



HOCKEY EDMONTON

Elite Hockey Program Framework

U13 AA, U15 AA, U15 AAA, U16 AA, U16 AAA, U18 AA, U18 AAA

#ExcellenceRedefined



TABLE OF CONTENTS

Hockey Edmonton – About	3
Hockey Edmonton – Core Values	3
Alberta Development Model (ADM) Committee	4
Alberta Development Model (ADM) – Draw Zone Host Duties	5
Alberta Development Model (ADM) – Draw Zone Host Responsibilities	5
Hockey Edmonton – Elite Hockey Management Committee (EHMC)	6
Hockey Edmonton – Elite Stream Hockey Program Framework	7
Hockey Edmonton – Elite Stream Categories/Divisions	8
Hockey Canada – Long Term Player Development (LTPD) model	9
Hockey Canada – Skill Development Philosophy	10
Hockey Canada – Stages of Training/Learning	12
Hockey Edmonton – Training, Thinking, Processing	12
Hockey Edmonton – Development Phases/Seasons	13
Hockey Edmonton – Guidelines of Play	13
Hockey Edmonton – Elite Stream Hockey Vision	14
Hockey Edmonton – Athlete Participation Models	14
Hockey Edmonton – Elite Stream Hockey Goals	15
Hockey Edmonton – Elite Hockey Program Framework Resources	16
Hockey Edmonton – Elite Hockey Program Framework Responsibilities	16
Hockey Edmonton – Elite Hockey Program Frameworks	17
U13 AA Hockey Program	18
U15 AA Hockey Program	19
U15 AAA Hockey Program	20
U16 AA Hockey Program	21
U16 AAA Hockey Program	22
U18 AA Hockey Program	23
U18 AAA Hockey Program	24

Hockey Edmonton – Elite Hockey Coach Selection	25
Hockey Edmonton – Elite Hockey Coach Review	25
Hockey Edmonton – Elite Hockey Coach Development.....	26
Hockey Edmonton – “Pay it Forward.”	26
Hockey Edmonton – Social Media Utilization.....	27
Hockey Edmonton – Elite Hockey Program Execution.....	27
Hockey Edmonton – Elite Hockey Development Committee (EHDC).....	28

Hockey Edmonton – About

Hockey Edmonton is the recognized minor hockey association (MHA) responsible for the development of amateur hockey within Edmonton. To assist in the administration of Hockey Alberta protocols and regulations, the province has been divided into zones (currently nine); Hockey Edmonton is recognized as Zone 8.

Hockey Edmonton has the mandate to provide a safe hockey environment suitable for the enjoyment of athletes, coaches, managers, officials, parents, and administrators. The goal is to encourage good sportsmanship and to help athletes form good character. The athlete's welfare must be held paramount. Hockey Edmonton, from time to time, may bring in complementary programs and initiatives to help in the enjoyment of hockey for all members of member organizations. For information on these programs and other initiatives brought forward by Hockey Edmonton, contact the association office, or visit our web site.

If you have any questions, or require clarification regarding this document, or about any of our programs, please contact the Hockey Edmonton office at **(780) 413-3498** or visit our website: www.hockeyedmonton.ca for a complete list of contacts.

Vision
Hockey Edmonton aims to foster, through the sport of hockey, the development of active healthy lifestyles.
Mission
To provide through excellent integrated partnerships, strong leadership, and engaged member organizations, developmental programs, and competitive opportunities that encourage and inspire holistic development of all participants.
Strategic Positioning Statement
From entry to advanced levels of play, with Long Term Athlete Development (LTPD) as our cornerstone, Hockey Edmonton will be known for its' progressive and innovative approach to hockey – measured by response to stakeholder needs and the provision of a diverse continuum of opportunity.

Hockey Edmonton – Core Values

We maintain a healthy balance between life and the game. These values are intended to guide the actions and decisions of those who serve, not only as board members, volunteers, and staff, but also those who participate as athletes, coaches, and officials:

1. **Respect:** By promoting the positive self-esteem in others while taking pride and honoring those who make a significant commitment to our organization. We expect our athletes, parents, coaches, officials, spectators, league organizers, and facility operators to be respectful of each other always. We support the principles of sportsmanship, fair play, and the Fair Play Code.
2. **Integrity & Perspective:** Regardless of topic or issue, we will demonstrate leadership through ethical, open, and accountable actions and caring about the results we produce. To uphold Integrity and Perspective, we must be:
 - Accountable.
 - Approachable.
 - Consistent.
 - Equitable.

3. **Safe & Fun Environments:** Promoting fun and fair play by providing the resources for the sufficient education and training of all our volunteers and staff.
4. **Innovation:** Embracing an environment where learning and flexibility are the tools we use to wisely handle changing circumstances.
5. **Teamwork:** Through collaborative partnerships and community volunteerism we build mutually beneficial relationships with others.
6. **Excellence:** Our Framework for Success reflects athlete centered or focused decision making, excellent service delivery, and efficient and effective communication (getting the right message to the right people in the right way in a timely manner).

Alberta Development Model (ADM) Committee

In 2007, at the direction of the Hockey Alberta Board of Directors a committee was formed to develop a process to enable Alberta's top hockey athletes to compete at the highest level in a fair and equitable manner. The focus of the process deals with the elite system within Hockey Alberta and provides for the development of the elite athlete reflecting an "Alberta Made Development Model". The idea is to provide guidance and direction so that player opportunity and movement is done in recognition of the needs of the player and the teams involved. The guiding principle that has unanimous consensus is always the agreement for making responsible decisions and everyone will act in the best interest of the athlete's ability to play at an elite level. It further recognizes and supports that each athlete has the right to consider all options.

The ADM Committee shall be charged with developing change for the advancement of "Elite" hockey through recommendation to the Chief Executive Officer (CEO) of the organization. This shall be done with proper process and consultation of the member teams and stakeholders of this level of hockey. Additionally, as required the committee shall be charged with responding to proposed change and advancement to the game through actions of the Board and CEO. The committee will work in conjunction with all Hockey Alberta Bylaws, Regulations, Policies and Procedures.

Goals and Objectives of ADM Committee: The Goals and objectives are established on an annual basis based on the direction derived from the Strategic Plan. Additionally, specific goals for the committee should be established by the committee, on an annual basis based on the mandate and authority as already mentioned. In order to establish these, the committee needs to work closely with the CEO (or designate) to ensure the proper alignment of committee work to organizational priorities. Specifically:

- Provide service to members, clients, and stakeholders through interpretations of Regulations.
- Review and recommend changes to improve and grow "Elite" Hockey.
- Establish criteria and processes to administer player movement.
- Make recommendations regarding the expansion and reduction of Teams within the ADM.
- Encourage development opportunities for Players, Teams, MHA's and Leagues.
- Establish regular communication between Teams, MHA's and Elite Male Leagues.

