

2024-2025 U15B

Parent Information

Welcome to the 2024-2025 North Bay U15B Junior Lakers! This outline will provide parents and players with an understanding of the Competitive U15 girl's hockey program and the level of commitment and expectations required from families to support their daughter throughout the season. The U15 level represents a continued growth at a competitive level and strives to provide a positive experience to ensure players continue to participate in hockey for years to come.



Below I have outlined the player and parent expectations. By committing to the U15 Junior Lakers program it is important that everyone understands and accepts these guidelines as they will act as a working guide throughout the 2024-2025 season.

2023-2024 Season Expectations

- Practices (the goal is to practice 2-3 times per week)
- League games in the OWSA Southern Loop
- Exhibition games against other girls' teams
- Dryland/Off ice training (bi-weekly)
- 4-5 tournaments against girl's teams from around the province.
 - September – Oshawa Lady Generals Fall Classic
 - October – Etobicoke Pink the Rink
 - November – North Bay
 - January- Orangeville Sweethearts
 - February – Brantford Walter Gretzky
 - Provincials or another Tournament
- Regional playdown games and the potential opportunity to play in the Provincial Championships

Coaching Resume / Team Philosophy

My coaching experience has involved a variety of sports at the youth level. In the past 7 years my primary focus has been coaching within the NBDGHA programs at the FUNdamentals, U9-U13 (House) levels as a head coach. This past season I was the head coach for the 2023-2024 U15B team. My coaching philosophy is that players cannot improve without having the opportunity to play in all types of situations. Working as a team and improving as a team will ensure success in games and tournaments, along with building lifelong friendships and positive memories.

Over that timeframe my coaching philosophy has not wavered as I attempt to provide children with an opportunity to:

1. Enjoy the game of hockey,
2. Develop their hockey skills to meet their potential, and
3. Excel at being a great teammate.

Players must be provided with an environment where they are offered opportunities to develop and be held accountable through positive reinforcement while demonstrating the utmost of sportsmanship. I believe experiences such as: work ethic and team play gained through hockey will translate into strong life skills.

Team Staff

A successful competitive program requires a strong group of volunteers. There is a role for every family on the team, and a successful season requires every family to contribute in one way or another. Once the team has been chosen after tryouts, the team staff will be identified. The following roles will require volunteers:

- Assistant Coaches (2-3)
- Trainer (and back-up trainer)
- Manager
- Dressing Room Monitors (female adults who supervise the dressing room before practices and games; prefer to have 5-6 on the team)
- Parent Liaison
- Fundraising Coordinator
- Goaltending Coach and Skating Coach (if possible)
- Other parent volunteers will also be required to assist with fundraising activities and team events during out-of-town tournaments.

Practices

An emphasis will be placed on skill development, positional play, and team strategies during practices. Drills will be delivered through various group centres, half ice and full ice formats. Successful practices will rely heavily on players being well rested and prepared to learn. The goal will be to keep players as involved as possible while minimizing down time and maintaining a high tempo.

Keeping in mind that strong work ethic and teamwork will be emphasized during the player's development, our high intensity drills focused on improving conditioning while the player is working on a particular skill. Skill development drills will progress as the season moves onward.

Games

Equal ice time will be a priority using the Fair Play Policy as guidance. Parents and players must understand, however, that there are instances in games, such as injuries and penalties, that may make equal ice time difficult to manage. A strong emphasis on short shifts and on-the-fly change strategy will be developed to keep your daughter focused and to keep the game moving and interesting.

There may also be other exceptions to equal ice time in the final minutes of certain games such as Regional Playdowns, Provincials, or Tournaments where the coaching staff may play some players more than others or the goalie is pulled for an extra attacker. These decisions will be made based on the best interest of the team.

