



# **PARENT** **MANUAL**

**[Onoway minor hockey.com](http://Onowayminorhockey.com)**

March 2014

## Welcome to Onoway Minor Hockey Program!!

Here are some information/guidelines to get you off to the best possible start with OMHA. Any questions can be directed to your team directors, which can be found on the website - [onowayminorhockey.com](http://onowayminorhockey.com)

- Fun!
  - Your child should be playing hockey to have fun.
  - Our goal is for kids to learn to love the game of hockey – receiving lifelong benefits of physical activity and team sports.
  - Parents and coaches should focus on positive reinforcement. Research has shown that athletes of all ages improve more with positive reinforcement than with negative criticism. In fact, studies show that most athletes will improve if you work with them in a positive way, and give them compliments for achievement and specific information they can use to work on skills.
  - Please respect your coach, opponents, referees, fellow hockey parents and your kids. See OMHA policy and procedures - #32 – Zero tolerance.
  - Inappropriate behavior at the arena will not be tolerated.
  - If you have any questions, concerns, or problems they should be directed to your Team directors.
- Fees:
  - Registration fees, paid directly to OMHA, must be paid in full by Sept 1 of the current year.
  - As part of your OMHA registration fees you will be asked to pay a deposit for the OMHA Volunteer fee. The Volunteer fee can be earned back during the current hockey season. Please see below for further details on both.
  - Your team will also have fees to pay for: tournaments, apparel, jersey deposit, yearend party, etc. (Jersey Deposit per team is \$200)
  - The jersey deposit will be returned to your child's team when all team jerseys are returned at the end of the year. You are responsible for any repairs your jersey may require over the course of the year.
  - The team(s) may decide to fundraise for themselves as well to cover costs for the team as listed above. Each player will be responsible for a jersey deposit at the beginning of the year. Additional costs to the team or player may include tournaments and extraneous activities. It is recommended that coaches collect \$150.00 - \$175.00 per child in team fees at the beginning of the year to cover some of these costs. These costs can be determined at team meetings and depending on the choices of the team, the costs per player will vary.
- Volunteer Fees:
  - The Volunteer fee is \$350.00 for the first child and \$250 for each additional child, which must be paid with your registration fees to OMHA before Sept 1 of the current year.

- The volunteer fees can be credited back to you by working shifts in the concession or fundraisers. You would need to work 28 hours at the set rate of \$12.50 in the concession to equal the fee.
- If you choose to work more than the 28 hours required, then the extra credits earned will be credited toward your next year's fees. If you don't work enough hours, you will have to pay the difference at the next year's registration time.
- Anyone interested in learning or unsure of what is expected when working in the concession can contact the OMHA Concession Manager for her assistance and training.
- It is highly recommended that you work your shifts and as many extra shifts as possible to assist OMHA in maintaining a concession for our arena.
- The fundraising committee will post on the website or announce at the OMHA meeting which fundraising events will be offered for the current year. Example – casino or oil kings 50/50.
- Fundraising for OMHA is done to help supplement the club and keep the registration fee's lower.
- You may work off your volunteer fee at any OMHA events equaling as many shifts/hours worked at \$12.50/hour if you want to be credited with your volunteer fee for the next year's registration.
- Volunteer Time:
  - A coach is needed for each team, coaching applications can be obtained on the OMHA website before hockey season begins and will be approved by the executive before conditioning camp (which is usually run in September).
  - There should be at least two on-ice assistants, if you would like to help out on the ice talk to your coach and get a criminal record check done at the local RCMP office by November 1<sup>st</sup> of that season. Please contact the Vice President for a form in order to have the fee for the criminal record check paid for by OMHA.
  - Your coach will also need a manager, a jersey parent, a 50/50 caretaker, a fundraising coordinator, someone to head up the tournament committee, and a treasurer. These positions will be determined in the initial team meeting held with all parents by the coach.
  - Manager's roles and responsibilities are outlined in OMHA manager's manual – which will be made available at the beginning of the season, online or can be obtained by contacting the team director.
  - It is also important for your child that you stay during practices as well as the games, to be available in case of injury or other needs your child might have.
  - In the event that parents cannot make a game or practice we encourage you to have car pooling arrangements in place for times when getting your child to the arena on time is not possible.
  - Everyone on your team is busy, especially the coach, so please make time to help.

