

# SZN 3

## Snapshot



THE OFFICIAL NEWSLETTER OF THE JPHL

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# SZN 3 *Snapshot*

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# LETTER FROM THE COMMISSIONER

BY RICHARD NAULT

Dear JPHL Athletes and Families,

I am excited to welcome you to another new season of the Junior Prospects Hockey League! As we gear up for SZN3, we have plenty of updates and additions to share with you.

First and foremost, we are excited to announce the addition of three new Hubs to our league:

**South Sask HC in Moose Jaw, SK.**  
**Bow Valley HC in Cochrane, AB.**  
**Victoria Jr. Grizzlies in Victoria, BC.**

These new Hubs bring fresh energy, talent, and communities into our league. Please join me in welcoming them to our growing family.

Additionally, SZN3 will feature a return of some of our beloved inaugural events as well as the introduction of new special events to enhance the JPHL experience.

One of the major highlights of the upcoming season will be the JPHL Winter Championships. This year, we are thrilled to announce that the championships will be even larger, with three separate events to look forward to. We are also excited to introduce several special events this season:

- **2024 BCHL Showcase (18U):** Taking place in Chilliwack, BC, this event will run in parallel with the BCHL and its member teams. Co-hosted by the National Hockey League's Vancouver Canucks, our athletes will compete in front of NHL scouts from every team in the NHL, as well as NCAA scouts and coaches. This event offers unparalleled exposure to the highest levels of hockey in North America for this division.
- **Draft Series (15U):** We are thrilled to bring back the Draft Series for the 15U division. This event is designed to highlight the talents and potential of our young athletes as they prepare for the next steps in their hockey careers.
- **Play-Ins and Playoffs:** The season will culminate with competitive Play-Ins and/or Playoffs for our respective divisions, providing an exciting conclusion to SZN3.

Thank you to all the athletes, families, coaches, and supporters for being part of the JPHL community. Your passion and commitment are what make our league so special.

Let's make SZN3 the best season yet!

See you on the ice!

# ANNOUNCEMENTS

- Get your favourite team's merchandise at the new JPHL online store, now available online at [www.jphlwear.com](http://www.jphlwear.com).
- JPHL Establishes Player Transfer Agreement with BCHL Enhancing development opportunities for student-athletes.
- Zak Massingham has been hired as the new JPHL Equipment and Apparel Coordinator.
- New JPHL Sports Dietitian

Emily Mardell, RD, will be the official JPHL Sports Dietitian for the 2024-25 season. Emily will assist with meal planning and coordination with catering partners and JPHL Operations. She will also lead various training webinars throughout the year and maintain an online nutrition guide.

[nutrition@jphlhockey.com](mailto:nutrition@jphlhockey.com)

@GetJoyfull

## New Committees Formed

We are excited to announce the formation of two new committees to enhance our league for the 2024-25 season:

- **Recruitment & Retention Committee**

This committee will focus on strategies to boost both recruitment and retention within the JPHL.

- **Character Development Committee**

This committee will work on initiatives to develop athlete character, including self-improvement programs, community outreach, and other relevant activities.





# TIP TIME

## WITH GARRET MEGER

Confidence isn't an innate trait but a result of diligent preparation. It stems from a belief in your abilities, cultivated through practice and effort. Whether you're an athlete, professional, or student, the better your preparation, the more confidence you earn. Sustainable confidence cannot be built on external motivation or influences.

### The Role of Preparation

1. Skill Mastery: Regular practice hones your skills, making them second nature.
2. Mental Readiness: Visualizing success and planning for different scenarios helps you stay calm under pressure.
3. Knowledge Acquisition: Being well-informed eliminates uncertainties.
4. Physical Conditioning: For physically demanding roles, being well-conditioned boosts performance.

### Practical Steps to Build Confidence

1. Set Clear Goals: Define achievable goals to give your preparation direction.
2. Develop a Plan: Break goals into manageable tasks and create a timeline.
3. Practice: Repetition builds muscle memory and ingrains skills.
4. Seek Feedback: Use constructive criticism to refine your preparation.
5. Simulate Real Conditions: Practice under conditions that mimic the actual event.
6. Stay Informed: Keep up-to-date with the latest information in your field.
7. Take Care of Yourself: Ensure rest, nutrition, and stress management.

By preparing thoroughly, you build unshakable confidence, ready to perform without fear.