Alberta Development Model (ADM) – Draw Zone Host Duties

Hockey Edmonton is an ADM Draw Zone Host MHA (Edmonton Capital region). Hockey Edmonton has established the **Elite Hockey Management Committee (EHMC)** to oversee the execution of Elite Hockey in the Edmonton ADM Draw Zone:

- Each MHA that hosts one or more ADM Draw Zone Team(s) will establish and maintain a separate Committee that is responsible for the operations of the ADM program. In circumstances where multiple MHAs in a draw zone host an ADM Draw Zone Team (for example, U15 AAA in one MHA and U16 AAA in another), the MHAs will work together to establish a single Committee to cover ADM Draw Zone operating matters.
- Membership of the Committee will be submitted to the Hockey Alberta ADM Committee for information purposes, annually.
- The Draw Zone Committee will, as part of the MHA that it represents, be responsible for ensuring that Elite hockey at all levels in the draw zone work effectively together in building a program that promotes the development of the participants of the game.

Alberta Development Model (ADM) – Draw Zone Host Responsibilities

A primary objective of the Alberta Development Model (ADM) is to enhance the development of all participants in the game (athletes, volunteers, officials), helping them to achieve the high level of performance possible. Each ADM Draw Zone Host MHA is responsible to:

- Foster and promote a high level of hockey for Alberta players under its jurisdiction.
- Control and administer the playing of the game of hockey in accordance with the rules and regulations and etiquette of the game.
- Ensure that all persons who wish to play elite hockey, and who reside in Alberta, have an opportunity to compete for a position on a team operating within their geographic zone.
- Work with the feeder levels of hockey, to build a hockey program for their respective Draw Zone that strives to have teams laid out in a hierarchy that builds through each progressive level of hockey; and
- Ensure keen competition within all the ADM Leagues.

Hockey Edmonton – Elite Hockey Management Committee (EHMC)

The **Elite Hockey Management Committee (EHMC)** is a committee of Hockey Edmonton responsible for advising on expectations, requirements, structure and direction for the elite male and female streams of hockey within the Hockey Edmonton Draw Zone. It is regulated by Hockey Alberta's Male and Female Athlete Development Models (ADM) and the AA Model. The main purpose of EHMC, via a collaborate effort, is to assist Hockey Edmonton with the development and implementation of major policy, strategic and operational decisions for male and female elite hockey within the Edmonton Draw Zone.

The committee shall work with the Hockey Edmonton Executive Committee and Board of Directors to provide athlete-centric program options and resolutions that are in the best interest of stakeholders within the Hockey Edmonton Draw Zone as a whole. Please reference the EHMC Terms of Reference for a full outline of Committee responsibilities, etc.

Purpose & Duties: Athletic Club hockey has a rich history in Edmonton. The EHMC will help take this program to an even higher level. The main purpose of EHMC via a collaborate effort is to assist Hockey Edmonton with the development and implementation of major policy, strategic and operational decisions for male and female elite hockey within the Edmonton Draw Zone.

The committee shall work with the Hockey Edmonton Executive Committee and Board of Directors to provide athlete-centric program options and resolutions that are in the best interest of stakeholders within the Hockey Edmonton Draw Zone as a whole.

Hockey Edmonton – Elite Stream Hockey Program Framework

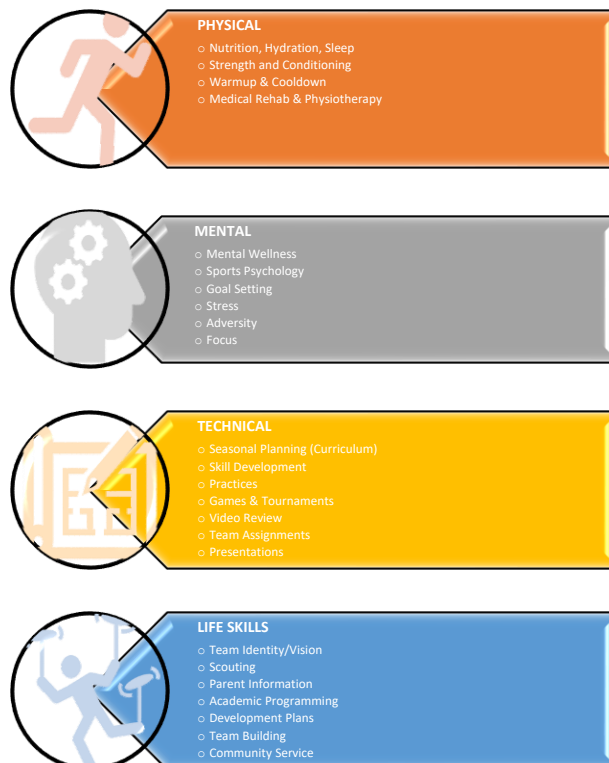
The **Hockey Edmonton Elite Stream Hockey Program Framework** is the bible that will guide the development of players, coaches, and programs for the Athletic Clubs in the capital region. Hockey Edmonton recognizes the Elite Hockey Stream as the AAA and AA categories and U13, U15, U16, and U18 divisions of play.

The Framework is intended to provide elite stream Athletic Clubs, coaches, and athletes with leading edge resources which will increase the physical, mental, technical and life skills of the athletes. The Frameworks puts the needs of the athletes at the forefront by implementing standardized hockey program standards in Edmonton, Alberta.

The organizations (Edmonton Female Athletic Club, KC Hockey, Canadian Athletic Club, South Side Athletic Club and Maple Leaf Athletic Club) will utilize the Frameworks to structure their programs. They implement the best available coaches, staff/directors, mentors, off-ice instructors, skill development instructors, mental trainers, and medical practitioners to execute the Frameworks.

Programs within the Framework should be scheduled with consistency to give the athletes their best opportunity to develop athletically, including preparation, execution, nutrition, and rest. The programs will also stress the importance of family, foster success in academics and recognize commitment in the community.

The Hockey Edmonton Elite Hockey Program Framework is built around the **Hockey Canada 4 Pillars of Player Development**: physical, mental, technical and life skills. The structure of our programs will rival CHL, U Sports, and NCAA programming and will better prepare Edmonton's Elite Stream athletes for a successful life in hockey and beyond.



Hockey Edmonton – Elite Stream Categories/Divisions

Hockey Edmonton recognizes the Elite Stream as the AA and AAA categories. Hockey Edmonton operates U13 AA, U15 AA, U15 AAA, U16 AA, U16 AAA and U18 AA and U18 AAA teams within the Male ADM. Hockey Edmonton also operates U15 AA, U18 AA and U18 AAA in the Female ADM.

Elite Stream (Tiers AAA & AA)
<ul style="list-style-type: none"> • This Stream of Play is for the athlete who is striving to play at the most competitive level for their division of play. • These teams will compete for provincial championships. • Ideally, Three practices, one game per week. • Ideally, practices games will be located within district or adjoining district and games played within respective league boundaries. • Additional development opportunities will be made for athletes through Hockey Edmonton. • Teams within same tier should be equally blended and balanced. • ‘Try-outs’ will still be utilized to place athletes within appropriate teams. • Season-long schedule is ideal for this stream of play to allow athletes to participate in other recreational and educational activities. • This stream of play is for athletes who wish to further REFINE their Hockey Canada Core Skills for their division of play. • Ideally, athletes will participate in one off-ice training session per week to further enhance physical literacy. • Ideally, team leadership should follow fair play model.

