

## **Welcome to the 2025-2026 U13B North Bay Junior Lakers!**

This outline will provide players and parents with an understanding of what can be expected throughout the 2025-2026 season, and the level of commitment required from families and their athlete. My goal is to provide a positive experience and help players develop their individual skills and reach their full potential in competitive hockey.

### **Coaching Resume / Team Philosophy**

This past season I was the Head Coach for the U13 Jr. Lakers DS team and an assistant coach for U11 Jr. Lakers DS team. I also was an assistant coach for both U13 HL and U11 HL Jr. Lakers. Prior to that, I was a Head Coach for Pee wee AA boys in 2019-2022, and AAA in 2018-2019 as an Assistant Coach. In the off season, I also coach U9/U10 DS Soccer for the Jr Lakers.

I am looking forward to taking on the role of head coach of the U13B program and will be implementing a program designed for players who wish to make the commitment, in time, cost, to play competitive hockey; this opportunity is designed for those athletes who are seeking more competition and skill development than is afforded by house league or development stream teams alone. The players must prioritize both hockey games and practices-you can expect to be training 3 to 4 times a week for the duration of the season. We will be learning systems in all three zones of the ice, as well as special teams. This is to encourage hockey IQ and game management strategies as the players continue to grow and develop their hockey acumen.

The primary focus of our program will be strategy, team play, skill development and team tactics; while encouraging the girls to compete at an elite level and practice with more intensity.

The 2025-2026 U13B team will have a variety of players with different skill sets, coming from various hockey streams and divisions. Understanding this, my plan is to provide all players with the same guidance and instruction while allowing them to develop at a pace that is not too overwhelming. At times, particular attention may be provided to those players that require additional guidance for the team to further develop.

My coaching philosophy is to develop each player while emphasizing the importance of perseverance, resiliency, work ethic and teamwork. By giving our children, the opportunity to play sports, including hockey, I strongly believe that they will develop important life skills that will become essential in all aspects of their lives. A competitive hockey player should continually strive to be better and be willing and eager to put in the work. Your athlete should possess self-motivation, attention to detail, the focus to learn and the desire to compete. It is important also that they be able to accept constructive criticism and use the direction to improve their game.

Below, I have outlined the player and parent expectations for the upcoming season. By committing to the U13B Jr. Lakers program it is important that everyone understands and accepts these guidelines as they will act as a working guide throughout the 2025-2026 season.

## **2025-2026 Season Expectations**

- Practices (the goal is to practice 2-3 times per week)
- 22 League games in the Southern Ontario Women's Hockey League (OWHL-Southern)
  - Expect to travel to southern Ontario for all away league games. 0
  - Expect some home games to be played in South River, Sundridge, and Huntsville
  - Expect single or double header games.
  - Potential 2-3 single night hotel stays dependent on league play scheduling.
- Exhibition games against girls' teams from locations such as Sudbury and Barrie
- Three to four away tournaments/1 home tournament
- Regional playdown games and the potential opportunity to play in the Provincial Championships

## **Team Staff**

To have a successful competitive program, there is an expectation that every family member contributes 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 (2-3) Possibly comprised of Parent or Non-Parent.
- Trainer (and back-up trainer- MUST BE FEMALE)
- Manager
- 4-6 Dressing Room Monitors (MUST BE FEMALE, who help the girls with their equipment in the dressing room before practices and games)
- Parent Liaison
- Fundraising Coordinator and team (2-3)
- Specialty coaching: Goaltending Coach and Skating Coaches (if possible)

## **Practices**

Keeping in mind that strong work ethic and teamwork will be emphasized during the player's development, our practices will have an emphasis on high intensity drills focused on improving conditioning while the player is working on development of a particular skill or system.

Skill development drills will progress as the season moves onward. During skill development, there will be an emphasis on the basics of shooting and passing while incorporating the understanding of positional play, breakouts, and fore-checking. These drills will mainly be delivered through various small group drills to mimic game like situations.

We will also begin to teach systems for all 3 zones of the ice, forechecking, gap management, neutral zone regroupings and introduction into PP and PK strategies. It is my hope to not only improve the athletes' physical abilities and skill, but also to work diligently on their Hockey IQ, judgement, and confidence on the ice.

