



# **NEBC CHILL**

# **PLAYER/PARENT HANDBOOK**

**2018 SPRING SEASON**

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# **SEASONAL PLAN**

## Program OVERVIEW

The Chill program was designed to allow our local players to continue to develop their hockey skills while competing at the higher level of play that Spring hockey entails. Each group will have a roster of around 25 players and approximately 15-17 of these players will make up the travel team for the 2-3 tournaments the group will attend. The oversized roster will allow more players an opportunity to develop, through the practices and weekly intersquad games, while still keeping the skill level to the highest possible standard.

## Why practice?

*“You need to practice to become a better player. You see some kids playing 60-70 games, that’s almost too much for a 15-16 year old. When you are 6-10 or 6-12, you’ve got to be practicing all the time”*

*Paul Kariya, St. Louis Blues*

Hockey Canada recommends a skill development breakdown as follows:



*Source: Hockey Canada*

- Most players will have the puck on their stick for an average of 8 seconds per game
- Most players will take an average of 1-2 shots per game
- 99% of the feedback that coaches give the players is centered around when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game

- 1 **efficient** practice will give a player *more skill development than 11 games combined*
- Each player in a practice will have the puck on their stick for 8-12 minutes
- Each player in a practice will take 25-35 shots on goal

## **A. SKILL DEVELOPMENT**

Skill development is the primary focus of FSJMH and the Chill program will be no different. Our weekly practices are focused on developing the basics of individual skill that make well-rounded hockey players. These will include station drills that focus on core hockey skills. Secondly, our weekly inter-squad games afford the opportunity to focus on systems and team play. Furthermore, our goalies will be involved in additional goalie skill sessions and will receive one on one coaching by our designated goalie coach Troy Hunt.

## **B. TEAM RULES**

1. All Chill players are to dress themselves in the change room. Parents of the younger groups may be needed to help with skates. Coaches will help the players with helmets prior to taking to the ice. Note: Goalie parents may help their child dress in their goalie gear. These guidelines will change according to the age group and Coach so it will be clarified at the start of the season.
2. Games- Players should arrive a minimum of 45 minutes to 1 hour prior to the game (home and away). This will allow for the players to get involved with a series of fun warm-up exercises(dryland), starting 45 minutes prior to game time. This time may be adjusted by coaches with regards to early ice times or tournament games. Most teams will be using TeamSnap to communicate and any such changes will be communicated via the app. Parents and siblings are to leave the dressing room 15 minutes prior to game time and not enter the dressing room between periods and for 5-10 minutes after the game for the pre/post game talks. Only coaching staff/team manager will be present.
3. Game jerseys- game jerseys and socks will be the responsibility of the designated jersey parent to bring to and from games. They are for games only, not for practices. Please bring a practice jersey to all practices. Game jerseys are to be hung on hangers in the dressing room before and after games. The jersey parent will ensure that the jerseys are washed, when needed, and hung to dry. Jersey numbers will be selected by the coaches after reviewing the player requests.

4. Apparel- Chill jackets are worn to all games. We ask that players also wear a dress shirt and tie, as well as dress shoes. Please remember that we represent the NEBC Chill at all times when wearing our apparel and behavior should reflect this responsibility.
5. All stick tape and skate laces should be black or white, no neon. We want to be noticed for our skill and team play, not flashy colours.
6. Players are to bring their own water bottle clearly marked with their name for practices, games and dryland activities; they are expected to fill them up, not their parents. We ask that there be **no parents on the bench at anytime**. Should an emergency arise, our coaching staff, managers and HCSP will delegate appropriately, according to Hockey Canada guidelines.
7. Parents are encouraged to support healthy nutritional choices for the players eg. drinking plenty of water throughout the day and avoiding sugary drinks. It is important to eat a good pregame meal, restore fluids during and after activity and to have a balanced meal as soon as possible following a game or practice.
8. “Two Deep Method” Rule- A lone personnel member or parent will never be in the dressing room with players at any time. Two adults must be present together at all times.
9. If you are unable to attend a practice or game, please use your Chill TeamSnap app to change your availability and/or notify the coach or manager as per their requirements 24 hours in advance (obviously some exceptions apply).
10. For any parent(s) that have questions or concerns (ie. playing time, positions or anything else) please allow yourself a “24 hour cooling off period” prior to discussing the matter. If, after that period, you still wish to air your grievance, please contact your head coach by phone or email and we will arrange a time to discuss the situation further.

If a face to face meeting is required, a time and a place will be identified for parents to meet with the coaching staff. Should this meeting fail to resolve the identified issue or concern, it will be raised to the attention of our Chill Program Committee.

## C. DRESSING ROOM ETIQUETTE

1. Sticks are to remain in the stick rack area at the door of the dressing room.
2. Once the player has their skates on, they are asked to be cautious about their movements in the dressing room in order to prevent accidents.

