

**Hockey Regina Inc**  
**Board of Directors Meeting**  
**Minutes**  
**Wednesday Nov 12, 2014**

**Attendance:**

Stephen Eger (Chair)  
Tom Millette  
Michael Ah-Fat  
Blair Watson (Staff)

Dennis Cooley  
Rick Hagglund  
Lester Boey  
Larry Wees

Andrea Hoffman  
Christie Bjolverud  
Courtney Birnie

**Regrets:**

Brent Bobbyck

**1. Call to order**

Stephen called the meeting to order at 7:03PM.

**2. Approval of previous minutes**

*MOTION: To approve the previous minutes. Moved Tom, Seconded Rick*  
*CARRIED*

**3. Red Cross anti-bullying**

- Joanne introduced Megan from the Red Cross
- Joanne has completed the Pat C's, Bantam AA, Midget AA, and the Female AA teams
- If there is a continuation in the future, she would suggest that if a player has taken the course 2 years, then they would be exempt from the following year.
- Joanne indicated that someone else maybe needs to be recruited next year to do the presentations
- Joanne did a brief summary of the program

**4. Communication strategy/Board Mechanics**

- Rick is looking for the posting of the Board minutes sooner than the next Board meeting
- The Board feels that the minutes should not be posted until approved at the Board level.
- Discussion on ways to improve the Board functions include such items as:
  - Annual agenda that would include such items as meeting dates, timing of meetings
  - Forwarding of discussion items much prior to the meetings
  - On going items that carry forward such as committee reports, director reports, financial reports

- Reporting on the strategic plan and the goals/results
- Board decision items that would include forward planning
- Tom, Michael, Larry, and Blair to look at putting together the 1<sup>st</sup> draft for the next meeting

**5. Rogers Home Town Hockey**

- Rogers Home Town hockey will be coming to Regina March 14+15, 2015
- McDonalds is heavily involved and have approached Larry about incorporating our Tier 3 teams into the event
- Blair is part of the committee and HRI's overall involvement in the event is still unknown

**6. Rec Division rules (Appendix A)**

- The Rec committee put together rules that mirror the Saskatoon Rec league
- Now that the Rec division is up and running
- Inaugural game is Sunday at 4:45 at the Balfour. Rick will be attending on behalf of the Board

**7. University of Toronto Youth Hockey Study (Appendix B)**

- Larry received contact from the U of Toronto regarding the study
- Larry went on-line and did the survey, and felt that HRI could benefit from the survey results
- The U of T did indicate that we could get the survey results
- The Board in general liked the idea, however, they need to find out what the results of the survey will be used for. Larry will follow up with the U of T.

**8. Strategic planning (Appendix C)**

- Stephen went through the strategic planning document from 2 years ago
  - Coaching mentorship has been implemented
  - Officiating has improved by mentoring, ref system
  - Workload of Director especially with to evaluations has been lessened, even though we had to provide an honorarium to people to coordinate
  - Communication has improved esp. with the newsletter. The formation of the committees has been successful. Need to communicate to membership the goals of each committee.
- The committees will provide by December 1 some communication to provide to the membership in the newsletter.

#### **9. Directors reports**

- Midget AAA – Pat C's are off to a good start. They have been invited to the Mac's
- Female – Will be working with the Strat facilitator in setting their goals
- Bantam – Going good. A few small items in C.
- Pee Wee – No real issues.
- Atom – All up and running now.
- Tournaments – All committees are in place. Midget 2 pondering the charity aspect of the tournament. B1 tournament was good. P1 tournament is full, with a team from Colorado.
- Sponsorship - Blair and Larry met with the Pat C's pertaining to the Pats sponsorship. Blair and Larry will continue with working on an agreement.

#### **10. Next Meeting**

December 2, 2014

7:00PM @ HRI

A

## **HOCKEY REGINA INC BANTAM AND MIDGET REC DIVISION RULES AND REGULATIONS**

### **OBJECTIVE:**

The intention of Hockey Regina Inc. (HRI) is to provide fun and competitive hockey division in the Midget and Bantam age groups (Rec Division) for those players who wish to play hockey at a reduced cost and time commitment and with no body checking.

### **REGISTRATION AND TEAM FORMATION:**

Requests for friends to play together shall be put in writing to HRI before the expiration of registration for consideration. Best efforts will be used to meet these requests, but there is no guarantee that they can always be accommodated.

To the extent that the registration numbers allow and to promote positive dressing room dynamics, midget age players will be placed on teams comprised of midget age players only, and bantam age players will be placed on teams comprised of bantam age players only. Subject to the number of female registrations, consideration will be given to placing 2 or more females together on the same team – and the Hockey Canada policy for dressing room protocol for co-ed teams shall be followed.

Teams will be put together at the discretion of the HRI Rec Division Committee. The primary goal of team formation is to create competitive parity. Recommendations for team formation will be presented to the HRI Board prior to final team formations.

In some cases it may difficult to find goaltenders for this division. Goaltenders registered and playing at the A level or lower within HRI in the Pee Wee – Midget divisions are permitted to fill in on teams in the Rec Division that require a goaltender for a league game as an affiliated player when the registered goaltender for that team is unavailable. At no time can the affiliated goaltender play in place of the registered goaltender that is otherwise available to play.