# HISTORY OF THE JPHL

WRITTEN BY TYREL SPITZER

## WHAT WAS THE HOCKEY LANDSCAPE?

When I was playing hockey growing up everything was linear, you played for your catchment area. If you weren't strong enough for the top team you played on the 2nd team, and you tried again next year. It made sense, a very linear approach to junior hockey, easy for even the non-hockey background family to navigate. I had an opportunity to play through this model and played for a Telus Cup in 2005 representing Southside Athletic Club. I went from a tier III house league player to Midget AAA, through pure work ethic.

Were there politics? Sure, it's common for volunteers to run for positions that potentially could help their friends or family. Is it a one-shoe-fits-all? Some parents want the extra practices, third-party skill development, increased off-ice training, and additional tournaments and some just want to keep the entry-level price as low as possible without adding all the extras.

Some families were moving homes to play hockey in different communities. The melting pot in winter drove the value of spring hockey, where the athletes and their families could choose the coach standing in front of them and the athletes that their sons and daughters are surrounded by in the dressing room. The set schedule was a lifesaver for large families and logistics, all of which greatly impacted the "fun" for the athlete and the growth and development of the athlete.

I coached in the minor hockey stream and understood that most of these individuals are in volunteer positions and are doing what they can with the time they can allot for their players. Far from professional coaches just due to availability. They are doing their best with the ice they have allocated and the support around them. They are so vitally important to most of the hockey players in the area.

## PRIVATE HOCKEY WAS CREATED AND OVER TIME THE LEADERS OF OUR SPORT ADOPTED IT INTO OUR SPORT.

Private hockey entered as an alternative to solve some of these problems and I was part of the start of a CSSHL program in Northern Alberta Xtreme based out of ST.FX Catholic High School before its forced exit and relocation to the Black Gold School district. I was a Head Coach of the first Elite 15 team and would kickstart most other teams as the program grew. The demand for an alternative option was high and the price of the program and threshold comparable to other programs was a huge advantage.

I would represent Northern Alberta Xtreme voting rights at the CSSHL for almost 7 years, watching new programs evolve and working with business professionals. The CSSHL would pull the strongest athletes from the minor hockey programs, and it was evident to see the tidal wave of families looking for something that they felt was better. Over the years decisions were made that clouded the direction of the league, and our program only would hold 1 vote. That is when the mindset of some programs started to change.



# HISTORY OF THE JPHL

WRITTEN BY TYREL SPITZER

## WHO ELSE IS RESPONSIBLE FOR THE DEVELOPMENT OF THE SPORT?

During my time we started to hear about a development league that was operating at the younger age groups, it would be where all the top athletes were playing and such a big part of our future players that for 2 years at an arm's length we helped run a Hockey Super League (HSL) program in the Edmonton Ice. The first year was parent-run with just some supporting coaching from Garrett Meger (2006 group) then it was directly running with Kane Lafranchise and Tyler Palmer (2007 group). I started to dig into what it was, who was behind it, and the purpose of it for the game of hockey. Fast forward 2 years later...

I had an opportunity to sit down with the Silent Ice ownership group and understand what they were trying to accomplish in the game of hockey. Most importantly, I saw who they were as people. To recap, it was a very, very smart and successful group that was extremely passionate about the growth and development of the sport. I had questions about their hockey development league and was happy to hear the background/ foundation of it. There are a lot of misconceptions squashed, and it was exciting to see such a great group was in it for the right reasons. We had enough in common to set up a follow-up with the President of Silent Ice Sports and Entertainment, Steven Goertzen.

## PURSUIT OF OUR DEVELOPMENT MODEL

What was supposed to be a 30-minute meeting, turned into a 3-plus hour pursuit of “If you could build the best development model from scratch what would it look like?” We took our experiences from both public and private hockey and built a foundation in our minds of the best of all current worlds.

“Could you vertically integrate hockey programming allowing younger kids access to stronger coaching but making it cost-effective?”

“Could we prioritize a school-first approach knowing how important that is to our group before anything else?”

“Could we provide more value for the athlete in terms of athlete experience through their competition weekends and training?”

“Could we provide a more robust video platform to help promote our athletes to the junior franchise?”

“Could we make this as financially accessible as possible?”

We felt motivated and responsible for the sport to get this done! I had even thought “Wow! The hockey branches are going to love this.”