Please remember, there are a lot of kids and coaches walking around with skates and **none of the players will be allowed to walk around without shoes on!**

3. Goalies- when lying on the ground in order to get help fastening leg pads, you must wear either the goalie gloves or player gloves. No exceptions.
4. There is to be no throwing of any objects such as tape, balls, equipment, etc., in or around the dressing room.
5. Given the sensitivity of the dressing room environment, there are to be no cameras or cell phones used without the permission of one of the coaches.
6. Music is allowed in the dressing room but must be approved by the coaching staff and manager.
7. The dressing room may be locked during practice and/or games. A key will be with the team manager.

## RULES FOR PLAYER CONDUCT

- I play hockey because I want to, not because my parents, siblings, or the coaches want me to
- I will play by the rules of hockey, and in the spirit of the game
- I will respect my opponents
- I will do my best to be a team player and play for the team crest on the front not the number on the back
- I will remember that winning isn't everything and that having fun, improving skills, making friends and doing my best are important
- I will acknowledge all good plays and performances, regardless of if it is on behalf of my team or my opponents

- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect
- I will do my best to be a good listener and to follow directions from my coaches during practices and games
- I will remember to ask questions if I don't understand something

### **Player Discipline:**

As a coaching staff, we feel that part of our responsibility is to help in the development of children as athletes and hockey players to establish team guidelines governing acceptable behavior while playing hockey. It is our hope that they may carry this sense of responsibility to areas of their lives outside of the ice rink.

**Definition of behavior-** it should be noted that this review is in no way a reflection of any behavior we have seen at the ice rink or on the part of any of our players, but rather is a preventative step in further establishing our “code of conduct”. Hockey Canada, BC Hockey, and FSJMH all have regulations in place to deal with the risks of overly aggressive behavior at the ice rink. As an additional step, we feel it is important to clearly outline the standards to which we will be holding our players accountable. As in many situations, the definition of “responsible behavior” is open to interpretation. The coaching staff will make every reasonable effort to be both balanced and fair when examining the actions of any individual.

Should a player make a decision that leads to violence on the ice involving an opponent or a teammate, regardless of if it is in a game/practice situation or in the dressing room, the following sequence will ensue.

1. If in a practice situation, the coaches will remove the player from the ice. In a game situation, penalties will be assessed by game officials.
2. A parent meeting will be held with the player to discuss responsible behavior.
3. If a second offense occurs, the player may be subject to a suspension period, appropriately determined by the coaching staff.
4. If a third offense occurs, the player may be removed from the program

\*\* For kids that are simply not listening, they will be spoken to by the coach. If the behavior continues, the player will be placed into the penalty box area. Parents may be asked to deal with the player while they are off the ice if they continuously waste the time of their teammates and coaches... Thank you in advance for your understanding!



## **FAIR PLAY CODE FOR PARENTS**

- I will not force my child to participate in hockey
- I will remember that my child plays hockey for his/her enjoyment, not my own
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility and violence
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game or event
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard
- I will never ridicule or yell at my child for making a mistake or losing a competition
- I will remember that children learn best by example
- I will applaud good plays/performance by both my own child's team and those of his or her opponents
- I will never question an official's judgement or honesty in public
- I will support all efforts to remove verbal and physical abuse from children's hockey and all other activities
- I will respect and appreciate the volunteer coaches who give their time to provide hockey experiences for my child
- I will ensure that I will not force my child to attend a practice or game if they are sick or unwell
- I will ensure I seek medical attention if my child complains of any illness, soreness, or injury. Furthermore, I will ensure that the coaching staff is made aware of any issues. All such matters will be held in confidence by the coaching staff

## **10 WAYS TO BECOME A GOOD HOCKEY PARENT**

1. Get involved with your son or daughter's team in a positive way
2. Let your son or daughter know you enjoy having them in the game
3. Don't lose perspective; emphasize the values associated with the game
4. Be supportive and don't let expectations become a burden to your son or daughter
5. Model respectful behavior for your son or daughter
6. Be there for your child whether they win or lose
7. Makes safety, respect, fair play and fun a priority
8. Support your child emotionally
9. Encourage your child to participate but avoid pressuring them to play the game
10. Communicate with your son or daughter's coach in a professional and effective manner

## **FAIR PLAY CODE FOR COACHES**

- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations
- I will teach my players to play fairly and to respect the rules, officials and opponents
- I will ensure that all players get equal instruction, support, and playing time
- I will not ridicule or yell at my players for making mistakes or for performing poorly
- I will remember that players play to have fun and must be encouraged to have confidence in themselves
- I will make sure that equipment and facilities are safe and match the players ages and abilities
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example
- I will obtain proper training and continue to upgrade my coaching skills
- I will work in cooperation with officials for the benefit of the game
- I will ensure that any discipline rendered is fair, appropriate, and discussed with the player's parents

### **D. REGISTRATION/MEDICAL FORMS**

These will be distributed via email as well as will be available for electronic submission on the website. Please complete these and submit them back to your team manager as soon as possible. It is imperative that our team managers and HCSP's have this information readily available in the unlikely event of an incident. A scanned and emailed copy of your child's birth certificate will be required as well.