### **OUT OF TOWN PLAYERS:**

Players from outside HRI boundaries may register directly through the SMHA office if they do not have access to a No Body Checking league.

### **COACHING REQUIREMENTS:**

Head Coach – Level Coach, Respect in Sport (Coach)

Assistant Coach – Respect in Sport (Coach)

Team Requirement – someone must have the Safety Certification

### **LEAGUE GAMES:**

- League games for Rec Division will be 1 hour 30 minutes in length.
- Teams will be allowed a 5-minute warm-up.
- The first two (2) periods will be 15 minute stop time periods.
- The intent will be to have all games consist of three 15 minute stop time periods.
- However, where there is less than 5 minutes remaining in the allotted ice time (all rink clocks used as standard time) with more than two minutes remaining on the game clock, the official timekeepers (a representative from each team) will notify the referee during the first available stoppage in play (by pressing buzzer) and adjust the clock down to 2 minutes to be played stop time to conclude the game.
- The Home team should supply pucks for to be used during the game.



- Game sheets must be filled out completely and are the responsibility of the home team.
- Time clock and penalty bench are the responsibility of the home team.
- Each team should have one volunteer each in the penalty box.
- Handshakes will occur at the end of the game and are considered to be part of the game.

For game purpose, teams shall dress not less than seven (7) registered players, one of whom must be a goalkeeper.

#### **GAME/PRACTICE FOCUS:**

The purpose of league games is to create a fun and competitive environment. Skill development amongst players will be varied. Coaches shall create line match ups within a game to ensure that players with similar levels of skill development are playing shifts against each other.

Coaches shall roll their lines and promote an equal ice time philosophy – understanding that slight variations may occur given the variation of shift lengths that naturally occur within a game. Special team play shall also adhere to this concept.

Practices shall be based on the Hockey Canada model of development intended for bantam and midget age players and shall include time spent on individual skill development.

#### **SPECIAL RULES AND REGULATIONS:**

The Rec Division will use SHA certified referees in a two-person system.

The amount of practice ice is limited in order to reduce the time commitment of players, officials and parents and to reduce the cost of playing hockey:

- Rec Teams will have 5 practice ice times scheduled by HRI. It is open to coaches of the teams to jointly use their assigned practice time to conduct joint practices with other Rec Division teams.

The 2014/2015 registration fee per player for the Rec Division is \$600 HRI fee with a maximum total fee of \$700. This means that over and above the HRI fee an additional amount can be collected by teams up to a maximum of \$100 per player. If additional funds are collected by a team over and above the HRI fee, these funds could be used to purchase items such as clothing, pictures or team building/year end events.

For the 2014/2015 season teams are not permitted to fundraise, purchase additional ice time or enter tournaments.

Rules governing this league will be the same as hockey that includes body checking (Hockey Canada, SHA, HRI) unless otherwise stated.

#### **NO BODY CHECKING PERMITTED:**

The Rec Division is a strictly no body checking hockey division and the on ice officials shall be instructed to call the game as such. No Body Checking is defined the same as in the Novice, Atom and Pee wee programs and Female hockey program as:

- Hockey Canada Rule 6.2(b) - When the offensive player is skating towards the defensive player, the defending player may not hit the offensive player by going in the opposite direction to that player. The body contact must be as a result of the movement of the offensive player. There must be no action where the offensive player is pushed, checked or shoved into the boards. Where in the opinion of the referee accidental contact has taken place, no penalty shall be called.

*Note: contact- both incidental and from battling for body position or puck possession - is permitted while body checking is not.*

#### **DISCIPLINE AND SUSPENSIONS:**

Fighting will not be tolerated. A first fighting offense results in a 5 game suspension and a second offense results in an automatic indefinite suspension.

Any player demonstrating dangerous play will be removed from the ice by officials and will be suspended indefinitely until reviewed by the HRI Director of Suspensions.

Majors:

- Indefinite suspension until reviewed by HRI Director of Suspensions

Match Penalties:

- 1st offense - 5 games.
- 2nd offense - 10 games.
- 3rd offense - Indefinite.

For a list of other suspensions refer to the HRI regulations and policies.



### **Youth Hockey Study Communication Information**

Below is information that can be sent out to advertise the study (messages can be edited or adjusted for length; but please try to retain the main messages below). Feel free to also use the 'postcard' PDF advertising the study to send out to members.

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#### **Newsletter (79 words)**

Share your thoughts about youth hockey in Canada & enter to win a \$50 gift card! Researchers at the University of Toronto want to hear from athletes, parents, coaches, referees, and administrators to study positive and negative experiences in youth hockey. This study will also examine the impact of the Respect in Sport Parent Program within youth hockey leagues. Visit <https://www.research.net/s/HockeyStudy> to complete the survey and enter the draw for a gift card. Questions? Contact [hockeystudy@utoronto.ca](mailto:hockeystudy@utoronto.ca) for more information.

