



## 2024-2025 U18 A/BB Parent/Player Information

### Overview

Welcome to the 2024-2025 North Bay U18 A/BB Competitive Junior Lakers! This outline will provide parents and players with an understanding of the Competitive U18 A/BB girls' hockey program and the level of commitment required from families to support their daughter throughout the season. The U18 level represents a continuation of growth at a competitive level and strives to provide a positive experience to ensure players continue to participate in hockey for years to come.

The 2024-2025 season would have players being on the ice over ninety (90) hours through:

- Practices (attempt a minimum of two (2) per week)
- League games
- Dryland/Off ice training
- Exhibition games against girls' teams from various locations
- 3 to 4 tournaments against girls' teams from around the province
- Regional Play down games and the potential opportunity to play in the Provincial Championships

Criteria for a successful season include:

- Players continuing to develop a life-long passion for the game of hockey.
- Creating friendships and a bond with teammates that goes beyond the arena.
- Developing the player's core skills to meet their potential.

### Coaching Philosophy

I believe strongly in the philosophy outlined in the Hockey Canada Guidelines for Play Development. My goal is to develop a strategy that incorporates a strong work ethic, accountability, and teamwork. These three (3) common themes will allow all the players to have fun, further develop their hockey skills, and enjoy the camaraderie that teamwork brings not only to sport but to their day to day lives. I believe that it is important that all members on the team enjoy a sense of belonging and that their role on the team is as important as the next player's. I feel that coaching is about mentoring and allowing our youth to learn in a comfortable setting while working as hard as they can. I am an approachable person, and my role would be that of a team member as well.

### Practices

A strong emphasis will be placed on core skill development, team play and puck movement during practices. The majority of practice time will focus on high tempo drills that are designed to improve

fundamental skills and conditioning. These drills will be delivered through various small group centres and eventually will lead up to more complex structures. Practice time will also be dedicated to positional play and puck movement. Successful practices will rely heavily on the number of coaches and team staff volunteering to run practices.

Contract ice will be determined before the start of the hockey season. Other ice times will vary depending on ice availability.

## **Games**

I believe players need the opportunity to experience all situations in games. To accomplish this, 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 applied to keep your daughter focused and to keep the game tempo up.

There may also be other exceptions to equal ice time in the final minutes of certain games such as Regional Play downs, 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 communicates with players. In turn, players will be held accountable for their effort in games and practices. 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 conversation.

## **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 selected, the team staff will be identified. The following roles will require volunteers:

- 9 Forwards, 6 Defence, 2 Goalies = 17 Team Members
- Head Coach
- Assistant Coaches (2 or 3)
- Trainer (2)
- Manager (1)
- Dressing Room Monitors (4)
- Parent Liaison (1)
- Team Statistician/Video (1)
- Skills Instructors (Goalie, Skating, Training)
- Event, Hotel and Fund-Raising Planner (2)

Other parent volunteers will also be required to organize fundraising activities and team events during out-of-town tournaments.

## **Dressing Room Management**

The U18 A/BB Competitive Junior Lakers will follow the North Bay & District Girls' Hockey Association (NBDGHA) Change Room Monitor Policy. Only Dressing Room Monitors with Speak Out/Respect in Sport for Coaching Staff and an original Police Check on file 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**

Players are expected to treat their teammates, staff, team families, game officials, and opposition teams with respect and always display the utmost sportsmanship. Players will be reminded they are representing North Bay and the NBDGHA in arenas, hotels, during fundraising activities, or any other team function. Inappropriate behavior will not be tolerated and will be addressed to the player and their parent/guardian, with the Head Coach and another member of the team staff and or executive member.

Players are expected to arrive at the arena thirty (30) minutes before practices and be ready to go on the ice five (5) minutes before practice to allow team staff to explain the practice plan prior to getting on the ice.

Prior to games, players are expected to arrive at the arena one (1) hour before the game 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 at least 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 & Manager at least 24 hours before the game, practice, or function if the player is unable to attend. Failure to do so could result in loss of ice time. This will be at the discretion of the coaching staff.

