



2023-2024 U9 PARENT HANDOUT

Welcome to the 2023-2024 U9 Team. The following outline is to provide parents with guideline and expectations for the upcoming hockey season.

Head Coach - Mike Breadmore

Assistant Coach - TBD

Trainer – TBD

Assistant Coach - TBD

Manager -TBD

Assistant Coach - TBD

Room Monitors – X 4

Assistant Coach - TBD

Parent Liaison - TBD

Skill/ Goalie Coach – TBD

Coaching Philosophy

My coaching philosophy is to develop a team by providing a safe and positive learning environment. The program is to have the players develop and learn hockey strategies through hard work and dedication. Teach each player basic skill through repetition and consistency. Having every practice planned will help maximize the ice time and be able to spend part of the practice time to concentrate on some individual player development. Letting the athletes feel appreciated for what they can bring to the game, will allow them to give more.

Practices, Games and Tournaments

The goal is to practice 2 times per week. It is likely that many of our practices will take place in the evenings and weekends.

Exhibition game vs other Girls associations TBD

Games TBD. We are actively working on competing in a girls loop. Please note that this could result in playing games outside the region.

The team will compete in our local tournament as well as 1 or 2 out of town tournaments depending on location and schedule with the goal of attending the provincial championships in April. Hotel rooms will be reserved for the team at tournaments. Parents are expected to arrange their own transportation and to book accommodations with the team for those events.

The following is a tentative schedule for upcoming season.

May –September

Team BBQ & Introductions, summer stickhandling/shooting challenges

September — December

Practices, half ice games, Jamboree TBD

January

Practices, Full ice games, Tournament TBD

February

Practices, Full Ice games, Tournament TBD

March

Practices, Playoffs/ Provincial qualifier

April

Practices, Provincials Championships

Player Expectations and Code of Conduct

Players are expected to come to all practices, games and tournaments ready to have fun and work hard.

Players are expected to treat themselves, their teammates, team staff, team families, officials and opposing teams with respect.

Players are expected to be willing to accept and use direction and feedback during games and practices in a positive and encouraging manner.

Players are expected to put forth their best effort and to have a positive attitude during practices, games, and other team activities and will be held accountable for their effort and attitude.

Players selected to play on the U9 Tier 1 team are expected to be 100% committed and are expected to make their commitment a priority. I do however realize that families have lives outside the rink and that there may be times where a player will need to be absent. Advanced notice will be expected.

Players will be expected to be at the arena 30 minutes before practice and 45 minutes before league games and 60 minutes before tournament games.

Players are expected to wear Iceboltz apparel to all games. Options to be discussed once the team has been chosen.

Players are expected to abide by any team rules, curfews and expectations that may be put in place during tournaments and provincials. These rules will be put in place to ensure the athletes are rested and able to play to their full potential. Good nutrition throughout the season will also be expected.

Players will be encouraged to work on their hockey skills (stick handling, shooting etc.) on their own time. Coaches may implement fun team challenges throughout the season to encourage the girls.

Discipline

In the case of an athlete violating any of the player expectations, a progressive discipline protocol will be followed.

1. The player will be reminded about which expectation they are not following and will be informed what the next step will be if she does not follow the expectations.

2. The player and a minimum of one parent as well as two members of the coaching staff will meet to talk about the expectations that are not being followed. The coaches will inform the athlete and parents what the next step will be should this continue. NBDGHA executive will be notified.
3. Disciplinary Actions — If the player continues to violate the expectations following the meeting. The steps that were discussed in the meeting will be followed through. This may include loss of ice time or exclusion depending on the nature.

Please note that in the case of serious events such as dangerous play, bullying Sighting, arguing with coaches or officials etc. an athlete may be excluded until a meeting can be held with the parents and a member of the NBDGHA.

Expectations of Parents

Similar to the players, parents are expected to treat fellow families, players, team staff, game officials, and opposing teams with respect.

Parents are expected to ensure that their daughter is ready for all practices and games. This includes proper rest, nutrition and proper fitting equipment.

Parents are expected to volunteer and help out when and where needed. Hockey relies on a strong group volunteers. It is important that all families contribute.

Parents will be expected to participate in fundraising.

Parents are required to notify the head coach and trainer of all injuries and illnesses. If your daughter has been injured, or she has been off for an extended period she may be required to practice before playing in a game.

Parents are required to notify the head coach of any absences as soon as possible to allow for adjustments to the roster if needed.

Parents will be required to follow the 24hr rule, but are encouraged to bring concerns to the team liaison.AA

Dressing Room Expectations

Players, dressing room monitors and coaching staff are not permitted to use their cell phones or other electronic devices in the dressing room with the sole exception of a music device. No pictures are to be taken inside the dressing room.

Players are expected to follow safety guidelines while in the dressing room. Room monitors will ensure that there is no horseplay, walking around with skates on, etc. The girls are expected to keep their equipment and clothing organized and hung up and their sticks in a designated area.

Only female dressing room monitors assigned to our team roster are permitted to enter the dressing room. These monitors will have taken the Respect in Sport for Coaches course and have a current police record check on file with the NBDGHA.

U9 girls are gaining independence. The dressing room is a great way for this. The players will be encouraged to dress themselves as much as possible, therefore we will limit the number of room monitors needed in the room. There must always be two female monitors in the dressing room. The dressing room door must remain open until two monitors are present.

Coaches will be available to assist monitors with skates outside the room.

When the players are fully dressed the coaches will come into the room to talk to the girls. At this time the room monitors are asked to leave. A female coach, trainer, manager or designated room monitor will remain in the room with the coaches.

After the game, the players will remove their helmets and gloves only so that the coaches can have a few minutes to discuss the game. Room monitors are asked to wait in the hall. A female staff member must be present in the room as stated above.

Financial commitments

In order to operate a competitive hockey team, a team budget is required to cover expenses such as tournament fees, ice time for practice, exhibition games and team equipment etc. Funds to cover the costs come from three sources: Fundraising, sponsors and team fees. The estimated team fee per player is \$900. Team fees may be adjusted depending on roster size, fundraising and sponsors. Team fees will be requested in two instalments, 1st \$500 to be paid by June 15th and the 2nd \$400 to be paid by September 15th. One of the responsibilities of the team manager is to provide all parents and the NBDGHA with a detailed statement of the team budget. If there are funds left over at the year end, families will be reimbursed the remainder evenly.

I am looking forward to a fun season. If you have any questions or concerns at any time please let me know. I can be reached by phone, text, email or even a chat at the rink.

Mike Breadmore

705-498-8745

mike.breadmore@gmail.com

PROPOSED TEAM BUDGET

2023-2024

INCOME

TEAM FEES	\$900 X 13 PLAYERS	\$11,700
SPONSORSHIPS		\$5,000
FUNDRAISING		\$3,300

TOTAL REVENUE \$20,000

EXPENSES

TOURNAMENTS		\$4,500
PROVINCIALS		\$1,000
PRACTICE ICE		\$10,000
EXHIBITION GAMES / (Ice, Refs, Timekeeper)		\$3,000
MISCELLANEOUS		\$1,500

TOTAL EXPENSES \$20,000