching staff to have private conversations before and after practices and games.
5. During all team functions a parent, guardian or designate must be present at all times.

**SUCCESS THROUGH TEAMWORK**



6. A respectful environment will be maintained for teammates, coaching staff, opposing players & coaches, game officials (referees & timekeepers), the arena staff, and the arena itself.
7. No photographing devices are to be used in the dressing room at any time. Electronic devices will be collected in a “common valuables bag” during games.
8. Further clarification of rules will appear in the players’ “playbook” and a reminder email will be sent prior to the season beginning in September.

### **Player Conduct and Expectations:**

During all Team functions players are expected to conduct themselves appropriately at all times. The Ontario Women’s Hockey Association (OWHA) and the A.A.G.H.A. constitution and bylaws, rules and codes of conduct will be upheld. Players will follow:

- The Dressing Room Policy,
- The Social Networking Policy,
- IMPACT Concussion Management Policy,
- The Zero Tolerance Policy for Violence...City of Hamilton; moreover,
- Players will also be expected to shake hands and thank game officials at end of each contest.

### **Parent Conduct and Expectations:**

During all Team functions a parent, guardian or designate must be present at all times. Parents, guardians or designates are expected to follow Hockey Canada’s Fair Play Code. Please be a positive motivator for all players. Parents are asked to observe the 24 hour rule when wanting to address the coaches or parent liaison over any type of dispute. The 24 hour rule allows time for better thought process, which can help resolve issues.

### **Player Support Policy:**

If players or parents conduct warrant, the following steps will be utilized in order to take corrective action to correct problems. This is at the Coach’s discretion. If an incident of a serious nature occurs, we as a team reserve the right to deviate from the Player Support Policy if it is in the best interest of the team, player or Association.

1. Verbal support from coaches
2. Verbal support with player and parents.
3. Benched 1 shift. (communication with parents)
4. Benched 1 period. (communication with parents)
5. Benched 1 game. (communication with parents)
6. Released from team. (communication with parents)

As coach, I will not allow the conduct of players or parents to undermine the goals of this team. Please be respectful to expectations and rules and I promise this season will be very fun and rewarding for everyone. Any questions or concerns please feel free to contact Brad Smith, head coach of the Ancaster Midget AA Team.



- 1) We Don't Whine.
- 2) We Work Hard.
- 3) The Truly Extraordinary Do Something Every Day.
- 4) We Choose to Be Positive. When We Don't Play As Much As We Would Like We Still Support the Team and its Mission.
- 5) We Don't Freak Out Over Ridiculous Issues... or Create Crisis Where None should Exist.
- 6) We Care about Each Other As Teammates and Human Beings.
- 7) We Play For Each Other.
- 8) We Want Our Lives To Be Never Ending Ascensions.
- 9) We Want This Year of Hockey to be Rich, Valuable.