Feedback to Players

Team staff will provide players with feedback on their play during games and effort in practices in a positive fashion. Encouragement and positive reinforcement will always be used when team staff communicate with players. Players will be held accountable for their effort in games and practices through feedback from team staff. There may be times when the coaching staff feel a firm tone is required with a player to effectively communicate. For example, if a member of the staff feels that a player is not putting forth an effort that they are capable of, staff will challenge the player to improve their effort to meet their potential in an encouraging and/or firm conversation. Players are expected to respectfully listen to all members of coaching staff when receiving feedback.

Dressing Room Management

The U15 Junior Lakers will follow the North Bay & District Girl's Hockey Association (NBDGHA) Change Room Monitor Policy. Only Dressing Room Monitors with Speak Out/Respect in Sport for Coaching Staff and an original Vulnerable Sector Police Check on file with the NBDGHA are permitted to enter the dressing room. Only females are permitted in the dressing room while the girls are changing. At no time will one adult be alone in the dressing room with any of the players; there must always be two (2) female Dressing Room Monitors present in the dressing room, except when there are at least two staff members present.

No electronics with a camera or photographic equipment will be permitted in the dressing room at any time. This applies to staff, parents, and players.

Player Expectations and Code of Conduct

Players are expected to treat their teammates, staff, team families, game officials and opposition teams with respect and displaying the utmost in friendship and sportsmanship. Players will be reminded they are representing North Bay and NBDGHA in arenas, hotels, during fundraising activities or any other team function. Staff will treat players with respect and in a positive fashion, it is expected that players treat staff and their teammates with the same respect. Inappropriate behaviour will not be tolerated and will be addressed with the player and their parents with the head coach and another member of the team staff. Players will be directed to speak positively to each other. **Negative comments, mistreatment or bullying of any type will not be tolerated, including both face to face conversations and electronic.** Many negative comments stem from children over hearing adult conversations, please keep your conversations positive when speaking about the team.

Players are expected to arrive at the arena thirty (30) minutes before practices and be ready to go on the ice ten (10) minutes before practice to allow team staff to explain the practice plan.

Prior to games, players are expected to arrive at the arena one (1) hour before the game (one hour and a half before tournament games) and be ready to warm-up fifty (50) minutes before game

time. The expectation is that everyone will be ready to go on the ice ten (10) minutes before the game, at which point the staff will provide pre-game instructions.

Attendance at all games, practices, and team functions is an important requirement. Competitive hockey requires this level of commitment. Team staff understand families have a life outside of hockey and events do occur that may prevent your daughter from making a game, practice, or function. In these rare instances, parents must notify the Head Coach at least 24 hours before the game, practice, or function if the player is unable to attend. Not meeting these expectations may result in disciplinary action such as missing playing time during games.

Discipline

Disrespectful or unsportsmanlike behaviour will not be tolerated before, after, or during games, practices, tournaments, or team events. Such behaviour during a game or practice could result in a loss of ice time or the player being asked to leave the ice surface. Instances of disrespectful or unacceptable behaviour will be discussed between the player, their parent or guardian, and two (2) members of the coaching staff, at which point a plan will be put in place to move forward.

Parent Expectations

Similar to players, parents are expected to treat fellow families, players, team staff, game officials, and opposition players and families with respect in arenas, hotels, during fundraising activities or any other team functions. It is expected that parents have players at arenas on time, with proper equipment, and have eaten a nutritious meal in preparation for the game or practice. Team staff will strive to place players in the best position for them to be successful. It is expected that families also strive to meet this goal. Having appropriately sized and functional equipment for your daughter is a must. When considering the time and money invested into your daughter's hockey, spending the money on properly fitting equipment only makes sense. Should your daughter be injured due to equipment that no longer fits or is worn out hinders her development and the team's progress.

A 24-hour period will be in effect for parents who wish to voice concerns involving their daughter. The parent will be asked to wait 24 hours before contacting the Coach or Parent Liaison to talk about the situation.