# COACHING PHILOSOPHY

Our coaching philosophy is simple:

To create an environment that allows the players to have **FUN, DEVELOP SKILLS** and teach the values of **HARD WORK** and a commitment to team play.

This environment will allow the coaching staff to develop the individual technical skills of the players so that they are prepared to advance to development/competitive level hockey (and beyond).

Not only do we want to develop individual hockey skills but we also want to teach the players “life skills” such as self-respect, respect for teammates, coaches and opponents, a sense of teamwork, a pride in hard work, and very important at this age, listening skills.

**FUN** The rink should be a place that kids are excited to go, It should be an environment associated with positive feelings so they look forward to coming to practices and games, which in turn will create a passion for the sport.

The reality is that only a fraction of minor hockey players will ever get a chance to play junior hockey or a higher level. We hope that our kids will enjoy playing hockey into adulthood for the sheer love of the game!

**SKILLS** The training plan developed for the Chill program focuses on developing the 5 core skills of hockey- skating, passing/receiving, puck control, shooting and checking (at appropriate ages)...no different than FSJMHA

**SAFETY** It is important to provide a safe environment for every player both on and off the ice and in the dressing rooms of our arenas whether at home or elsewhere.

**HARD WORK** We ask all players to **TRY** their best

We ask all parents to **TRY** to be supportive, help out as much as possible and have players to the rink on time

We, as coaching staff, will **WORK HARD** to make this spring season fun and rewarding for both players and parents

## Practice Management

We will typically have 3-4 coaches and helpers on the ice at any one time.

The goal/objective of the practice is to maximize skill development by focusing on technique, repetition and progression. The practice plans will be built and developed by the coaches and assistant coaches, based on our shared coaching philosophy. Practices will be station based,

working on core hockey skills and individual skills that can be applied to a team game. Extra time may be set aside for the travel team to work on team tactics and systems.

## **Game Management**

For the younger groups, Spring hockey is played with a “*change on the fly*” system that is similar to winter hockey in FSJMH but at a much faster pace. This means that there are no set shift lengths, and player changes will be made as the play allows.

Ice time is best thought of as “equitable” and not “equal” in spring hockey. Every effort will be made to ensure all players receive similar amount of ice time. In general, we are fundamentally opposed to the idea of “shortening the bench” or limiting ice time based on performance alone. However, there may be circumstances where shifts are missed through game management, and every effort will be made to explain to the affected players what is happening and why. During the last 5 minutes of play we may shorten shifts, depending on the score and on who is playing the most effectively in that particular game.

At times throughout the Spring season, players will be expected to play where the coaching staff feels their particular skills are best suited, given our opponents or the flow of the game. While we will consider preferences or past success, it is our hope that all players will continue to give their best efforts regardless of where they play (this is always harder on the parents than the players).

# **RULES & GENERAL INFORMATION**

## **A. REFEREES**

Please continue to keep in mind that many of these referees are still learning how to officiate and manage a game; any verbal abuse towards the referees will not be tolerated and you may be asked to leave the rink if it continues

## **B. OFFSIDES/PENALTIES**

Offsides are an adjustment that our young players will continue to learn more about in Spring hockey. As the game increases in speed, there will be players who gravitate more to an offside position. Be patient. They will overcome this mistake and at no time will this player be ridiculed or punished by any team member or coaching staff. We expect the same from our parents. As a review, an offside is defined as when the player enters the offensive zone by crossing the blue line prior to the puck doing so. If the puck comes out

of the offensive zone, all offensive players must come out as well (this does not apply to the defending team).

There are a couple of different ways that penalties may be called during inter-squad, exhibition and specifically, tournament play. Obvious penalties such as tripping and high sticking will result in a penalty for 2 minutes. All other infractions will be called as well.

## **IN CLOSING**

The Spring Season is a much different experience than the regular season. It is a higher level of development and requires a higher compete level. The Chill program is separate from FSJMH but is made up of a majority of players from FSJMH and the surrounding area. Most spring programs are made up of players from a variety of associations. Chill spring hockey in FSJ is different, in that it is primarily a development program for our local area players. We do not have the time or resources to run open tryouts, therefore our teams are hand picked by the coaches. Our coaches are on the ice with the players during the regular season and have ample chance to assess the skill level of the players and determine their appropriateness for spring hockey. We do our best to make the opportunity available to as many players as possible, but need to keep the groups to manageable sizes and similar skill sets for player development. Due to this, we ask that each parent and child practice discretion when discussing spring hockey and invites. It is our goal that every player continues to grow and develop as he/she has in the winter season, and enjoys the spring program as much as possible.

FSJMH provides our kids with an outstanding base from which to grow, and it is our commitment as coaches that we will use every resource available to us to continue that development into the Spring Season.

Thank you for allowing us the opportunity to coach and work with your kids. It is a privilege we take seriously, and we will do our very best to create a fun learning experience for your child.

Thank You.

NEBC Chill Coaches and Managers