

SZN 3

Snapshot



THE OFFICIAL NEWSLETTER OF THE JPHL

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TABLE OF CONTENTS

LETTER FROM THE COMMISSIONER	PAGE 1 -2
ANNOUNCEMENTS	PAGE 2
TIP TIME	PAGE 3
JUNIOR PROSPECT TO JUNIOR ATHLETE	PAGE 4-6
FROM THE BOOTH	PAGE 7-8



LETTER FROM THE COMMISSIONER

BY RICHARD NAULT

I sometimes have been asked what my role as Commissioner entails. To be honest, I am not sure there can be a set job description for the role. I believe that the job description changes based on who is in the chair. No different than athletes, everyone has different strengths and weaknesses. Everyone has their own style. I believe that as long as you lead with your heart, the differences amongst leadership styles becomes less of a priority in regards to determination of success. I hope that for anyone that knows me, gets the sense of my belief system about this league and our purpose. Our why. For me, I believe that as the JPHL Commissioner, my role extends far beyond the traditional boundaries of administration and oversight. I'm committed to balancing my work and focus "on" the model—strategizing and driving league-wide initiatives - with working "in" the model - engaging directly with every facet and corner of our model and league. Details matter!

Again, understanding that everyone has unique strengths and leadership styles, I strive to park my ego and embrace all aspects of the role. That changes with every day and every situation. Whether it's scorekeeping, officiating, or contributing to league growth initiatives, I believe in leading by example and immersing myself in the day-to-day activities that keep our league evolving with continuous improvement and creating an unique and special experience for everyone within our league.

I prefer a hands-on/boots-on-the-ground type of presence at our events, where I make it a priority to connect with athletes, families, and our valued partners. I believe that these interactions not only help contribute to our community culture but also, hopefully, improves and differentiates the overall value proposition of the JPHL.

By working directly within the model, it allows me to get in the trenches with so many important aspects inside. It helps me foster stronger working relationships with officials, coaches, athletes, you name it! This allows me to ensure that our league operates with a genuine understanding of all its components. This holistic approach allows me to better support our junior and JPHL hub owners/GMs, scouts, and coaches, and contribute to the growth and success of the JPHL.

LETTER FROM THE COMMISSIONER

BY RICHARD NAULT

I enjoy blending strategic leadership with practical involvement, reinforcing the league's foundation and being a part of an amazing team that is driving our desire for success and levelling up all of our stakeholders on and off the ice. Hoping that this gives you a glimpse into my perspective and experience.

ANNOUNCEMENTS

- The final weekend of free streaming games is this weekend as part of the free month of September! Information on purchasing season passes and other viewing packages will be available soon from 4Vengeance Media.
- We were happy to welcome the Airdrie Stars U16 Prep as a guest team in our 15U showcase in Lethbridge from September 20-22.
- New Adidas team hoodies are now available in the JPHL Fan Wear Shop!
- The Winter Championship schedule will be released soon!



TIP TIME

WITH MIKE STUTZEL

We all know why we practice; to improve our skills, learn team systems, prepare for the next game. During a typical season, there will be 2-4 practices to each game played. A player is generally on the ice for 100% of the practice time and 20%-40% of a game. We all know practice is important, but why do we often not treat it like a game?

For a game, we eat at a certain time, arrive a couple hours before, sit focused, listen to certain songs, visualize, warm up, stretch, etc. We do this to give us the best possible outcome of great performance. I realize school and daytime schedules restrict treating each practice like a game, but certain aspects of your preparation should be like a game. Do a proper warm up, focus, visualize, listen to your certain songs, prepare yourself as much as you can like you're going out for a game.

Practice each rep like it's a shift in a game. It's little things, but when it comes to your development, they are big things. Don't go offside in practice, if you miss a pass, don't just pick up another puck, there is only one puck in a game, call for all passes, stop at the net, go hard each rep, pay attention, etc etc. You will play like you practice, so practice how you'd like to play.



JUNIOR PROSPECT TO JUNIOR ATHLETE CAMP OVERVIEW

WRITTEN BY TYREL SPITZER

Junior camps are an exciting opportunity to test where you stand among a wider pool of athletes, not just the peers you've trained or played with or against. Athletes may even arrive internationally. You'll notice different helmet stickers from different teams, representing various leagues and levels, but at camp, everyone has the same chance to make the jump to the junior level if they're capable.