Communication

The team will use the team's website, located on nbgha.com, to post all scheduled games, practices, and tournaments. Email messaging will also be utilized for team communication from members of the team staff.

Season Plan

The season goal will be to provide instruction and guidance focused on developing the player's individual skillset and understanding of the game while keeping an emphasis on a strong work ethic and teamwork.

For players, the plan is to start with skating drills, puck handling while incorporating passing and

shooting instruction. As the players develop, further skills will be implemented to include positioning, proper alignment, angling, battling drills and game strategy instruction. Through repetition, players will be expected to combine all the learned skills and apply them to a game setting.

For goaltenders- the expectation is that they participate in the skating drills to assist them in developing their own skating and agility abilities. Working on angling and positioning in the crease to help in their success. Looking to get a goalie coach that will be able to help improve goalie specific skills and hopefully building on each of the goalie's strengths and working on their weaknesses.

Tournaments

Tournaments offer a great opportunity to play challenging games against similar girls' teams from across the province. Tournaments are also great opportunities for girls to develop their friendships with teammates. I am recommending that we participate in 3-4 tournaments and potentially the Provincial Championships. An attempt will be made to have the tournaments spread out during the season to allow proper preparation of the players and their families.

Team Attire

The purchase of Junior Lakers Apparel will be the responsibility of each player. Apparel can only be purchased from the NBDGHA supplier (see www.nbggha.com for details). It is expected that each player has a minimum of a Junior Lakers coat, T-shirt or sweatshirt, and navy pants. Team attire will be worn to and from all games.

The coaching staff and trainer are also expected to wear team attire and dress in business casual as this sets a good example for the players who are looking to the coaching staff as role models.

Financial Commitments

To operate a competitive hockey team, a team budget is required to cover expenses such as tournament fees, ice time for practices, and access to specialized coaches. Funds to cover these costs come from three potential sources: fundraising, sponsors, and team fees.

Team fees will not be specifically determined until the team has been chosen. The estimated team fee per player is approximately \$1342, however the number of players, the amount of fundraising, and number of sponsors, if any, will determine the specific cost per player.

Team fees can be paid in three installments, the first \$600 by July 31st, 2023, and the second \$600 by September 30th, 2023, and the third \$529 by October 31st, 2023. If there are funds left over at year-end, families will be reimbursed the remainder evenly.

Team Budget

One of the responsibilities of the team Manager is to provide all parents and the NBDGHA with

detailed statements of the team budget at least three times throughout the season. A summary of the team budget is provided below.

Proposed Income

Player Fees	17 players x \$1729	\$29,393
Sponsorship		\$ 3,007
Fundraising		\$ 5,100
Total		\$37,500

Expenses

Practice Ice Fees	60x \$200	\$12,000
Exhibition Games	4 games	\$1,500
Tournaments	4x \$2000	\$8,000
Provincials		\$1,500
Dryland Training		\$2,500
Year End Party		\$1,000
Team Apparel		\$2,000
Bus Rental		\$2,400
Goalie Coach		\$1,000
Female Coach		
Accommodation		\$3,000
Team Meals		\$1500

Misc. (team events, sponsor sign, equipment, etc.)		\$1,100
Total		\$37,500

Fundraising

An incentive program will be implemented to encourage team members to seek business sponsors. The program works as such – Sponsorships received will be split 50/50 between the team and player’s team fee (50% goes to team and 50% goes to the player’s team fee). A player can earn up to a maximum of \$1729 off her team fee this way. Any sponsorships received over and above will go directly to the team.

Competitive hockey is a big commitment for entire families. The rewards of a season where girls enjoy themselves, improve their skills to meet their potential, become good teammates, work well with others, learn about off ice development, time management and continue to develop a life-long love for the game of hockey at the highest level are priceless and worth every minute. I look forward to working with the team to help the girls achieve these goals.

Should you have any questions or concerns about the U15 Competitive Junior Lakers program, please do not hesitate to contact me.

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