

## 2016/2017 Parent Meeting Agenda

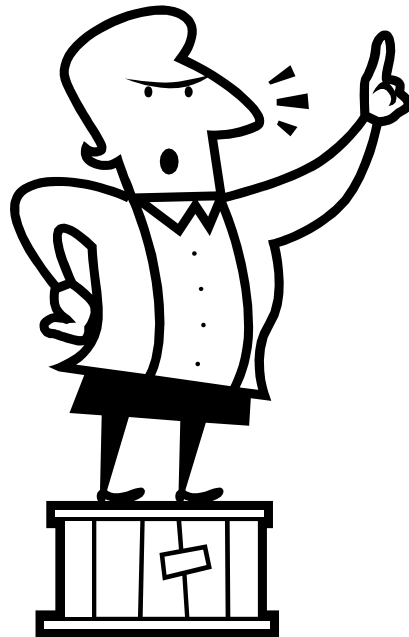
- Welcome and Introductions of Coaches
- Philosophy - "Why I coach the way I do. "
- The "Development Myth"
- 2016/2017 GOALS
- Expectations (Player, Parent and Coaches)

Manager

Parent Roles

Budget

Questions



## WHY WE COACH THE WAY WE DO:



- Young players were under training and over competing - eg.: 43 games prior to x mas (*not having fun...*)
  - resulted in low "training to game ratios" in a player's early years - *no more outdoor ice imagination*
- Adult training programs are applied to youth programs - *systems versus skills*
- Adult competition mentality is applied to youth programs - "*No Time Off*" - *get him!*" - *take him out!*"
- Training in the early years focuses on outcomes (winning) rather than on the process (*optimal development*) - *shortening the bench* - *negative consequences for not winning* - *screaming* - *"bag skating"...*
- Lack of proper skill development between 6 and 16 years of age can not be fully corrected later
  - "*10,000 - 10 Year Rule*" prevent players from getting in the "*necessary repetitions*"
- Parents reinforce winning as a measure of a young player's worth (*kids not wanting to go home/parents upset...*)

Short term focus on winning and the loss of the "Big Picture" with youth hockey - "Releasing Your Kids to the game analogy (*nervous/sleeplessness/car ride talks,...and the negative effect on the player*)"

## **“Putting Things into Perspective - The Realities of Hockey and Making It”**

- .0057% chance of rearing an N.H.L. player...*lottery chances are better*
- 60% of WHL 1<sup>st</sup> rounders...Never play an NHL Game
- 1 in 2500 NHL tryout...’93 statistics
- 85% drop-out rate from 6 to 16 years of age...(Initiation to Midget)
- 75% drop-out rate (all sports) - *13 years of age (U.S.A.)*
- 2% will ever play at a Division 1 level (*all sports*)
- 7312 players from 1937 to 2014 in the NHL (500,000 in Canada alone)
- 30 times more scholarship dollars available for college academics than athletics

## SEE THE BIG PICTURE (Not Just The Scoreboard)



### MY PHILOSOPHY - COACHING

- Evolved from *Clare DRAKE* ("It is better to be a good person...")
- Revolves around the "Big Picture" (*Double Goal Coach*)

*"Making sure the players take away life experiences and life lessons from the game so that they will become a stronger, more responsible and confident person later in life. The mindset of having your son grow up learning that you have to push yourself to succeed, you've got to fail often and persist through challenges in order to achieve dreams and that you have*

- *to dream big dreams to keep you motivated to move forward."*
- *"Winning comes and goes but values always remain"*
- *Small percentage of kids will ever make a living at the game therefore this season will be about the "by-products" ("Process") involved with a sound seasonal plan that focuses on both the physical (on-ice) and mental (character) well-being of every player*



## WHAT DOES THIS ALL MEAN FOR THIS YEAR'S MIDGET GROUP?

We don't necessarily need to win today - *but we have to continue to grow today!*

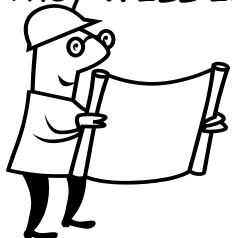
Each year is critical not only for next year but the year after that and the year after that both on and off the ice ...*Novice Championship Analogy - living in the past.*

The good health and positive well-being and the success of this group of boys will be a by-product of both an **effective Yearly Plan** and **Unconditional Parent Support**

### MY GOALS for 2016/2017

#### 1. Significant Improvement in Skills

- "Meat and Potatoes Guy" - Technically and Tactically (Specialty Skills Emphasis)
- Love to teach the game the right way
- Increase Over-all Performance as well as game knowledge (Student of the Game)
- PRIDE as a coach to see them succeed as they move on
- They WILL Improve If They Want To Improve