Here's the truth about Main Camp: it doesn't matter where you came from. Coaches want the best character and the most impactful players for their team that year. A certain logo on your helmet or pant shell won't earn you a spot on the team—your performance and character will.

Recognizing the opportunity in front of you is crucial. Someone within the organization has identified you as a potential prospect of some caliber. You can make that person look like a genius by choosing to perform.

Most successful junior teams value competitiveness above all else. If you can show a willingness to be tough on your opponents while displaying your tools (speed, hockey sense, and skill), you'll stand out. Athletes who aren't engaged in battles or are too conservative, regardless of their skill level, will eventually find themselves reassigned.

The process usually starts with fitness testing. You won't make the team based solely on fitness results. It doesn't matter how many chin-ups you can do—if you don't perform on the ice, you won't make the team. Fitness testing can be an indicator of your overall athleticism, which could lead to you becoming, if not an impact player, at least a serviceable one. Understanding the value of fitness testing compared to on-ice performance is essential. Be prepared, and plan how you want to approach the fitness testing component of camp.

To be clear, I personally haven't seen an athlete make or miss a team based on fitness testing alone. It all comes down to attitude of the athlete and on-ice performance.

JUNIOR PROSPECT TO JUNIOR ATHLETE CAMP OVERVIEW

WRITTEN BY TYREL SPITZER

Junior teams are potentially investing significant time and resources into your development, so they want to ensure you're someone they can be proud of. Say hello to your coaches, encourage your teammates during drills, and help set up nets or pick up pucks when needed. Communicate during practice, show the character required to succeed at this level, clean your area in dressing rooms or team meals, and be respectful to all staff members. If possible, seek out the person who invited you to camp and thank them personally.

These actions go a long way and can be the deciding factor among athletes who are equally productive at camp. Teams want good teammates who celebrate each other's success, not players who appear to care only about themselves.

Next comes practice. Make eye contact when coaches are instructing and demonstrate engaged body language. Communicate during drills when you're a passing option, stop at the net after drills that finish with a shot, and sprint to the line or wherever the group is waiting for their turn. In technical drills, showcase your speed, puck-handling, and shooting ability. In tactical scenarios, focus on positioning and timing. In competitive drills, fight hard for pucks and body position—be relentless and courageous.

Prospect games come next. You'll likely need to be impactful in these games. If you're not producing offensively, find other ways to make an impact. Know your strengths and figure out how you can contribute positively to your team. If you provide positive outcomes with your play, you should get an invite to the next step.

Then comes the Top 40. The top half of this group will make up a large portion of the team moving into the season. Again, if you're productive, that's great. If not, bring your strengths to the table and impact the game to the best of your ability. A competitive nature is a good foundation, paired with a focus on advancing plays and being positionally sound.

JUNIOR PROSPECT TO JUNIOR ATHLETE CAMP OVERVIEW

WRITTEN BY TYREL SPITZER

Once you reach exhibition games, communicate with your coach about where you stand, and understand who your competition might be for a realistic spot on the team that season.

If it doesn't work out, no problem! Take the experience, gather high-level feedback, and reflect on what your game needs to look like to compete at that level. Use the year ahead to focus, grow, and prepare so you can return even more ready and confident in 10 months!



FROM THE BOOTH

BY DEAN MILLARD

It's been a fast start with teams coming together 'college football style' without pre-season. The broadcast crew is also developing its groove, with some added elements to the production this year.

I watched some WHL pre-season games, and it was great to see JPHL alumni on the ice. Like the players, some broadcasters have 'Leveled Up' in the BCHL, and a big reason why is the exposure gained during JPHL broadcasts.

Trevor Miller called playoff games last year and he's the new voice of the Spruce Grove Saints, as well as 4Vengeance Media Director of Broadcast and Digital Media.

Jagraj Lalli thrilled fans with his upset call of Okanagan in the playoffs and he's the new voice of the Surrey Eagles.

Joey Pitt, who worked JPHL games is now on the mic in West Kelowna for the Warriors.



JPHL broadcaster Jagraj Lalli calling games for the BCHL's Surrey Eagles



Dustin Nielson and Dean Millard chat pre-game

FROM ^{THE} BOOTH

BY DEAN MILLARD

On the technical side, our crew works at the professional sports levels and lends their expertise to our broadcasts. Valuable experience for some of our crew still in high school and getting an early jump on what a broadcast career is like.

While the television sports scene shrinks, production companies like 4Vengeance Media are ready to fill the void.

THANK YOU TO OUR PARTNERS!

