

2026-2027 U18 Tier 2

Parent Information



Welcome to the 2026-2027 North Bay U18 Tier 2 Jr. Lakers. This outline will provide parents and players with an understanding of the competitive U18 girls hockey program and the level of commitment and expectations required from families to support their daughter throughout the season.

Coaching Resume / Team Philosophy

My coaching experience has involved a variety of sports including girls hockey, soccer, and softball at the youth level. In the past 5 years my primary focus has been within the Jr Lakers programs at the U9/U11 (House), U11 (Primary), U13 (Primary and Secondary) and U15 (Primary and Secondary) levels as both Head Coach and Assistant Coach roles. This past season I was an Assistant Coach for both U13A and 15A teams. Prior to that, I was the Head Coach for the 2024-2025 U13B and the 2023-2024 U11B Jr. Lakers programs. I believe my season plans from years past unfolded very well and each player made great improvements to their individual skill set and understanding of the game. I am looking forward to taking on the role of head coach of the U18A program and will be implementing and expanding on a similar strategy in the upcoming season.

Below I have outlined the player and parent expectations. By committing to the U18 Tier 2 Jr. Lakers program it is important that everyone understands and accepts these guidelines as they will act as a working guide throughout the 2026-2027 season.

2026-2027 Season Expectations

- Practices (the goal is to practice 2 times per week - 1.5hrs each)
 - Expect to travel for one practice a week to Trout Creek, South River or Sundridge
- Once weekly dryland training at the Canadore Sportsplex
- 23 League games in the Southern Ontario Women's Hockey League (OWHL-Southern)
 - Expect to travel to southern Ontario for away league games.
 - Expect some home games to be played in North Bay, South River, and Sundridge.
 - Expect single or double header games.
 - Potential 2-3 single night hotel stays dependent on league play scheduling.
- Exhibition games against teams from locations such as Sudbury
- 4 tournaments against teams from around the province
 - 4 tournaments out of town (locations pending) and the Lakers 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 contributes 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)
- Manager
- Dressing Room Monitors (5-6)
- 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

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 a particular skill. Skill Coaches will reinforce and focus on advanced techniques using body mechanics, efficiency, strength and conditioning on and off the ice.

Skill development drills will progress as the season moves onward. Drills will be delivered through various group centres, half ice and full ice formats. Successful practices will rely heavily on players being well rested, focused and prepared to learn. The goal will be to keep players as involved as possible while minimizing down time and maintaining a high tempo.

Games

Coaching staff will encourage all players to find their roles on the team and will work towards allowing all players similar ice time while managing the needs of the team.

At the U18A level, specialized plays such as designed faceoff plays, power play and penalty kill become part of the coaching strategy and will result in increased play for certain players. Players at the U18 A level will learn that they play a role on a team and certain games and situations may require some players to play more than others. There will be instances in games where the coaching staff may play some players more than others. These decisions will be made based on the best interests 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 U18 A 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.

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 (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 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 48 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 their 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 nbggha.com, to post all scheduled games, practices, and tournaments. Email messaging will also be utilized for team communication from members of the team staff.

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 4-5 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

Players will be expected to arrive at all games and team events in Jr Lakers apparel.

The purchase of Jr. Laker Apparel will be the responsibility of each player. Apparel can only be purchased from the NBDGHA supplier (see www.nbggha.com for details). Apparel requirements will be decided with input from the players.

The coaching staff and trainer are also expected to wear team attire and dress in business casual attire.

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 \$2,150 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: \$750.00 upon acceptance, \$750.00 by July 1st, 2026, and the balance due by August 31st, 2026. 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	Amount
Player fees (17 players) x \$2,150	\$36,550
Sponsorship	\$3,500
Fundraising	\$8,000
Total Revenue	48,000
Expenses	Amount
Summer Ice (1 Hr) 8 x \$200 + Insurance	\$1,700
Practice Ice (1.5 Hr) 35 x \$305	\$ 11,000
Practice Ice (1.5 Hr Trout Creek) 23 x \$200	\$ 4,600
Exhibition Games (4 Games)	\$ 1,200
Tournaments (4 Out of Town)	\$ 7,200
North Bay Tournament	\$1,000
Provincial Playdown	\$500
Provincials	\$1,600
Provincials Bond	\$200
OWHL League Fees	\$300
Specialty Coaches (Skills, Power Skating,	\$4,000
Dryland (Canadore Sportsplex) Once a week	\$2,500
Classroom (Canadore Sportsplex) X 10	\$500
Miscellaneous Expenses	Amount
Equipment (Pucks, Boards, Practice jersey's, Trainer bag, Live Barn Subscription etc.)	\$2,200
Sponsorship Expense (Banner, Water Bottles, Helmet Stickers, Sponsorship Plaques etc.)	\$1,000
Team Building (Coach Bus, Christmas Party, Tournament meals, Foam Fest, DJ AJ etc.)	\$8,500

Fundraising

An incentive program will be implemented to encourage team members to seek business sponsors. Half of the amount will be deducted from your team fees. 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 \$2150.00 off their team fees this way. Any sponsorships received over and above will go directly to the team.

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