- Teams:
  - The teams will be divided as follows – Initiation 1 – 4/5yr old &/or 1<sup>st</sup> yr players, Initiation 2 – 6 yr old &/or 2<sup>nd</sup> yr players. A meeting with coaches & executive will determine any other player movement within these teams. In the event there are not enough players to make 2 teams, both age groups will be placed on one team. For the teams of Novice to Midget they will be evaluated and placed according to evaluations.
- Evaluation:
  - In the case of two teams in the same level, teams will be determined by the Evaluation process below and approved by the Executive except for Initiation.
  - In order to make your child's experience the best it can be we will first evaluate their skating ability.
  - The evaluations are confidential and their only purpose is to help the executive make teams as fair as possible.
  - **Evaluations should not be a pressure situation for your child.** This should be a fun experience in which your child can see their friends, make new friends, meet some coaches and improve their hockey skills.
- Ice times:
  - In Initiation 1 & Initiation 2:
    - There will be two one hour long ice times a week (one of these ice times may be shared with another initiation team).
    - One hour will be a practice and one hour will be a game.
    - Game ice time will be on the weekend and practice ice time will be during the week.
    - Games will start to be played after Christmas for Initiation 1 and Initiation 2 will have the option to begin games earlier for 2<sup>nd</sup> year players.
    - Games will be played on full ice.
    - The number of games played during your ice time or away games will be decided by the coaches and parents, as the league does not schedule games for initiation.
    - Goalie equipment is provided by OMHA and the children will all take turns in net.
    - Absences from games and practices – always notify your team coaches or the manager when your child will be missing. As much notice as possible is preferred.
  - Novice – Midget
    - There will be two ice times per week. Time will depend on level.
    - Game ice time will be on the weekend and practice ice time will be during the week.
    - Games will start as soon as teams are made and are decided by the league.
    - Goalie equipment is up to the parents to provide.

- Absences from games and practices – always notify your team coaches or the manager when your child will be missing. As much notice as possible is preferred
- Skating:
  - If your child has not been on skates much, please look into skating lessons. Power skating would be the most beneficial; while this is not mandatory, it will help their progression immensely and will enable your coach to run effective practices as the children will be at similar skill levels. The Onoway Skating Club has different levels available.
- Team Sheets:
  - A team sheet is a sheet of paper that lists the players, on-ice helpers and bench helpers. Coach and/or manager should have the team sheet on their possession should they ever be questioned who is on the team.
  - Only the players, coaches, asst. coaches and parent helpers that are listed on the team sheet are allowed on the ice or bench during practices and games (tournament/exhibition/league). To be covered for insurance purposes these individuals must be carded (registered) by the team to be involved on the ice.
  - Affiliations will be allowed for Novice thru Midget teams, please verify with your HCR list as to who is to be affiliated to your team. Thus if you enter a tournament – you can only play the players that are listed on the team sheet – as per Hockey Alberta. You are not allowed to take other players from another team. Affiliations are not allowed at the Initiation level.
- Equipment
  - Used equipment is fine. Some suggestions of places you can go are:
    - Source for Sports (St. Albert)
    - Sport Chek
    - Pro Hockey Life
    - Totem Outfitters
    - Canadian Tire
  - There are also starter kits available at most of these locations.
  - Please note that a neck guard is mandatory. No player is allowed on the ice without a neck guard.

## **Fit and Fitness**

This information regarding equipment fit and fitness is intended as guidelines only for parents/players to use when selecting equipment, and for trainers when checking and/or advising on players' equipment.

All hockey equipment is worn to protect the player from injury. This means that every piece of equipment chosen should fit well and be of the best possible quality. Equipment should never be purchased with the idea that the player will grow into it; ill-fitting equipment, whether too large or too small, leaves the player at risk of serious injury.

Equipment does not have to be brand new to provide adequate protection, but if pre-owned equipment is purchased or borrowed, it should be of gently used quality and be looked over carefully for signs of excessive wear.

### **Maintenance and Cleaning**

All equipment, new or used, needs to be properly maintained to maximize its life span and provide maximum protection from injury. Any equipment that has cracks or tears and cannot be repaired properly should be replaced immediately. The exception to repairing equipment is helmets. Any helmet that has cracks cannot be repaired, it must be replaced. To prevent premature aging of equipment it should be aired out and dried properly after each use.

### **Something could be growing in your equipment!**

Hockey gear that smells is no longer considered 'part of the game'. The source of the smell can mean bacteria, fungus, mold, yeast and viruses are growing deep inside the padding and foam of hockey equipment that can pose serious health threats to the player. The environment inside a dark, damp hockey bag is perfect for certain microorganisms to grow. Cuts or abrasions on the skin can allow these organisms to enter the blood stream and infection can set in rapidly.

Please consider the seriousness of this possibility. When Mikael Renberg of the Toronto Maple Leafs, developed an infection from an opened blister on the palm of his hand, he came very close to having his hand amputated due to a staph infection.

With this in mind, it is very important to regularly clean sports equipment. Your first line of defense is making sure equipment is taken out of the bag and allowed to thoroughly air dry after each use. Equipment can also be soaked in a laundry tub with warm water and detergent and then hung to dry.