## **Games**

I believe players need the opportunity to experience all situations in games 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, such as injuries and penalties, that may make equal ice time difficult to manage. A strong emphasis on short shifts and on-the-fly changes will be incorporated to keep your athlete focused and to keep all the players engaged during all games.

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. Lastly, there may be instances as we introduce PP and PK systems that players may be asked to fill one or both of these roles at any given time depending on effort and play during that game. 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.

## **Dressing Room Management**

The U13B Jr. 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. A phone bag will be used for every team event for the devices to be collected and stored while involved in Jr Lakers activities.

## **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 forty-five (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 that families have a life outside of hockey and events do occur that may prevent your athlete from making a game, practice, or event. In these instances, parents must notify the Head Coach at least 48 hours before the game, practice, or event 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. If there is a serious or flagrant violation, a member from NBGHA will also be requested to attend the meeting.

### **Parent Expectations**

Similar to players, parents are expected to treat fellow families, players, team staff, game officials, and opposition players and their families with respect in arenas, hotels, etc. It is expected that parents have players at the arena on time, with proper equipment 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 athletes' 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 athlete or staff member. The parent/guardian will be asked to wait 24 hours before contacting the Parent Liaison to voice their concern about the situation; at which point the parent liaison will then contact the staff and set up a meeting ASAP.

### **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 as well as team RAMP.

## **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 away 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.

**Tournament Expectations** - During a tournament, certain rules may be put into place to ensure that the athletes are best prepared for play. Coaches may institute a bedtime curfew. There may be mandatory team activities and meals. Pool time may be restricted. Players will be instructed to eat healthy foods and to stay away from "junk" food. We will make every effort to build one team meal into each tournament. We will require parent volunteers to help organize.

## **Team Attire**

The purchase of Jr. Laker Apparel will be the responsibility of each player. Apparel can only be purchased from the NBDGHA supplier (see [www.nbgha.com](http://www.nbgha.com) for details). It is expected that each player has a Lakers green helmet, gloves and pants/shell for on ice play. A minimum of an Jr. Laker track coat and blue track pants will also be required for each athlete for practices and a winter puffer jacket for games.

\*Team attire will be worn to and from all practices and games. \*

The coaching staff and trainer are also expected to wear team track suits for training events and dress in business casual for games 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 \$1800, 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 (3) installments: \$600.00 May 1st, 2025, \$600.00 by June 1<sup>st</sup>, 2025, and the balance due by October 31st, 2025. 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 (December 15, February 15, and April 30). A summary of the team budget is provided below.

### Proposed Income

Fees - 17 players x \$1400	\$23,800
Sponsorships	\$7500 goal
Fundraising	<u>\$7500 goal</u>
	<b>\$38,800</b>

### Expenses

60 Practices x \$200	\$12,000
12 Summer Skating sessions	\$1800
30 Dryland Sessions	\$3000
4 Away Tournaments	\$8,800
Exhibition Games	\$2100
Team Party	\$1000
Local Tournament	\$ 600
Specialty Coaching	\$3000
Team Meals	\$2000
Sign/trainer supplies/Practice Jersey's	\$2000
Provincials	\$1500
Misc. Expense	<u>\$1000</u>
<b>\$38,800</b>	

Additional Expense for Team Needs - Skills, Power Skating, Goalie, etc., team events, sponsor sign, equipment, trainer supplies etc.

## Fundraising

An incentive program will be implemented to encourage team members to seek business sponsors for the team.

Half of the amount will be deducted from your team fees and the other half towards team budget. For example, if you secure a sponsor of \$1000, \$500 would go towards the team and \$500 would go towards the player team fees. A player can earn a maximum \$1600 off their team fees this way.

Any sponsorships received over and above will go directly to the team.

If we receive a sponsorship of \$3000 or more, that sponsor would be the team's name i.e. The Face Clinic North Bay U10G Jr Lakers. This will also be at the top of our team sponsor sign prominently displayed with logo.

All other sponsors will also be placed on the banner with logs as well.

***Finally, you are expected to make a commitment to the team by following these guidelines. If you have any questions about the guidelines above, please do not hesitate to contact me, I will be happy to discuss any concerns or clarify anything if need be.***

Looking forward to a fantastic season, thank you all in advance.

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