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#### **Twitter:**

Share your thoughts about youth hockey in Canada & enter to win a \$50 gift card! UofT youth hockey research: <https://www.research.net/s/HockeyStudy>

\*\* Note: the survey will be available for the month of November, so if you are able to tweet about it weekly until Nov. 30<sup>th</sup>, that would be great. It will re-open again in January and in April (with additional chances to win gift cards).\*\*

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#### **Communications with League Contacts/Posting on Websites:**

##### **Youth Hockey Research Study**

Researchers in the Faculty of Kinesiology and Physical Education at the University of Toronto are conducting a research study to examine youth hockey in Ontario and across Canada. Online surveys with athletes, parents, coaches, referees, and administrators will be used to study positive and negative experiences in youth hockey. This study will also examine the impact of the Respect in Sport Parent Program within youth hockey leagues. People who visit the survey will be entered in a draw to win a \$50 gift card from Sport Chek or Hockey Life. The survey is available at: <https://www.research.net/s/HockeyStudy>

The online surveys will ask about athletes' experiences in sport, positive and negative spectator behaviours, coping with stress in sport, sport enjoyment, and commitment. Parents, coaches, referees, and administrators will be asked about their experiences youth hockey, including stressors, coping, burnout, and commitment. The surveys will also ask about the Respect in Sport Parent Program for those who have taken it.

This study is being conducted independently at the University of Toronto, led by Dr. Katherine Tamminen. The OMHA is helping to send out information about the study to people who might be interested in participating, but it is not involved in the study or data collection/analysis of results. The study has been approved by UofT's Research Ethics Board and it is regulated by strict ethical standards regarding participants' confidentiality and anonymity. The OMHA will not know who did or did not participate in the study. Any questions about the project should be directed to Dr. Tamminen at [katherine.tamminen@utoronto.ca](mailto:katherine.tamminen@utoronto.ca) or [hockeystudy@utoronto.ca](mailto:hockeystudy@utoronto.ca).





UNIVERSITY OF  
**TORONTO**

Faculty of Kinesiology & Physical Education

**Regarding Hockey Associations and Respect Group, Inc. involvement in the research**

(this is the wording in the information letter available on the first page of each survey; you can modify as needed in your communications with members):

***Are you associated with hockey organizations or Respect Group, Inc.?***

Some hockey organizations and Respect Group, Inc. are helping us to contact participants about this study, but they are not involved in the data collection, analysis, or in reporting the results of the study. We are conducting this research independently at the University of Toronto, and they will receive a copy of the grouped results once we have completed the study. We will not share your information with them, and they will not know who participated in the study.



**DRAFT 2013 HRI Strategic Plan**

<b>Goal</b>	<b>Objective</b>	<b>Tasks / Actions</b>
<b>Attract, retain and actively develop competent coaches throughout all divisions</b>	<b>Creation, development and implementation of a coaching mentorship program by August 1, 2013.</b>	<ol style="list-style-type: none"> <li>1. Meet w SHA to determine timeline for implementation by March 15</li> <li>2. Job posting for Mentorship Coordinator (MC) position by April 1</li> <li>3. Interviews for MC position, week of April 15</li> <li>4. MC selection by May 1</li> <li>5. Selection of Division Coordinators by June 1</li> <li>6. Develop program framework</li> </ol>
<b>Improve officiating in the league.</b>	<p><b>Reduction of formal ref complaints by 20% within 1 year.</b></p> <p><b>Create service agreement between RHOA and HRI by June 1, 2013</b></p>	<ol style="list-style-type: none"> <li>1. Standard format for tracking complaints</li> <li>2. Monthly meetings w RHOA/SHA to review formal complaints</li> <li>3. Evaluate Officiating model (see below)</li> <li>4. Educate Coaches (Coaching Clinics)</li> </ol> <ol style="list-style-type: none"> <li>1. Define HRI expectations for service agreement               <ol style="list-style-type: none"> <li>a. cost</li> <li>b. evaluations</li> <li>c. officiating model</li> <li>d. recruitment</li> </ol> </li> <li>2. Meet with RHOA, SHA May 1</li> <li>3. Agreement by June 1</li> <li>4. Incorporate communications around service agreement and other items into newsletter, web page, etc</li> </ol>
<b>Strengthen HRI Board of Directors by optimizing volunteer hours</b>	<p><b>Volunteer section on HR web site by August 1, 2013</b></p> <p><b>Annual reduction of 100 hours of director administrative and day to day duties</b></p>	<p>See Task 5 below, timelines variable</p> <ol style="list-style-type: none"> <li>1. Define and outline current director activities</li> <li>2. Determine which ones can be delegated to volunteers</li> <li>3. Expand volunteer base</li> <li>4. Develop template of volunteer tasks (e.g., evaluations)</li> <li>5. Place task list on web site</li> <li>6. Automated volunteer scheduling on web site</li> </ol>
<b>Building communications capacity</b>	<b>Implementing and circulating newsletter by April 1, 2013.</b>	<p><b>Identify topics / columns for newsletter</b></p> <p><b>Assign Articles</b></p> <p><b>Write and edit columns on topics</b></p> <p><b>Publish Newsletter</b></p> <p><b>(post to web site)</b></p>