



2024-2025 U15 A Parent Information

Welcome to the 2024-2025 North Bay U15 A Junior Lakers! This outline will provide parents and players with an understanding of the Competitive U15 A girls' hockey program and the level of commitment and expectations required from families to support their daughter throughout the season.

Coaching/Team Philosophy

My coaching experience includes a variety of sports including hockey, soccer and football at the youth and high school level. In the past 9 years my primary focus has been coaching within the Ice Boltz/Junior Lakers programs. In the past few seasons, I have developed players at the U13 and U15 levels as an assistant and head coach. Last season I was the Head Coach of the U15 BB Junior lakers program. I am looking forward to returning as a Head Coach and will continue to implement coaching strategies utilized throughout the various teams I've been involved with.

My coaching philosophy is to develop each and every player while emphasizing the importance of strong work ethic and teamwork. By giving our children the opportunity to play all sports including hockey, I strongly believe that they will be developing important life skills that will become essential in all aspects of their lives. The goal of the coaching staff is to provide players the opportunity to improve their skillsets to compete at the highest level in future hockey seasons.

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

2024-2025 Season Expectations

Practices (the goal is to practice 2-3 sessions per week)

League games (on average, a minimum of 2-3 per week -Southern loop weekend games)

Exhibition games against top level A and AA teams in Ontario

Three to Four tournaments against girls' teams from around the province

Regional Play down games and the potential opportunity to play in the Provincial Championships

Team Staff

In order to have a successful competitive program there is an expectation that every family contribute in one way or another in order to support the players. There are several roles listed below that will need to be filled prior to the start of the season. These roles include:

- Assistant Coaches (3-4)
- Trainer (2)
- Manager (1)
- Dressing Room Monitors (mothers who help the girls with their equipment in the dressing room before practices and games; prefer to have 3-4 on the team)
- Parent Liaison
- Goaltending Coach and Skating Coach (if possible)
- Video Streaming
- Statistical Analyst (game stat collection)
- Other parent volunteers will also be required to organize fundraising activities and team events during out-of-town tournaments.

Practices

Keeping in mind that strong work ethics and teamwork will be emphasized during the player's development, our practices will have an emphasis on high intensity drills focussed on improving conditioning while the player is working on a particular skill. I believe that a player with endurance is able to contribute to the team regardless of their skill level.

Skill development drills will progress as the season moves onward. During skill development, there will be an emphasis on high level skillsets. My belief is that each player should be challenged to improve their individual skillset by taking them out of their comfort zone. I have found that within a short period, the players are able to adapt and quickly improve.

Games

I believe players need the opportunity to experience all situations in games in order to have the best possible understanding of the game. 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 that affect player ice time such as injuries, penalties and power play opportunities. Throughout the season, certain players will be identified to be utilized in these situations. Overall, 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 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.

Dressing Room Management

The U15 A 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 and Code of Conduct

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 behaviour will not be tolerated and will be addressed with the player and their parent/guardian, with the Head Coach and another member of the team staff.

Players are expected to arrive at the arena thirty (45) 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 getting on the ice.

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, 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.

Parents will not be permitted in the change room unless they are on the coaching staff or are a room monitor; instead, parents are to wait for their child in the lobby.

Communication

The team will use the Ramp App 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 focussed on developing the player's individual skillset and understanding of the game while keeping an emphasis on strong work ethics and teamwork.

For players, 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 of the learned skills and apply them to a game setting. Our overall goal for the players is to develop as a whole which will be done by incorporating the high-level puck handling drills at the start of each practice. The primary focus is to improve the skillsets of each and every player in order for them to continue playing at the competitive level.

For goaltenders- A specialized goalie coach will be sought in order to assist with the technical aspects of the game and will attend practices periodically along with having an assistant coach dedicated to routine goalie development. Our practice plans include a high amount of puck handling and shooting that will incorporate the goaltenders throughout the majority of the practice.

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 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 in order 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 be purchased from the NBDGHA supplier (Source for Sports). It is expected that each player has a minimum of a junior Lakers T-shirt or sweatshirt, and blue pants. Team attire will be worn to and from all games.

The coaching staff and trainer are also expected to wear team attire 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 \$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: \$1000 by June 31st, 2024, and the balance due by November 1, 2024. 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 2000	\$34,000
Sponsorship – Major Sponsor		\$ 1,500
Fund Raising – 2-3 Fundraisers (raffle)		\$ 7,000
50% of Sponsorships		\$ 2,000
Total		44,500

Expenses

Practice Ice fees	60 hrs X \$300 (1.5)	\$18,000
Exhibition games	10 games (split cost) 200x10	\$2,000
Tournaments	4x1400	\$5,600
Provincials	1x1600	\$1,600
Practice Jerseys		\$500
Specialty Coaches (goalie, skills, power skating)		\$3,000
Non-Parent Coach Expenses (hotel, gas meals) *If required*		\$4,000
Misc. (team events, sponsor sign, equipment, dryland training costs etc.)		\$2,500
Air Camera Stats System (getting quotes)		\$2,000
OWHL League Fee		\$300
Playdown Home games (vs Sudbury)		\$800

Playoff Home Games (Southern League – up to 6)	\$2,400
Provincial Bond (paid to NBDGHA upon making provincials)	\$200
Year End party	\$1,000
Total	\$43,900

Fundraising

Any sponsorship money a player gets will be split 50/50 between the team and player's team fee (50% goes to the team and 50% goes to the player's team fee). So if a player gets a \$1000 sponsor, for example, \$500 goes to the team budget and \$500 will be applied to her team fee.

All sponsors will have their company logo put on our team banner and that banner will be displayed at every game we play.

The largest business sponsor received will be considered a "Major Sponsor" and will not only have the largest logo on the banner but will also have the business logo applied to each of the girls practice jerseys.

Finally, you must realize that you are expected to make a commitment to the team by following these guidelines.

If you have any questions, please do not hesitate to contact me.

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