When considering the Guidelines of Play, Hockey Edmonton acknowledges the following development philosophies for athletes:

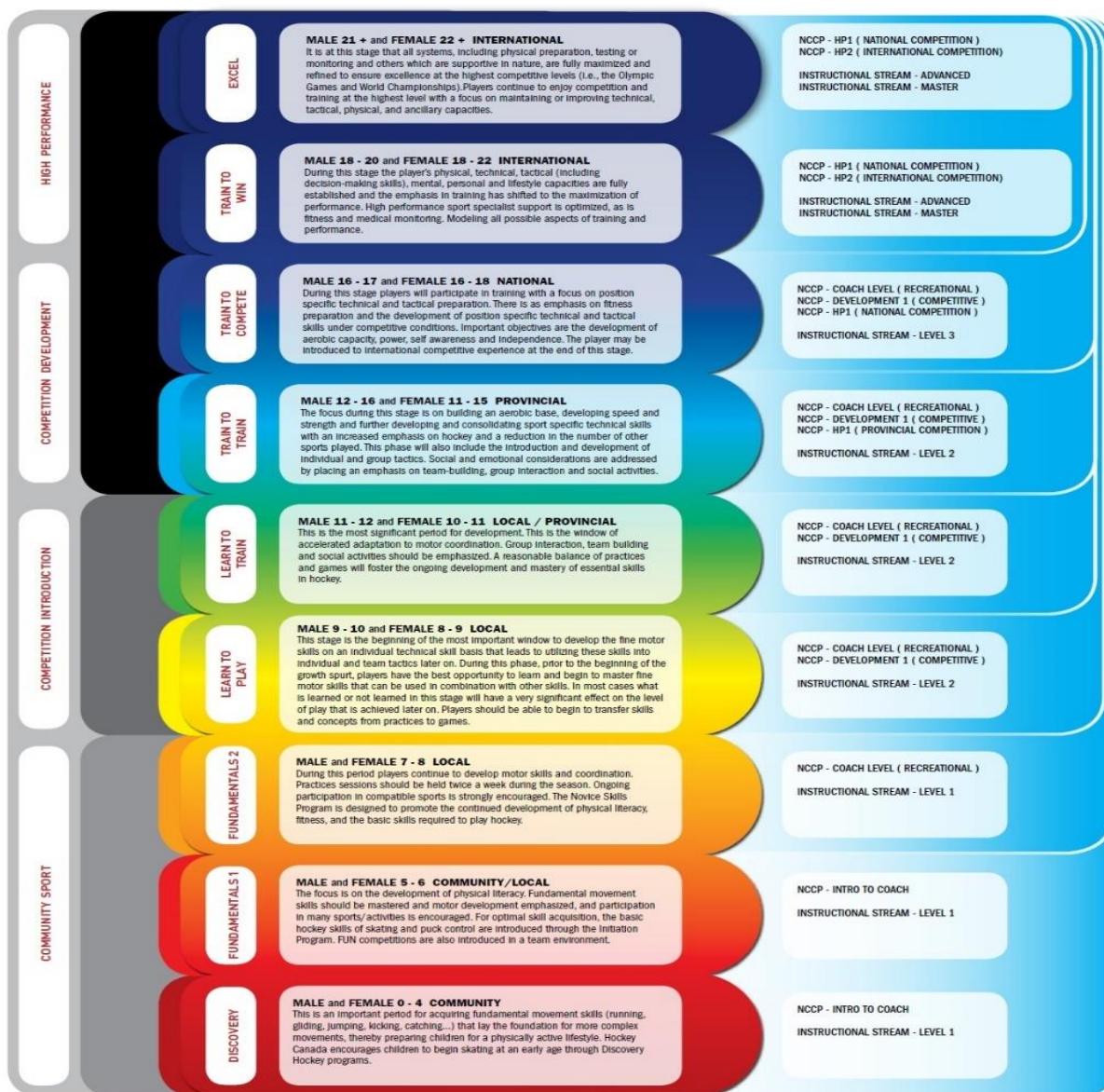
- **AA Programs:**
 - The goal is to support promotion of AA athletes to AAA teams as often as possible!
 - To provide a fun and safe environment to support players with developing their 4 pillars of player development - while still competing at a high level of play.
 - More **Equal Play** focused.
- **AAA Programs:**
 - The goal is to retain/maintain AAA athletes as often as possible!
 - Each team **MUST** select the best/most appropriate athletes for their teams.
 - Coaches and managers must ensure athletes are respecting age-appropriate recommendations by Sport Canada for the physical, mental, technical and life skill sets of athletes.
 - To provide a fun and safe environment to support players with developing their 4 pillars of player development - while still competing at a high level of play.
 - More **Fair Play** focused.

Hockey Canada – Long Term Player Development (LTPD) model

Hockey Canada's Long Term Player Development (LTPD) model is a multi-stage training, competition and recovery pathway guiding an individual's experience in hockey and physical activity from infancy to adulthood. The stages detail developmentally appropriate programs which aim to increase participation and optimize performance. Age-appropriate programming, scheduling, AND curriculums are captured in the Skill Development Philosophy below. All divisions of the Elite Stream fall within the "Competition Development" Stream, which is divided into the "Train to Train" and "Train to Compete" phases.