## **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

Like players, parents are expected to treat fellow families, players, team staff, game officials, and opposition players and families with respect in arenas, hotels, etc. It is expected that parents have players at the arena 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, and it is expected that families also strive to meet this goal. As the goal is to develop your daughter's skills, she may find herself moving positions – this is a great skill development strategy and may be used during the season.

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 as well as TEAM RAMP. Email messaging will also be utilized for team communication from members of the team staff.

## Tentative 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 to 4 tournaments and potentially the Provincial Championships.

- September - TBA
- October – TBA
- January – TBA
- February – TBA
- April – Provincials

## Season Plan

The planned goal for the year will be to improve every player's skill to a level that will produce a competitive team at tournaments (later in the season) and at the Provincials Tournament (should we qualify). To achieve this goal, we will focus on a plan that will concentrate on the development of the following:

Month	Target	Detail	Skaters	Goalies
Sept	Tournament 1	Conditioning and Skating Skills & Passing and Team Systems	FWD & BWD Skating, Passing & Shooting (Stationary & On the fly)	Conditioning and Skating Skills
OCT	Tournament 2	Skating Skills & Passing and Team Systems	FWD & BWD Skating, Passing & Shooting (Stationary & On the fly)	Angles
NOV		Fore-checking & defending	Angling, Positioning, Puck Battling (open ice & along the boards)	Slides

Month	Target	Detail	Skaters	Goalies
DEC		Passing & Breakouts	Skating, Positioning, Passing (stationary & on the fly)	Agility
JAN	Tournament 3	Breakouts & Power Play	Battling, Skating, Passing & Shooting (stationary & on the fly)	Blocker & Trapper
FEB	Tournament 4	Conditioning, Breakouts, Fore-checking	Repetition of skills developed throughout season	
MAR		Conditioning, Breakouts, Fore-checking	Repetition of skills developed throughout season	
APR	Provincials	Conditioning, Breakouts, Fore-checking	Repetition of skills developed throughout season	

Although this could change depending in the progression of the season, it will be the main “go-to plan” for the coaching staff.

## Team Attire

Additional team apparel can on be purchased from the NBDGHA supplier (Source for Sports North Bay). It is expected that each player has a minimum of a Junior Lakers coat, T-shirt or sweatshirt, and solid blue pants. **Team attire will be worn to and from all games and team functions.**

## 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 \$2000, 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 two (2) instalments: \$1400 as soon as possible, and the balance of \$600 due prior to November 1, 2024. If there are funds left over at year-end, families will be reimbursed the remainder evenly.

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.

## Sponsorships

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 \$2,000 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 families but having a season where the girls improve their skills, become good teammates, work well together, and enjoy themselves is worth every minute of it. I look forward to working with the team to help the girls achieve these goals.



### Under 18 A/BB REP Junior Lakers 2024-2025 Proposed Budget (Estimated)

#### Proposed Income

Player Fees	17 players x \$2,000	\$34,000
Sponsorships		\$5,350
Fund Raising		\$13,050
<b>Total</b>		<b>\$52,400</b>

#### Expenses

Ice Time Practices	70hrs x \$300	\$21,000
Exhibition Games	10 games (split costs)	\$2,500
Tournaments	4 x \$2,100	\$8,400
Team Apparel	17 x \$250	\$4,250
Dryland training		\$2,000
Christmas/Year End Party		\$1,000
Provincials & Bond		\$1,800
Goalie Coach/Skating Coach		\$3,000
Practice Jerseys/Socks		\$1,000
Misc. (Music, Team Events, Game Socks, Sponsor Sign, First Aid kit, Water bottles, etc.)		\$2,030
Home Game Music (11x\$120)		\$1,320
Team Photos		\$300
Bus Trips		\$2,150
OWHL League Fee		\$300
Playdown Home Games		\$800
Playoff Home Games		\$2,000
Seniors Tribute		\$1,000
<b>Total</b>		<b>\$52,400</b>

Should you have any questions or concerns about the U18 A/BB Competitive Junior Lakers program, please do not hesitate to contact me by phone or email.

**Chris Olsen - Coach**

**Mobile: 705-498-4575**

**E-mail: [chrisolsen.hc@gmail.com](mailto:chrisolsen.hc@gmail.com)**

