

## 2025-26 U15 Jr Lakers Parent Information

Welcome to the 25-26 U15 Jr Lakers

This information will provide parents with a guide outlining the expectations and commitment associated with their daughter playing for the U15 Lakers

### Ice Time

The 2025-26 season will comprise of the players being on the ice between 100- 120 times. The season begins in late August and continues through the middle of April with the goal of playing for a provincial championship.

The team will participate in approximately 50-60 Practices. Practices will take place in North Bay and outlying areas.

The team will play in a league of female teams from Sudbury and Southern Ontario teams. Games will take place on most weekends. To limit travel the team will do its best to schedule multiple games per weekend. Games with Sudbury may be played during the week.

Exhibition Games will take place early in season and possibly prior to Provincials. The hope is to schedule 6-10 exhibition games during the season.

Playdowns will involve games against Sudbury with the series taking place in February through to early March. **It is expected families organize their planned vacations outside of these times.**

Four regular tournaments to be determined with the first most likely in late September or early October. The goal will to play a fifth at the Provincial Championships (Southern Ontario); however, it is likely we will need to qualify.

### Coaching Philosophy

My coaching experience includes approximately twenty- five (25) years of coaching hockey and other sports. Throughout my years of coaching my philosophy has always remained the same. A successful season is based on:

- Enjoying and learning the game.
- Developing individual and team skills.
- Making close, long-term friendships that go beyond the rink.
- Developing life skills (i.e.: good teammates, manners, sportsmanship, etc.)

Players will be provided a safe environment to develop hockey and life skills through positive interaction, reinforcement and being held accountable.

## **Practices**

The team will make every attempt to have practices take place in North Bay. Unfortunately, due to the limited ice available in the city the team will most likely seek ice in the surrounding communities as well.

Practice will emphasize skill development. Drills will focus on individual skills such as passing, shooting, stickhandling and skating. These drills will be delivered in small group centers or as a entire team.

Throughout the year practices will also consist of positional play and the introduction of offensive systems, defensive systems and other team tactics.

## **Games**

I believe that all players should have the opportunity to be successful in different situations that are present in games. To accomplish this I try to ensure the players are placed in situations that they can manage successfully. I am a firm believer in fair ice time but also understand that sometimes situations occur where equal play may not be beneficial to the team.

During all games the coaches do not guarantee equal ice but will ensure that players will not be sitting for extensive periods of time (i.e.: missing a whole period). Coaches will also determine line selections, positioning, etc. These decisions are not made lightly and are always done so with the coaching staff's belief that this is in the best interest of the team. Finally, at times this year your child may be asked to play in a different position.

For the most part the goalies will alternate games. There may be times that the coaching staff chooses to alternate the rotation or split games. This will be communicated with the goalies prior to the game. Also, the coaching staff may choose to pull a goalie who is struggling during a game.

## **Feedback to Players**

All team staff will provide feedback to the players throughout practices and games. Encouragement and positive reinforcement will be used when communicating with the players. The coaches will hold players accountable for their play and may challenge that player's effort level but shall do so in a respectable manner. All coaching staff will make every effort to ensure the girls feel they can approach the coaches for advice, feedback or as a confidant.

## **Team Staff**

A successful, competitive program requires a strong support group. I expect that every family will contribute to the success of this program in some manner. Following tryouts the team staff will be identified. The hope is to include some female volunteers in the coaching along with a few parents. The staff will be up to eight individuals that include a

Head coach

Three assistant coaches. Preferably at least one non parent female coach

Trainer (on the bench). Backup in the stands.

Manager

Two practices coaches (ideally one being a goalie coach)

8 room monitors (two in room at all games and practices)

Several other positions will be available for volunteers. It is important that all families contribute.

### **Player Expectations**

Players are expected to treat their teammates, staff, game officials and opposition teams with respect while displaying good sportsmanship in all situations.

Inappropriate behaviour will not be tolerated and will first be addressed with the player. Parents will be informed of the discussion between the player and coach. Should the matter need further discussion the coach will meet with the player and the parents. A second member of the coaching staff will always be present for all discussions.

Players are expected to arrive at the arena 30 minutes before practices and be ready to go on the ice 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 hour before the game, and be ready to go on the ice 10 minutes before the game at which point the staff will provide pre-game instructions.

Attendance at all games, practices and team functions is a requirement. Competitive hockey requires this level of commitment. I understand that 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 are asked to notify the head coach at least 24 hours before the game, practice or function if the player is unable to attend.