### **Professional Cleaning**

Equipment can also be professionally cleaned and sanitized and ready for use usually within 24 hours. The cost of cleaning a full set of gear, including: helmet, chest protector, elbow pads, shin guards, pants, neck guard, jock, and gloves, is approximately \$30. Example: Country Fresh Water in Onoway has the machine to freshen & sanitize gear.

### **Helmets**

Helmets must always have a CSA or HECC sticker of approval. Removal or absence of the sticker invalidates the helmet and the player will not be allowed on the ice.

Alterations to a helmet such as the removal of ear protectors or guards will invalidate the CSA or HECC certification therefore the player will not be allowed on the ice. Any

helmet with a crack(s) in the outer shell will invalidate the CSA or HECC certification, the player will not be allowed on the ice.

Helmets should fit the player's head snugly. Proper fit means that the helmet stays put and does not rattle if the player shakes his/her head from side to side. The front of the helmet should fit just above the eyebrows. The chin strap should be fastened and secure the helmet to the head. The strap is secure if the helmet remains stationary when an upward pressure is applied to the front of the helmet and does not ride up the forehead. The padding inside the helmet should be checked over time to ensure that it has retained its protective qualities. Check the padding by pressing the thumb into it, if the padding is resilient and returns to its original form its protective quality is being maintained.

### **Facial Protectors (Cage)**

The facial protector or cage must always have a CSA or HECC sticker of approval. There are several types of protectors available. It may be made of metal wire, high impact polycarbonate (visor) or a combination of both. All cages should be checked to ensure compatibility with the helmet. The cage should overlap the sides of the helmet and fully engage the helmet clips on the side when the straps are secured and the helmet is on the player.

Players under 10-years old who use a junior stick should check the spacing of the wire cage to the shaft of the stick. Some of the narrower shafts will pass through the openings in the cage and could result in facial injuries.

### **Mouth Guards**

OMHA policy and procedures states: “Where league rules require the use of mouth guards, mouth guards shall be mandatory. Otherwise, the use of mouth guards shall be at the parent/guardian(s) discretion.” At all levels mouth guards are strongly recommended for all players as they help reduce the risk of concussions.

### **Neck Guards or Throat Protectors**

The throat or neck protector is a mandatory piece of equipment. **No player will be allowed on the ice without a neck guard. Coaches are to strictly adhere to this.** It should be snug but not restrictive. Bib style protectors are worn beneath the shoulder pads and protect both the throat and upper chest area. The bib and collar styles are designed to protect against a cut or laceration of the throat.

### **Undergarments**

When choosing undergarments and socks: look for materials with a 50/50 cotton/polyester blend for maximum ventilation and comfort. A single pair of socks is recommended for the best fit, comfort and protection from chafing in skates. The choice of undergarments can be very personal, especially at the older age divisions. The most

important consideration is comfort and choosing materials that will absorb moisture and avoid skin irritation.

### **Athletic Supports**

Supports are available in either a boxer-style short or strap style for both males (jock) and females (jill). Each style incorporates a protective plastic cup or shield. Proper fit is determined by a player's waist size. For maximum effectiveness it is imperative that the support be sized properly.

### **Shin Pads**

Shin pads are usually sold in junior (8" to 13") or senior (14" to 17") sizes. The cap of the pad should be centered over the kneecap. The protective padding above this plastic cap should overlap with the bottom of the hockey pants by approximately 2". With the skate open, the player should ensure that the bottom of the shin pad rests 1" above the foot and that the ankle movement (up and down) is not restricted. It is now recommended that the skate tongue be positioned behind the shin pad for added protection. A properly fitted shin pad allows for maximum movement of the knee and ankle and effective coverage and protection of the knee and shin.

### **Pants**

Hockey pants are fitted according to waist size. Pants should be fitted with the shin pads on to ensure that the pant leg overlaps with the upper padding of the shin pad by approximately 2".

Female players should fit the hips first then check the position of the leg and kidney pads. Correct positioning of the rib, hip, thigh, and kidney padding ensures effective coverage and protection of these areas. Padding on the bottom of the seat of the pants should cover and protect the tailbone. Proper fit is essential for maximum protection and unrestricted movement of the legs and trunk as well. The player should be able to squat comfortably with the padding remaining in place for proper fit.

Please note that pants with zippers in the inseam; the zippers must be closed when the player is on the ice.