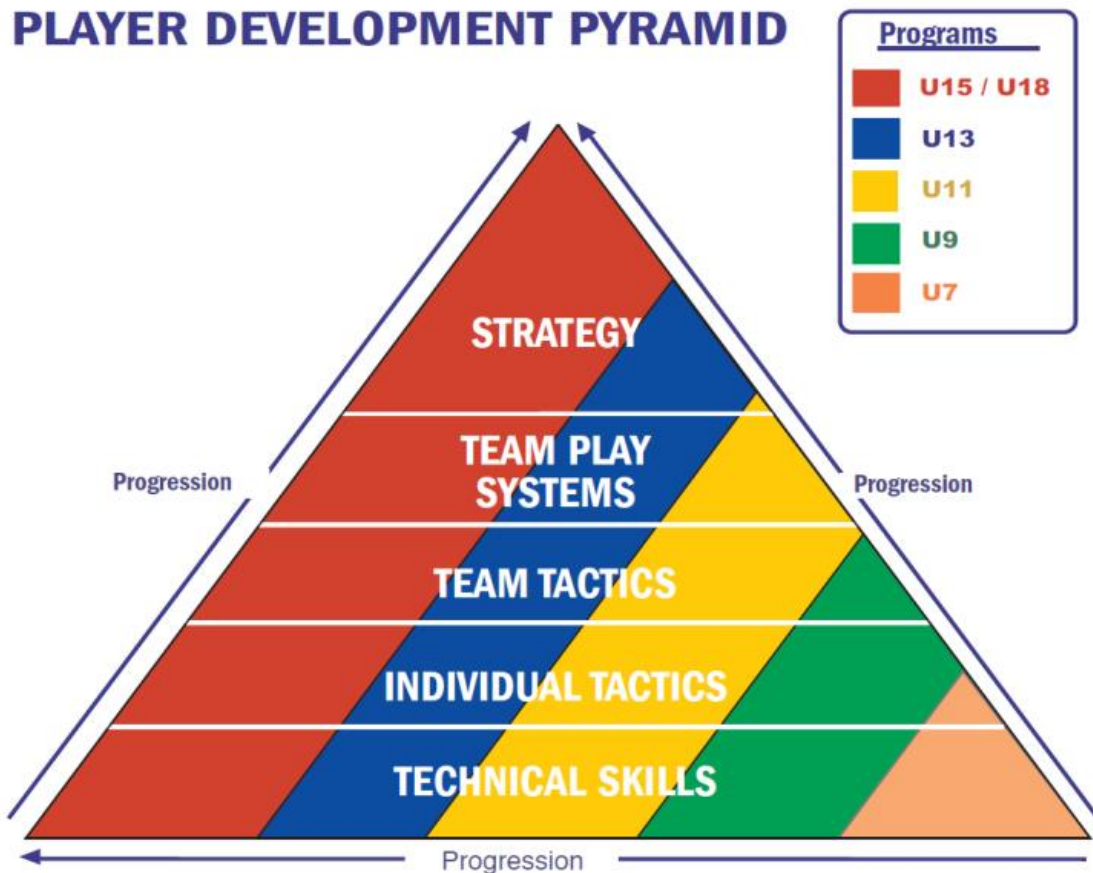


Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. Hockey Canada's Long Term Player Development (LTPD) is an nine stage model based on the physical, mental, emotional and cognitive development of children and adolescents. Each stage reflects a different point in developing the player. The first four stages emphasize physical literacy and a broad range of sport experiences. The next five stages focus on development and competitive excellence. The corresponding boxes on the right hand side indicate the appropriate NCCP Coaching programs that are applicable at each stage of LTPD. This ensures that coaches are being educated in accordance with the age and ability of the athletes they are coaching.



Hockey Canada – Skill Development Philosophy

The Hockey Canada Player Development pyramid was created to provide coaches with a comprehensive guideline to help develop a seasonal plan. The progression in the triangle emphasizes the development of fundamental skills, which are the foundation of each player's success.



As the pyramid is climbed, a greater emphasis is placed on individual tactics, adding the dimension of “hockey sense” to skill development. As a player develops the skills of skating and puck handling, the individual tactic of puck control can be learned. The player needs to understand the “why” of each tactic and develop the ability to dictate the play, anticipate the action and to read and react.

Moving up the pyramid, players perform drills that will develop team tactics and systems. The Elite Stream levels of hockey emphasize both individual and team performance practices. Time spent on team tactics and team play should not exceed 50-60% of the practice. The coach must continue to develop the fundamental skills and individual tactics of each player which will, by extension, strengthen team tactics and systems.

Strategy is the peak of the pyramid. It dictates the style of play that will combat the opposition. The coach determines the strategy based upon a combination of their own philosophy, the age of the players and the skill level of the team. As players age and competitive levels increase, game strategies become more complex.

The age and skill level of the team defines the seasonal plan. The Hockey Canada Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the pyramid.

TECHNICAL SKILLS

- Fundamental skills required to play the game, such as skating, puck-handling, shooting, passing, and checking.

INDIVIDUAL TACTICS

- A player's actions using one or a combination of technical skills to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive (For example, 1-on-1 offensive fake and driving to the net).

TEAM TACTICS

- A collective action of two or more players using technical skills, individual tactics or team strategies to create an advantage or take away the advantage of an opponent (For example, a 3-on-2 attack).

TEAM PLAY SYSTEMS

- A pattern of play in which the movement of all players is integrated in a coordinated fashion to accomplish an offensive or defensive objective (For example, a 2-1-2 forechecking system).

STRATEGY

- The selection of team plays systems to impose upon the opposition, the style of play and tactics which will build on the coach's and team's strengths while neutralizing those of the opponent and taking advantage of the opponent's weaknesses. For example, when an opponent's defensive players have weak puck handling skills, the strategy might be to shoot the puck in and use a 2-1-2 aggressive forechecking system.

Hockey Canada – Stages of Training/Learning

There are three stages of training objectives in developing the skills of young athletes. These stages correspond with athlete “readiness” to acquire and develop the skill to a higher level:

- **INTRODUCE:**

- To bring a skill or concept into use or operation for the first time.
- Presenting athletes with a new element in an artificial or easy and constant, stable, predictable condition.
 - Dominant: comprehension and good execution of the task.
 - Characteristics: continue to perform well as speed increases to, ultimately, maximum speed.
 - Requirements: require athletes to be rested and concentrated.

- **DEVELOP:**

- To grow or cause to grow and become more mature, advanced or elaborate.
- To pursue learning in conditions controlled by the coach without opponents or in the presence of and with the cooperation of opponents and or resistance.
 - Dominant: Success rate (resulting from the action) objective: 7 / 10.
 - Characteristic: block of repetitions of the directive given by the coach and isolated from reality of competition where the speed of execution is gradually augmented.
 - Requirements: requires rested and concentrated athletes.

- **REFINE:**

- To improve and make more accurate by making subtle changes.
- To stabilize elements in conditions controlled by the coach, semi-controlled conditions, and random conditions. This requires an opposition by opponents.
 - Dominant: decision taken by the athlete according to the current situation and the level of success.
 - Characteristics: execution at maximum speed.
 - Requirements: requires athletes be no more than lightly to mildly tired.

Hockey Edmonton – Training, Thinking, Processing

Hockey Edmonton believes there must be strategies employed throughout the Stages of Training/Learning to develop the player’s ability to think independently and process the game effectively. Players who are called on to think as to how to execute a skill and under what circumstances will have increased odds of performing those skills under game conditions.

For example, in practice coaches are sometimes required to demonstrate drills to their players. However, if this is done repeatedly there is a danger that players who will simply learn by routes, will be less effective reading, processing, and executing those skills in a game setting. If the coach in practice can verbalize the situation and or skill required, the player will be challenged to think how to resolve the problem for himself/herself. They will discover success or lack thereof and determine how to proceed in the future. It has a more meaningful impact and more effective comprehension and retention.