### **Discipline**

The coaching staff will not tolerate disrespectful or unsportsmanlike behaviour directed at staff, teammates or opposition before, during or after practices, tournaments or team events. Such behaviours, at any time, could result in a loss of ice time or the player being asked to leave the ice surface.

Coaches will speak with the individual child should the staff feel the need to address any behavioural issues. The staff will follow up with the parents following the conversation between the coaches and player.

If the coach feels the behaviour is significant or ongoing the coach will meet with the child and parent. Should the coach or parent feel that the issue cannot be solved or the consequence is unfair, the coach will inform the association of the issue and request a meeting with an official from the association's executive. A second member of the coaching staff will always be present for all discussions.

## **Parent's Role**

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. The coaching staff expects that parents have their daughter at all team events on time. If the player is unable to attend or expected to be late the coaching staff expects to be informed prior to the event.

During the year it is possible that some parents will not agree with all the decisions of the coaching staff. Should that occur I encourage the parents to communicate their concerns with the head coach in a respectable manner. Should you feel that your concerns are not addressed I welcome the opportunity to speak about your concerns with an executive member present. It is my hope that parents make all attempts to address their concerns with the coaching staff within a reasonable times. It is my experience that an unaddressed issue can lead to an unpleasant experience for the youth, parent and coaching staff.

I ask that parents who would like to discuss decisions made by the staff adhere to the twenty four (24) hour rule. This rule simply asks that parents take twenty four (24) hours prior to contacting the head coach to discuss the concern. I believe this allows all parties to collect their thoughts and allows time for emotions to settle before discussing issues involving their children.

All concerns regarding the coaching staff should be directed to the head coach. From the initial contact an action plan will be put in place to include all parties involved in the concern.

Parents will be asked to contribute to the success of the team by participating in team events, fundraising tasks and simply being supportive of the girls, staff and other families.

## **Communication**

The team will use the team's website, located on nbgha.com, (Ramp) to post all scheduled games, practices and tournaments. Emails will also be distributed for all team communication from members of the team staff.

## **Dressing Room**

The team will follow the NBDGHA Change Room Monitor Policy. Only Dressing Room Monitors with Speak Out and original Police checks 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 is there to be one adult alone in the dressing room with any players. There must always be two female room monitors (or a female trainer, coach and female room monitor) present in the dressing room.

## **Financial Commitments**

To operate a competitive hockey team, a team budget is required to cover expenses such as: tournament fees, ice time for practices, specialized coaches. Funds to cover these costs come from three potential sources, fundraising, sponsors and team fees. Should the team include volunteer coaching the team will cover the cost of tournament travel for those individuals.

The team operating fees are estimated to be between \$45000- 50000. Team fees will not be specifically determined until the team has been chosen. The estimated team fee per player is approximately \$2000. Team fees can be paid in three instalments: the first 500 will be due by May 15, 2025 to assist with securing tournaments early. The next \$1000 will be due September 15, 2025. The last installment of \$500 is expected no later than October 31, 2025 To offset the costs of operating this program it is expected that the team will be required to raise approximately \$10000- 15000 through fundraising and sponsorships.

### **Sponsorship**

If any parent has access to a Gold team sponsor of \$3500 or more that sponsor will operate as the team's title sponsor. Practice Jerseys will be purchased with the logo of the sponsor on each player jersey. Water bottles will also display the Gold sponsor. \$1000 of the major sponsor will go towards the team fees of the player that brought the sponsor.

Silver Sponsor of \$1500 or more will be displayed on practice Jerseys as well. \$500 will go towards the team fees of the player that secured the sponsor.

Minor sponsors of \$200 or more will be placed on the team banner and advertised on team Facebook website and shared during any team broadcast of games. 50% of secured sponsors will go towards your child's team fees.

All sponsors will be prominently displayed on banners, Facebook page and other areas of advertising that may be determined throughout the year.

One of the responsibilities of the team Manager is to provide all parents and the NBDGHA with detailed statements of the team budget (a minimum of three times per season). If there are funds left over at year-end, families will be reimbursed the remainder evenly.

### **Conclusion**

Competitive hockey is a big commitment for the entire family. A successful team builds long lasting memories for the whole team and leads to relationships that reach far outside of the confines of the arena. It will be a rewarding experience that teaches your children much more than simply hockey skills. Your child will develop life skills that include but are not limited to sportsmanship, positive interaction, hard work, managing success, overcoming adversity but most of all developing healthy, supportive relationships.

I look forward to getting to know all of you. If you have any questions please feel free to contact me at 705 493- 5753 or by email at [kendrickchris354@gmail.com](mailto:kendrickchris354@gmail.com).