### **Skates**

Skates should fit approximately ½ to 1 size smaller than street shoes. When trying on skates wear a pair of socks the same thickness as those to be worn when skating. Ensure that the socks are wrinkle free to prevent irritation and chafing. The laces should be loose enough to allow the foot to slide forward so that the tips of the toes press against the front of the skate. In this position you should be able to place one finger between the boot and the back of the player's heel. Before lacing up the skate reposition the foot in the boot by banging the heel of the blade against the floor. When lacing up the skate the first three



eyelets should be snug, the next three eyelets loose (to prevent constriction) and the last two to four eyelets very snug. Fit of the skate is then determined by the width of separation between the eyelets on either side of the boot. This width should be 1-1/2 to 2" for proper fit. The skate tongue should be worn behind the shin pad to fully protect the lower shin. Skates should be sharpened after 6-8 times of use. Dull skates can result in ankle injury and poor balance. Skate sharpening can be done at Pro Hockey Life – Edmonton, St. Albert Sports, Stony Plain Skate Service, & most sports stores.

### **Shoulder Pads**

These pads offer protection to the shoulders, upper back, chest, and arm area above the elbow. The protective caps should be positioned on the top of the shoulders while the arm pads extend downward to meet the elbow pads. There should also be a slight overlap at the back with the top of the pants. Proper fit is ensured if the player has good shoulder range while wearing his or her pads. The player should be able to lift his or her arms above shoulder level without the pads digging into the neck.

### **Elbow Pads**

The elbow pad offers protection to the elbow and forearm and should meet or overlap slightly with the shoulder pads and glove to afford maximum protection of the forearm and arm area above the elbow. Some elbow pads are designed specifically for the left or right arm. Ensure pads are placed on appropriate arms. To ensure proper fit place the donut ring inside the pad on the point of the elbow. Fasten the Velcro straps securely so that the pad remains in place when the elbow is extended. Elbow movement should be free of restriction. The elbow and forearm are protected from blows, falls, and slashing by rigid plastic moldings in the form of a cup over the point of the elbow and slash guard along the outside of the forearm. It is important to periodically check the cup for cracks and the donut pad for its absorbing qualities to ensure that the pad is still able to protect this area.

### **Gloves**

A properly fitted glove should provide maximum freedom of movement and agility for easy stick handling. Padding covers the upper surface of the finger, hand, wrist and lower forearm. The elbow pad and glove should meet to provide protection to the entire forearm, wrist and hand from slashing. The glove should be made of light flexible material. Leather gloves may be durable but they are also heavy to wear and take longer to dry. If buying used gloves ensure that the palm and fingers are intact. Lightly tapping on the padding over the fingers should not be felt by the player when the glove is worn.

### **Hockey Socks**

Socks hold the shin pads in place and should extend from the ankle to the top of the thigh. Socks are tucked in the back of the skates and held up by the garter belt or Velcro fasteners attached to the jock or jill strap. Using tape or straps above the knee can cause

friction and circulation problems if too tight. Care must be taken in this area. Tape or straps below the knee should secure the sock and underlying shin pad.

## **Sticks**

To ensure the development of good stick handling techniques and puck control it is important to pick the right stick. Sticks come in junior and senior sizing reflecting differences in shaft size and blade length. A junior stick with a straight blade is preferred. Senior sticks are larger and recommended for intermediate and older players who can control a heavier stick. The proper length of the stick is measured with the player in street shoes. The top of the shaft should rest between the chin and mouth when the toe of the stick is on the ground. If the player is in skates the top of the shaft should reach just below the chin. The stick may be made of wood or aluminum. Younger players will tend to have greater puck control with lighter more flexible sticks. The butt end or top of the shaft must be covered with tape or commercially made butt ends to prevent injuries. Aluminum shafts come with a wooden plug, which must be inserted into the top of the stick and then taped. When taping the blade of a stick start at the heel and work towards the toe.

## **Goaltender Equipment**

**\*\*NOTE: This section is only for future reference. Initiation 1 and Initiation 2 teams are provided goaltender equipment for the kids to take turns using.** (At this level goalie gear may not be used during games unless both teams playing agree. Most times it is just the goalie stick that will be used.)

Goalie pads should always be fitted with goaltender skates on. When kneeling the kneecap should be in the middle of the knee roll. When completely fastened, the pads should extend from the toe of the skate to approximately four inches above the knee. Extra kneepads may be worn under the goalie pads for added protection. Always dry goalie pads with the toe end up. This helps to keep the padding up by the knees where it is needed. Check all the straps regularly. Pants should fit similarly to regular hockey pants but should be loose enough to fit the belly pad inside. Goalie pants should be expected to be heavier than usual because of their extra padding. The extra weight may require suspenders to help keep the pants in a comfortable, proper position.

Upper body protection should cover collarbone, chest, abdomen, and should extend down arms to the wrist. The belly pad should tuck in about two inches below the belly button. Goaltenders should wear special athletic support designed for goalies as it provides extra padding and protection.

Blocker and catcher should fit to the hand size of the player and should overlap arm pads. Never warp the blocker as this reduces its structural integrity.