# HISTORY OF THE JPHL

WRITTEN BY TYREL SPITZER

The Junior Prospects Hockey League was built for families that wanted the lifestyle of a high school/college, where your education is supported and your training is built into your day, giving you evenings and weekends clear to spend time with family dinner, supporting a family member in their evening sport, or catching a movie with friends outside of hockey. Some programs offer this, so it's not new, but in some cases not financially accessible.

The standard we set to create is purposeful in a couple of key areas. Our internal programs travel two athletes to a room (imagine asking an athlete to give an A+ Performance after sharing a bed with their defence partner the night prior?).

Our meals are standard throughout, properly fueling our players and not feeling like one program has an advantage over another throughout the competition weekend (one program eating filet mignon and another eating Mr. Noodles). Our buses within provinces are some of the newest and offer the highest safety features equipped in Western Canada, we have gone as far as to charter planes to eliminate school days missed. That hasn't been replicated to date anywhere else.

The competition delivery allows us to promote our athletes differently. Through our production company, 4Vengeance Media, we provide quality video. It is very difficult for junior franchises to promote remote athletes on poor or mid-level video. It is very difficult to put your credibility on the line if you can't tell if there was hockey play available that the player couldn't see.

We are also developing more than just Athletes/Officials/Coaches/GMs in the sport, we are also training future broadcasters, producers, and camera operators for the sport. We create life skills and have a lot of "FUN" doing it. The biggest challenge of all is how to make this as cost-effective as possible. We have a lot of former professional athletes who often say their families wouldn't have been able to help them get to the professional levels under the current options for them.

That is why we are so passionate about creating this for the next generation, to firstly have "fun" and not place a financial burden on the family that can lead to other issues. We want to support education as the top priority before any sport and should it also provide a path to something more, then we are here to fully support it! I already feel we have impacted the sport and have pushed other models to improve in the last two years, finding ways to offer more value, pursue partnerships, and offer better promotional platforms. All of these benefit our athletes regardless of what model they choose, we are already bringing a positive impact to the sport.



# HISTORY OF THE JPHL

WRITTEN BY TYREL SPITZER

Some might think ours is an impossible task, but we are in pursuit of creating a development model that is integrated, and regardless of when your hockey journey should end, if it ends in our model we want that to be the most “fun” season of the sport you ever play and hope you continue to be a fan and potentially give back in some capacity down the road! Who knows, maybe at some point we get some cooperation from others to help really build the foundation of the sport.

Is there a world for those who want more and who can receive that without the fear that is being sent by our hockey branches? Could the branches focus on players who don't want the extras but just want to play and enjoy the sport in the most cost-effective entry as possible, even cheaper than now so they aren't funding the pursuit of paying for what the top athletes want? Could all models be welcomed and leave the decisions to the athletes and the families to decide which they feel is best for them?

I believe that all athletes should have their own choice on how they choose to train without any political barriers.



# FROM THE BOOTH

BY DEAN MILLARD

As I write this, it's 36 degrees, the grass is green, and the lake is cold. And I can't wait for hockey. Don't get me wrong, I love summer and recharging, but with each new development in the JPHL, my excitement to get back behind the mic grows.

During the season, this piece will be what we observe from the booth—great action and fun stories.

I want to welcome all the newcomers to the JPHL, and I appreciate everyone returning. We were able to air more than 600 games including expanded coverage of the Winter Championships and Playoff Championship Series.

Like the JPHL, 4Vengeance Media is about development and will continue to train broadcasters, but you never know who will show up on your screen.

Last season, 4-time Stanley Cup Champion Craig MacTavish joined a game in Delta, B.C. During the Winter Championship Edmonton Oilers host Gene Principe, former NHL play-by-play man Peter Loubardias, and the voice of the Spengler Cup Dustin Nielson were all part of our crew!



Sportsnets' Gene Principe interviews Lily Leckelt during the Winter Championship.



Dustin Nielson and Dean Millard chat pre-game



# FROM <sup>THE</sup> BOOTH

BY DEAN MILLARD

As for the games, expect a professional, passionate, and informative broadcast - with a great look, sound, and feel - telling the game story as well as the players' narrative from nicknames to season highlights and more. We also conduct live player interviews, honing public speaking skills and building confidence for a future on or off the ice.

Getting to know players and families and meeting parents in the rink is something I love to do. It's also great hearing from families worldwide during our broadcasts, from Australia to Mexico, and did you know, we were huge in France last year...seriously!

Bonne chance à tous pour cette saison de hockey!

## THANK YOU TO OUR PARTNERS!