## GOALS continued



### 2. "Keep 'em in the game"

- If they leave (85% drop-out rate) they will not reap the benefits of participation anymore
- Tend to have higher results in school, develop excellent interpersonal skills and lead healthier lives
- I have an "**ALL About Them**" approach - *"no one cares about how much you know until they know about how much you care."* Passion inspires true potential and it is something that can only be caught - *"we need to all be on board filling every player's tank instead of draining it - it's has to be for their benefit!" (Don't get caught on the right of the but...)"*

### 1. Positive Growth Experience

- Equal balance of physical (skills) and mental well-being (character) by focusing on the "process"
- Every kid matters - *"every kid who earns their ice will play and every kid is valued."* I don't want anyone to get mad me because you believe that a lesser skilled player is on the ice
- Negative feedback is like a "computer virus" and it is brought into the dressing room and ultimately diminishes what we as a coaching are trying to create (Negative "Car Ride Talk" kills what we are trying to achieve - the "me" becomes bigger than the "WE")
- "Referees officiate" - "Coaches coach" - "Players Play" - **"Parents support"**
- John Wooden - *"the greatest gift a coach can give to his players is positive life skill development and participation"*
- *Think of the season in terms of sky diving. The coaches are going to be packing every player's parachute to develop good young people and prepare them for life. Every "negative" ("Johnny is terrible - what is the coach doing putting him on the ice?") pulls things out of your son's parachute and makes it tougher to fulfill our seasonal plan.*



## GOALS continued



### 4. Proper Perspective

- Hockey is such an amazing game but it is not the most important thing in life
- It is my responsibility to ensure that we all remember the "big picture." There is not one human being that is perfect and thank god for that. A 15-17 year old doesn't screw up on purpose and he feels as bad as anyone for a mistake. **In my mind every player makes a difference on this team.**
- Again it is my job to correct the mistakes (correction and direction) and I need you to provide unconditional support - *"I am proud of you"* - *"I love You"* - *"Thanks for working so hard - I really enjoy that"*
- As a coach I always feel so humbled by the work ethic the players give you and I become most frustrated when parents don't see the "big picture"

#### ***Ultimately this game will provide your son:***

- ✓ An appreciation of personal health and fitness
- ✓ A release from the daily pressures of school and family life
- ✓ FUN, regular, healthy exercise
- ✓ An understanding and importance of structure in an environment where it is acceptable
- ✓ An understanding of the importance of teamwork, fair play, dedication, loyalty, responsibility, commitment,  
work ethic, respect sportsmanship and value for others as well as themselves
- ✓ A chance to resolve issues and disputes without violence
- ✓ With more confidence, self worth, and development of a positive self-image
- ✓ An opportunity to meet new friends and learn the importance of functioning in a team environment
- ✓ With good work habits and focus
- ✓ The importance of always doing your very best – "Workers Are Winners"
- ✓ With the capacity to accept both winning and losing and how to manage adversity in a positive manner

**Pretty Solid Value for the Future**

# SEASON EXPECTATIONS

## 1. **ARRIVAL TIME** - *important (players are accountable)*

- 1:10 mins hour prior to games and 10 minutes fully dressed before practices
- "Me Time" / Warm-up / Stretching / Dress / Towel Time / Strategy / Energizer
- Structure/Routine (Preparation) is the key to achieving competitive greatness
- Telephone call expectation - must come to me directly when you arrive to the rink



## 2. **ICE TIME** - *"Fair but not necessarily Equal"*

- *"earned and rewarded" (have trust in those that work hard in practices and games)*
- *asking every player to supply something that only they can control (**preparation - attitude - work ethic**). If they give their very best effort and execute every practice and game in and out, In other words I am asking the players to be accountable every time they come to the rink.*
- ***every player will play the power play - every player will penalty kill - every player will have the opportunity to be placed in situations where they can succeed and fail***
- *coaches will set the pairings and line combinations based upon what we feel is in the **best interests** of 19 players and I realize that every one wants to be on Wayne Gretzky's line (**TEAM - small part of a bigger purpose**)*
- ***5 Minute (Plus or Minus) Rule** based on momentum, a need for an energy line, reward, a need to develop depth and over-all experience*
- *No stop watches (tired, winded, hurt, "changing the channel," dishonoring the game, sequential penalties, "5 minute rule") - I will **ALWAYS** try to work it out in the long run and appreciate if you would give me the benefit of the doubt*