Hockey Edmonton – Development Phases/Seasons

Hockey Edmonton acknowledges FOUR Development Phases/Seasons within the Hockey Season in Edmonton, Alberta:

- **Pre-Season (September):** Refers to the time prior to the season starting – typically when prep camps, tryouts, or evaluations are held.
- **Regular Season (October-February):** Refers to the time from the first regular season game to the start of the playoffs or Provincial / Branch Championships.
- **Playoffs (March-April):** Refers to the period from the end of the regular season through to the end of playoffs.
- **Off-Season (April-August):** Refers to the time from the end of the season to the start of the next pre-season – typically when spring and summer hockey programs and camps are held.

Hockey Edmonton – Guidelines of Play

The practice and game allocation for the Elite Stream, which are captured in the Hockey Edmonton Divisions and Categories of Play, are currently under review for the 2021-22 season.

Guidelines of Play Hockey Edmonton Allocated and Scheduled Ice 2020-21									
Counts									
Community Tiered Hockey				Competitive & Elite Hockey (Hockey Alberta Models)					
Division	Practices		Games*	U13	Cat	Practices	Games	U15	Cat
	Shared	Full							
U7 (INITIATION: Sr T)	18	N/A	18 SAG		AA	40	27		AA
U7 (INITIATION: D & Jr T)	18	N/A	N/A		AAA	60	33		AA
U9 (NOVICE)	18	0	18		Female Elite	40	26		
U11 (ATOM)	0	18	18		U18 AAA Major	60	34		
U13 (PEEWEE 1 to 6)	0	18	20		U16 AAA Minor	60	37		
U15 (BANTAM)	0	18	20		U18 AA	40	32		
U18 (MIDGET)	0	18	20		U18 Female AAA	60	30		
*Games - exclusive of QEMHW and Playoffs					U18-U15 Female Elite	40	26		
Recreational Hockey				15AA, Junior & College					
Division	Practices		Games*	League		Practices	Games		
	Shared	Full		U16 AA (Midget 15 AA)					
U9 (Novice)	1	0	18	Junior B		40	28		
U11 (Atom)	1	0	18	Junior C		20	38		
U13 (Pee wee)	0	1	18	ACAC		100	24		
U15 (Bantam)	0	1	18				36		
U18 (Midget)	0	1	18						
U21 (Junior)	0	1	18						
College									
Game Lengths and Formats									
Division	Category	Length	Format						
			1 HR - Cross Ice SAG's						
U7 (Initiation)	SR Timbits	1 HR	2-25 minute periods, 90 second shifts						
U9 (Novice)	1 to 6	1 HR	13 - 13 - 13						
U11 (Atom)	1 to 6	1 HR	15 - 20 - 20						
U13 (Pee wee)	1 to 6	1.5 HR	15 - 20 - 20						
U15 (Bantam)	AA	1.5 HR	15 - 20 - 20						
U18 (Midget)	EFHL	1.5 HR	15 - 20 - 20						
U21 (Junior)	AA and AAA	2.25 HR	20 - 20 - 20						
U18 (Midget)	EFHL	2.25 HR	20 - 20 - 20						
U21 (Junior)	AA and AAA	2.75 HR	20 - 20 - 20						
U21 (Junior)	C	2.75 HR	20 - 20 - 20						
U21 (Junior)	B	2.75 HR	20 - 20 - 20						
College	all	2.75 HR	20 - 20 - 20						
Practice Times									
Division	Start: Earliest			Finish: Latest					
	Mon - Thu	Fri	Sat - Sun	Mon - Thu	Fri	Sat - Sun	Mon - Thu	Fri	Sat - Sun
U7 (Initiation)		17:00	08:00		19:45	18:00			
U9 (Novice)			06:30		19:45				
U11 (Atom)		17:00	06:30		20:45				
U13 (Pee wee)			06:30		21:45				
U15 (Bantam)					22:00				
U18 (Midget)		18:00			23:00				
U18 (Major Midget AAA)		16:00			21:00				
Game Times									
Division	Start: Earliest			Finish: Latest					
	Mon - Thu	Fri	Sat - Sun	Mon - Thu	Fri	Sat - Sun	Mon - Thu	Fri	Sat - Sun
U7 (Initiation: SR Timbits)	17:00		7:45		19:45	18:00			
U9 (Novice)					19:45				
U11 (Atom)	17:45		9:00		20:45				
U13 (Pee wee)					21:45				
U15 (Bantam Community)					22:00				
U18 (Midget Community)					22:30				
U15 (Bantam Elite)	18:00		12:00		22:00				
U18 (Midget Elite)					22:30				

Hockey Edmonton – Elite Stream Hockey Vision

Hockey Edmonton has separated the Elite Stream Hockey **visions** into Coach and Player categories. Although there are similarities, it is important to identify the different needs/desires between Players and Coaches. The Elite Stream Hockey Vision for both Players and Coaches is divided into six sub-vision categories: Development, Promotion, Experience, Education, Team Success, Retention. These six sub-vision categories encapsulate the desired requirements to achieve an optimal state of Elite Hockey within Edmonton, AB. Hockey Edmonton envisions both players and coaches experiencing positive outcomes in the following areas. Please view the specific expectations for our stakeholders outlined for each category below:

Player:

1. **Development:** helping players improve their technical, physical, mental, and life skills.
2. **Promotion:** helping players get to the next level (if desired).
3. **Experience:** ensuring each player feels safe, comfortable, and excited to come to the arena.
4. **Education:** ensuring each player is being challenged with innovative/progressive experiences while also having success in the classroom.
5. **Team Success:** winning records, above .500 hockey.
6. **Retention:** ensuring players want to return to our associations/teams, by seeing the benefits of doing so.

Coach:

1. **Development:** supporting coaches with improvement in their identified development areas.
2. **Promotion:** helping coaches get to the next level (if desired).
3. **Experience:** ensuring each coach feels safe, comfortable, and excited to come to the arena.
4. **Education:** ensuring each coach is being challenged with innovative/progressive experiences.
5. **Team Success:** winning records, above .500 hockey.
6. **Retention:** ensuring coaches want to return to our associations/teams, when available, by seeing the benefits of doing so.

Hockey Edmonton – Athlete Participation Models

Hockey Edmonton recognizes two athlete participation models regarding playing-time:

1. **Equal Play Model:** All athletes receive the same amount/situations of playing time, no matter what.
2. **Fair Play Model:** Athletes get the same amount of ice but can lose playing time if they are failing to abide by criteria outlined by team leadership. Special teams may also factor into consideration.