## SEASON EXPECTATIONS

### 3. **PRACTICES (Player Responsibility for Development)**

- Success is NOT "Rocket Science" - *if it doesn't happen here it won't happen there*
- "Garbage In - Garbage Out" (Expectation of every player to provide what he is capable of)
- Hockey Canada ratio (8 to 10 seconds and 1 to 2 shots/game) - ours are designed to exceed 15 games
- 10 year/10,000 Rule ("Agony of Repetition") - 100% Rule - (\$2 a minute so lets make every min count)
- Every practice is specific to our Season Plan and "if your son misses he will miss out"
- I need a phone call or I will hold the player accountable

### 4. **DRESSING ROOM (Safe Place)**

- "Free from abuse" and negativity
- zero tolerance for "cage rage," bullying, mischief, and dis-respect and I will always **talk** to your son if that occurs
- if damage occurs the family will be financially responsible
- "Last 2 Out" rule cleans it

### 5. **DRESS**

- ?????? We will talk with the kids about what their expectations are.
- This is a part of establishing a "singleness of purpose" where players learn the value of representing their team and themselves with dignity and class

## SEASON EXPECTATIONS

### 6. **COMMUNICATION/ISSUES**

- **"I am in it for the kids"** - "no mind games type of guy" - no "secret agenda" - "all my cards are laid out" - my mind space will be "always in the best interests of the WHOLE team"
- I believe in "responsible communication" - "face to face" - no emails and telephone calls
- if you have something on your mind then come and talk to me - I am approachable and my focus is on every SWZ player. Important that you know that because often conflicts occur when left longer than 24 hours and there is no responsible communication ("What you see may Not be as it appears.")
- My way may not be your way but ***your son is way more important to me than the score board*** - "why is he putting that kid out there?" - that kid may be yours... (no aggrandizing or dishonoring - every one is equal)

### 7. **ACCOUNTABILITY - Established Expectations from Day 1**

- Zero tolerance for disrespect and dishonoring the game or teammates from both the **players and the parents**
- "Shared Respect" Rule emphasis brought in 2006/07
- I am responsible for ensuring that your sons are safe and that they play by the rules
- I will talk to the player in all situations and address the BEHAVIOR (2 Deep)
- We are adults and we expect respectful communication from Player, Parents and Coaches.
- No player will ever be singled out (I will always explain - "Pre-game Disruption example")
- Practices - "Keenan's and Overtime" (team disruptions) - Sent off as a last resort
- Games may require time out to "Flush" or "Change the Channel"

## **SEASON EXPECTATIONS**

### **8. TEAM PRIORITIES**

1. FAMILY
2. SCHOOL/WORK
3. OIL KINGS
4. OTHER - allowances can be made and I will always attempt to reach a successful resolve

*If you want to be a better "Hockey Parent"*  
*"IT'S GAME TIME PARENTS" - WHAT TO DO?*

1. *Tell your son you are proud of and love him regardless of how he performs in the game - "relieve the pressure and stress"*
2. *Tell your son to play hard and to have fun - it is the **attitude and effort that counts** and that can be controlled not the goals and assists.*
3. ***NEVER** "bad mouth" or put down anyone on his team. By doing that, you are destroying what the coaches are trying to accomplish every day.*
4. *Get to know your son's goals and then really listen to his answer. Once he tells you then adopt them and **drop yours**.*
5. ***Release** your son over to the game and remember that it is **HIS** experience and **NOT YOURS**.*
6. *Make a commitment to **honor the game and enjoy the minor hockey experience** - no matter what the outcome is - no matter what the official does - no matter what anyone else does.*

## DURING THE GAME PARENTS - WHAT TO DO?

1. Remember your role. Coaches coach - officials officiate - **parents support** and the players play!
2. Model the type of behavior you would like your son or other players to have. Be **calm, confident and positive**.
3. **Honor the game** - cheer for good plays and effort and have fun.
4. Fill your son's and his teammates **tank** with specific, positive comments.

## AFTER THE GAME PARENTS - WHAT TO DO?

1. Tell your son that you love watching him play. It is critical that you find a way to remind him that his self-worth and your opinion of him, is not dependant on the outcome and more specifically, his performance. He should always feel that you are proud of him regardless of the outcome.
2. Give your son the space and time he needs to mentally recover from the game. The ride home is not the time to critique the game unless he initiates the conversation. **Always let him tell you about the game.**
3. Refrain from questioning the coach's actions. That can undermine the coach's authority and create unnecessary issues. I will always try and do the right thing!