Hockey Edmonton – Elite Stream Hockey Goals

The **goals** of the Elite Hockey Programs are more specific extensions of the visions built for Players and Coaches. The goals, which include the following categories: Development, Promotion, Experience, Education, Team Success, Retention are outlined more specifically (for each division of play) below:

- **U13:**
 - Development of Players and Coaches.
 - Affiliate players to practices and games, whenever possible.
 - Expose Players, Coaches, and Families to next-level routes.
 - Have each team playing above .500 hockey.
 - Ensure athletes are being encouraged and supported for success in the classroom.
 - Lose less than 10% of players to CSSHL or HSL options.
- **U15:**
 - Development of Players and Coaches.
 - Affiliate players to practices and games, whenever possible.
 - Have players drafted to WHL.
 - Expose Players, Coaches, and Families to next-level routes.
 - Have each team playing above .500 hockey.
 - Ensure athletes are being encouraged and supported for success in the classroom.
 - Lose less than 10% of players to CSSHL or HSL.
- **U16:**
 - Development of Players and Coaches.
 - Affiliate players to practices and games, whenever possible.
 - Have players signed to WHL, AJHL, or NCAA options.
 - Expose Players, Coaches, and Families to next-level routes.
 - Have each team playing above .500 hockey.
 - Ensure athletes are being encouraged and supported for success in the classroom.
 - Lose less than 10% of players to CSSHL or HSL.
- **U18:**
 - Development of Players and Coaches.
 - Affiliate players to practices and games, whenever possible.
 - Have players signed to WHL, AJHL, or NCAA options.
 - Expose Players, Coaches, and Families to next-level routes.
 - Have each team playing above .500 hockey.
 - Ensure athletes are being encouraged and supported for success in the classroom.
 - Lose less than 10% of players to CSSHL or HSL.

Hockey Edmonton – Elite Hockey Program Framework Resources

All Hockey Program Frameworks have been specifically built for each Division/Category of Play, utilizing the information and recommendations from the following resources:

- Hockey Canada – Long Term Player Development Model.
- Hockey Canada – Player Development Philosophy.
- Hockey Canada – U13, U15, U18 Canadian Player Pathways.
- Hockey Canada – U17 Technical Package.
- Hockey Canada – U16 Gold Standard Portal.
- Hockey Canada – 4 Pillars of Player Development.
- Canadian Development Model – Parent Information Handbook.
- Canadian Development Model – Policy Manual.
- Hockey Alberta – Male ADM Operating Model.
- Hockey Alberta – Male ADM League Policies & Procedures Handbook.
- Hockey Edmonton – Bylaws and Policies.
- Hockey Edmonton – Guidelines of Play.
- Hockey Edmonton – Elite Coach Education Policy.
- Hockey Edmonton – Coach Mentorship Program.
- Hockey Edmonton – Coach Development Programs.

Hockey Edmonton – Elite Hockey Program Framework Responsibilities

Hockey Edmonton acknowledges the following stakeholders and the subsequent roles and responsibilities when it comes to execution of the Elite Hockey Programming in Edmonton, AB:

1. **Hockey Edmonton:** is an ADM Draw Zone host (Edmonton Capital region), with oversight of all Elite Hockey in Edmonton, AB.
2. **EHMC:** is a committee of Hockey Edmonton responsible for advising on expectations, requirements, structure and direction for the elite male and female streams of hockey within the Hockey Edmonton Draw Zone. It is regulated by Hockey Alberta's Male and Female Athlete Development Models (ADM) and the AA Model.
3. **Athletic Clubs:** Execute Elite Hockey Programs within their designated Edmonton draw zone. Identifying and upholding values and vision of Athletic Club.
4. **Directors:** Liaison between team and Athletic Club.
5. **Coaches/Staff:** Execution of the outlined Elite Hockey Programs and supervisor of selected team.
6. **Players:** Hockey Program participant – upholding values of Athletic Club.
7. **Families:** Hockey Program participant – upholding values of Athletic Club.

Hockey Edmonton – Elite Hockey Program Frameworks

Hockey Edmonton Athletic Clubs are required to adhere to and administer the following Hockey Program Frameworks, for the respective divisions and categories of play they are operating. **Please note that each Athletic Club has unique operating costs and budgets.**

Club-wide development initiatives should include, but not limited to, the following throughout a season:

- Athletic Club “Welcome Events” – Vision, Values, etc. outlined to all members.
- Season Start: Club/Team meeting with member families.
- Code of Conduct
- Club Policy/Procedures/Bylaws available to members
- Continual parent Information sessions.
- Hockey Programs posted/advertised.
- Coach Application and Selection Processes (each year).
- Team Selection Criteria outlined.
- Team/Athletic Club Tryout processes.
- Team/Athletic Club Player Evaluation processes.
- Team Season Plans (from Coaches).
- Team budgets.
- Coach Education plan.
- Hockey Alberta coaching initiatives.
- Coach Reviews.
- Player reviews/report cards.
- Club-wide development.
- Online seminars for players/families.
- Coach support to DOA’s “Pay it Forward.”
- Community Service events.
- Social Media policy and execution plans.
- Athletic Therapist hiring, education, monitoring program.
- Medical Process outlined and followed (as per Hockey Alberta/Hockey Canada).
- Return to Play plans.

U13 AA Hockey Program

PHYSICAL

- **(1)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Session (season start).
- **(20)** Team Workout Sessions (1 per week) – at arena or gym (recommended in conjunction with Technical Skill Development Session).
- Athletic Club is responsible for:
 - Code of Conduct and Health Protocols.
 - Outlined Medical Process & Return to Play Guidelines.
 - Hockey Canada Medical Forms completion.
 - Emergency Action Plans (Coaching Staff).
 - Athletic Therapist (games only).

MENTAL

- **(4)** Mental Development Sessions (October, November, January, February).
 - Goal Setting & Preparation, Simulation/Imagery, Overcoming Adversity, Focus.

TECHNICAL

- **EQUAL PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week) – ice provided by Hockey Edmonton.
 - **(20)** (1-hour) **Extra** development Sessions/Practices can be allocated to each team (Maximum).
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - League website: <http://nahl.hockey/>
- **(4)** Tournaments maximum.
- **(12)** Team Video Review Sessions (2 per month) at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (Coaching Staff responsibility).
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(2)** Team Identity/Vision/Rules Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

U15 AA Hockey Program

PHYSICAL

- **(1)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions (season start).
- **(20)** Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
 - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
 - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
 - Hockey Canada Medical Forms completed – Athletic Club responsibility.
 - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
 - Athletic Therapist (for games only) – Athletic Club responsibility.

MENTAL

- **(4)** Mental Development Sessions (October, November, January, February recommended):
 - Goal Setting & Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

TECHNICAL

- **EQUAL PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week) – ice provided by Hockey Edmonton.
 - **(20)** (1-hour) **Extra** development Sessions/Practices can be allocated to each team – Maximum.
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - **Male NAHL** website: <http://nahl.hockey/>
 - **Female AFHL** website: <https://www.u15femaleaa.ca/>
- **(4)** Tournaments – Maximum.
- **(12)** Team Video Review Sessions (2 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(2)** Team Identity/Vision/Rules Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

U15 AAA Hockey Program

PHYSICAL

- **(2)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions.
- **(20)** Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
 - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
 - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
 - Hockey Canada Medical Forms completed – Athletic Club responsibility.
 - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
 - **FULL-TIME** Athletic Therapist (all events) – Athletic Club responsibility.

MENTAL

- **(6)** Mental Development Sessions (October, November, December, January, February, March recommended):
 - Team First, Goal Setting, Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

TECHNICAL

- **FAIR PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual/Team Tactic, Position Specific Sessions (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players only** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies only** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Team Systems Practices (1 per week) – ice provided by Hockey Edmonton.
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - **Male AEHL** website: <https://www.u15aaa.ca/>
- **(4)** Tournaments – Maximum.
- **(18)** Team Video Review Sessions (3 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(2)** WHL Draft Sessions – Coaching Staff responsibility.
- **(2)** Team Identity/Vision/Rules Session (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Scouting/Promotion support/resources – Coaching Staff responsibility.
- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

U16 AA Hockey Program

PHYSICAL

- **(1)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions (season start).
- **(20)** Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
 - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
 - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
 - Hockey Canada Medical Forms completed – Athletic Club responsibility.
 - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
 - Athletic Therapist (for games only) – Athletic Club responsibility.

MENTAL

- **(4)** Mental Development Sessions (October, November, January, February recommended):
 - Goal Setting & Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

TECHNICAL

- **EQUAL PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week) – ice provided by Hockey Edmonton.
 - **(20)** (1-hour) **Extra** development Sessions/Practices can be allocated to each team – Maximum.
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - **Male REMHL** website: <http://remhl.ca/>
- **(4)** Tournaments – Maximum.
- **(12)** Team Video Review Sessions (2 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(2)** Team Identity/Vision/Rules Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

U16 AAA Hockey Program

PHYSICAL

- **(2)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions.
- **(20)** Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
 - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
 - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
 - Hockey Canada Medical Forms completed – Athletic Club responsibility.
 - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
 - **FULL-TIME** Athletic Therapist (all events) – Athletic Club responsibility.

MENTAL

- **(6)** Mental Development Sessions (October, November, December, January, February, March recommended):
 - Team First, Goal Setting, Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

TECHNICAL

- **FAIR PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual/Team Tactic, Position Specific Sessions (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players only** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies only** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Team Systems Practices (1 per week) – ice provided by Hockey Edmonton.
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - **Male AEHL** website: <https://www.u16aaa.ca/>
- **(4)** Tournaments – Maximum.
- **(18)** Team Video Review Sessions (3 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(2)** WHL/AJHL/NCAA/U Sports Information Sessions – Coaching Staff responsibility.
- **(2)** Team Identity/Vision/Rules Session (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Scouting/Promotion support/resources – Coaching Staff responsibility.
- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

U18 AA Hockey Program

PHYSICAL

- **(1)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions (season start).
- **(20)** Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
 - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
 - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
 - Hockey Canada Medical Forms completed – Athletic Club responsibility.
 - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
 - Athletic Therapist (for games only) – Athletic Club responsibility.

MENTAL

- **(4)** Mental Development Sessions (October, November, January, February recommended):
 - Goal Setting & Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

TECHNICAL

- **EQUAL PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies** (1 per week) – ice provided by Hockey Edmonton.
 - **(20)** (1-hour) **Extra** development Sessions/Practices can be allocated to each team – Maximum.
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - **Male NAHL** website: <http://nahl.hockey/>
 - **Female AFHL** website: <https://www.u18femaleaa.ca/>
- **(4)** Tournaments – Maximum.
- **(12)** Team Video Review Sessions (2 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(1)** WHL/AJHL/NCAA/U Sports Information Session – Coaching Staff responsibility.
- **(2)** Team Identity/Vision/Rules Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Scouting/Promotion support/resources – Coaching Staff responsibility.
- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

U18 AAA Hockey Program

PHYSICAL

- **(2)** Player/Parent Nutrition, Hydration, Sleep, Workout Information Sessions.
- **(20)** Team Workout Sessions (1 per week) – at arena or at centralized selected gym (recommended in conjunction with Technical Skill Development Sessions).
 - Club Code of Conduct and Health Protocols – Athletic Club responsibility.
 - Outlined Medical Process & Return to Play Guidelines – Athletic Club responsibility.
 - Hockey Canada Medical Forms completed – Athletic Club responsibility.
 - Emergency Action Plans – Athletic Club/Coaching Staff responsibility.
 - **FULL-TIME** Athletic Therapist (all events) – Athletic Club responsibility.

MENTAL

- **(6)** Mental Development Sessions (October, November, December, January, February, March recommended):
 - Team First, Goal Setting, Preparation, Simulation/Imagery, Overcoming Adversity, Focus.
- Hone Athletics App access (or equivalent): <https://honeathletics.com/>
- Access to Sports Psychologist (individual need basis).

TECHNICAL

- **FAIR PLAY model (with some exemptions)** – Athletic Club/Coaching Staff responsibility.
- **(20)** (1-hour) Individual/Team Tactic, Position Specific Sessions (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Players only** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Technical Skill Development Sessions – **Goalies only** (1 per week) – ice provided by Hockey Edmonton.
- **(20)** (1-hour) Team Systems Practices (1 per week) – ice provided by Hockey Edmonton.
- **(30)** Game Regular Season games (additional Exhibition/Playoffs games).
 - **Male AEHL** website: <https://www.u18aaa.ca/>
 - **Female AFHL** website: <https://www.u18femaleaaa.ca/>
- **(4)** Tournaments – Maximum.
- **(18)** Team Video Review Sessions (3 per month) – at arena/online (recommended in conjunction with Individual Tactic/Team Tactic/Position Specific Sessions/Team Systems Practice) – Coaching Staff responsibility.
- Technical Package – Athletic Club/Coaching Staff responsibility.
- Season Plan – Coaching Staff responsibility.

LIFE SKILLS

- **(2)** WHL/AJHL/NCAA/U Sports Information Sessions – Coaching Staff responsibility.
- **(2)** Team Identity/Vision/Rules Session (October and January) – Coaching Staff responsibility.
- **(2)** Parent Information Sessions (October and January) – Coaching Staff responsibility.
- **(2)** Individual Player Development/Progress Sessions & Reports (October and January) – Coaching Staff responsibility.
- Continuous Team Building Events (i.e. Bowling, Escape Room, Soccer, Volleyball, etc.) – Coaching Staff responsibility.
- Continuous Community Service Events (Coaching, Food Bank, Shelter, The First Shift, etc.) – Coaching Staff responsibility.

OTHER

- Team Scouting/Promotion support/resources – Coaching Staff responsibility.
- Team Selection Criteria Outlined – Athletic Club/Coaching Staff responsibility.
- Elite Coach Education Policy compliance – Coaching Staff responsibility.
- Coach Mentorship Program compliance – Coaching Staff responsibility.
- Team Apparel & Team Equipment – Athletic Club responsibility.
- Team Snap accounts (or equivalent).

Hockey Edmonton – Elite Hockey Coach Selection

- Coach applications and selection will take place each year; **automatic renewal of coaching positions, or multi-year agreements will not be accepted.**
- Coach applications must be posted/available each year.
- Coaches must apply for the position each year by filling out one of the following applications that have been developed by Hockey Edmonton:
 - Application for new coaches.
 - Application for returning coaches.
 - Applications will be created/updated by Hockey Edmonton/EHMC.
 - Applications will be posted on the Hockey Edmonton website and the Athletic Clubs website.
- All AAA coaching positions will be confirmed by the EHMC HR Committee, as originally outlined in the EHMC Terms of Reference.
 - Athletic Clubs can submit referral letters for AAA coach candidates.
- All AA coaching positions will be selected by the respective Athletic Clubs.

Hockey Edmonton – Elite Hockey Coach Review

All coaches will participate in a year-end review conducted by the host Athletic Club. Review documents will be developed by Hockey Edmonton. Progress reviews must be conducted by the Athletic Club throughout the season. As always, it is crucial to document these reviews/meetings. The year-end review must adhere to the following guidelines:

- All Elite Hockey Coach Reviews must be conducted by no later than April 15.
- All Elite Hockey Coach Reviews must be submitted to Hockey Edmonton (EHMC) upon completion.
- All coaches will be receiving results from a parent and player feedback survey. This information should be a part of the year-end review.
- Surveys will also be collected by Hockey Edmonton to all Elite Hockey families, using Survey Monkey.

Hockey Edmonton – Elite Hockey Coach Development

Coach Education is essential to ensure that we are providing coaches with resources to succeed in their role, to ensure that we are providing coaches with resources to support their desire to move up to the next-level, and to ensure that athletes are being supported with innovative, appropriate, and high-performance coaching atmospheres.

Hockey Edmonton has developed some innovative and work-class Coach Education programs and policies. Many of these programs and policies strengthen the Coaching requirement standards that are set out by Hockey Canada. The following programs/opportunities are available to Hockey Edmonton Elite Stream coaches:

- **Hockey Canada NCCP Coach Clinics:** <http://www.hockeyedmonton.ca/content/hockey-canada-nccp-coach-stream-clinics>
- **Elite Coach Education Policy:** <http://www.hockeyedmonton.ca/content/hockey-edmonton-elite-coach-education-policy>
- **Coach Mentorship Program:** <http://www.hockeyedmonton.ca/content/hockey-edmonton-coach-mentorship-program>
- **Hockey Canada NCCP Instruction Stream Clinics:** <http://www.hockeyedmonton.ca/content/hockey-canada-nccp-instructional-stream-clinics>
- **Coach Development Programs (optional):** <http://www.hockeyedmonton.ca/content/hockey-edmonton-coach-development-programs>
- **Team Alberta/Hockey Alberta Opportunities (optional):** <https://www.hockeyalberta.ca/team-alberta/>
 - Self-directed learning.

Hockey Edmonton – “Pay it Forward.”

Athletic Club must provide support, guidance, and mentorship to players, coaches, and families within their respective zoned DOA's. This “Pay it Forward” initiative should be designed and implemented by the Athletic Club in conjunction with the respective DOA's in the zoned area. The implementation must be outlined in the season plan of the coach/Athletic Club. Some ideas of “Pay it Forward” could include, but are not limited to:

- “Junior” programs.
- Athletic Club Open House.
- “What it takes” Seminar for prospective players (team specific).
- Inviting players, coaches, families to Athletic Club events (practices, games, open house).
- On-ice Coach Development Sessions by Athletic Club.
- Off-ice Coach Development Sessions by Athletic Club.
- Attending DOA practice/game/events to support (players and coaches).
- DOA coach attending Athletic Club practice/game.
- Mentorship Program.

Hockey Edmonton – Social Media Utilization

Social Media has developed into a powerful recruitment and promotion tool. Each Athletic Club and each Elite Hockey team should be utilizing Social Media to highlight their program, athletes, coaches. Each Athletic Club must have a “Social Media Policy” to ensure that Social Media accounts are being appropriately managed. Athletic Clubs and teams should be utilizing Social Media for the following tasks, amongst others:

- Promotion of player/coach biographies.
- Promotion of player/coach accomplishments.
- Promotion of team accomplishments.
- Community Service.
- Fundraising.
- Game results.
- Training information/videos/pictures.

Hockey Edmonton – Elite Hockey Program Execution

The Vision, Hockey Program Framework, Coach Selection processes have all been developed and implemented, however we must ensure that we are consistently executing these programs across the board. Hockey Edmonton will look to the experts within the Athletic Clubs to execute the outlined Vision, Hockey Program Framework, and Coach Selection processes as developed.

The EHDC will ensure that the efforts of the EHMC and Hockey Edmonton are being implemented by member teams/Athletic Clubs: to ensure an optimal experience for players, coaches, and families. This Committee will also provide advice and resource support to member teams/Athletic Clubs. This Committee will utilize this Hockey Program Framework document to guide their mentorship and annual Hockey Program Audits.

Hockey Program Audits will occur in September, December, and in April. Each Athletic Club will be asked to prepare a presentation regarding compliance of the following checklist, with respect to their club and each of their respective Elite Hockey teams:

- Athletic Club “Welcome Events” – Vision, Values, etc. outlined to all members.
- Season Start: Club/Team meeting with member families.
- Code of Conduct
- Club Policy/Procedures/Bylaws available to members
- Continual parent Information sessions.
- Hockey Programs posted/advertised.
- Coach Application and Selection Processes (each year).
- Team Selection Criteria outlined.
- Team/Athletic Club Tryout processes.
- Team/Athletic Club Player Evaluation processes.
- Team Season Plans (from Coaches).
- Team budgets.

- Coach Education plan.
- Hockey Alberta coaching initiatives.
- Coach Reviews.
- Player reviews/report cards.
- Club-wide development.
- Online seminars for players/families.
- Coach support to DOA's "Pay it Forward."
- Community Service events.
- Social Media policy and execution plans.
- Athletic Therapist hiring, education, monitoring program.
- Medical Process outlined and followed (as per Hockey Alberta/Hockey Canada).
- Return to Play plans.

Hockey Edmonton – Elite Hockey Development Committee (EHDC)

The Hockey Edmonton Elite Hockey Development Committee (EHDC) will be selected by Hockey Edmonton and will be comprised of high-level Hockey Development experts from within Edmonton and Alberta. The Hockey Edmonton staff assigned to the EHDC will be the Hockey Edmonton Technical Director. The EHDC will be organized by the Host ADM Draw Zone (Hockey Edmonton) – this Committee will ensure that the efforts of the EHMC and Hockey Edmonton are being optimally implemented by member teams/coaches/Athletic Clubs: to ensure an optimal experience for players, coaches, and families.

- The EHDC will meet with each Athletic Club 2-3 times per year (September, December, April) to discuss the execution of the designed Hockey Program Framework.
- This EHDC will also provide advice and resource support to Athletic Clubs. This Committee will utilize the Hockey Program Framework document to guide their mentorship, education, support, and annual Hockey Program Execution meetings.
 - **A specific Terms of Reference will be developed for this committee.**