



# North Bay and District U13 AA Parent Information Package

## Program Overview

A summer training program comprising both team training and individual training at home will begin in June. While I hope that players will make all of the programming in the summer, I understand that with families enjoying summer vacations, that may not be possible. Full participation is expected starting in September.

The 2023-24 season will begin June 2023 and be comprised of:

- Off Ice training sessions through the entire season (including the summer),
- On-ice skills program beginning in July for the summer. I have booked 6 ice times (Tuesdays) and a skills program will be run by Maria Dominico and Madison Desmarais.
- Regular team practices (two to three per week) beginning the first week of September,
- League games in the Ontario Women's Hockey League, as well as the league playoffs
- Exhibition games against girls' teams from locations such as Sudbury, Barrie, etc.
- See proposed tournaments, plus Provincials or another Tournament
- 30 to 40 minute off ice endurance training will follow some practices.

It should be noted that play in the Ontario Women's Hockey League means the team plays away games in southern Ontario. Home games will hopefully be played in the North Bay area, but may also be in southern Ontario.

## Team Fees and Team Budget

To operate a competitive hockey team, a team budget is required to cover expenses such as: tournament fees, ice time for practices, off-ice training, and access to specialized coaches. Funds to cover these costs come from three 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 \$1,500, however the number of players, the amount of fundraising and number of sponsors will determine the specific cost per player. Team fees can be paid in three installments, the first \$500 will be due by May 1, 2023 and the second \$500 by September 1, 2023, and the third \$500 by November 1, 2023. If a player secures a sponsor, 50% of that sponsorship will be deducted from the player's \$1,500, with the other half going to the team funds.

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

<b><u>Proposed Budget</u></b>	
<b>Proposed Revenue</b>	
Player Fees 16 players x \$1,500	\$24,000.00
Fundraising & Sponsors	\$11,000.00
<b>Total Revenue</b>	<b>\$35,000.00</b>
<b>Expenses</b>	
Ice Time Practices 70 x \$270	\$18,900.00
Exhibition & Playdown games	\$2,000.00
Tournaments 4 x \$1,800	\$7,200.00
Provincials	\$1,000.00
Off-Ice Training	\$800.00
Goalie Coach	\$1,500.00
Skills Coaches	\$2,500.00
Team Building Material	\$500.00
Miscellaneous (team events, food for dressing room, equipment, banking fees, etc.)	\$600.00
<b>Total Expenses</b>	<b>\$35,000.00</b>
<b>Balance</b>	<b>\$0.00</b>

Our manager, who will be chosen after the formation of the team, will inform you of the preferred method of payment.

## Coaching Philosophy

My coaching philosophy is pretty simple: First, I want to relay the passion of sport that I have to the next generation. I feel that this can be accomplished by creating a positive and fun environment that allows kids to develop their skills by continuously challenging them. Second, a coach needs to be able to model appropriate behaviour that will make players feel confident that their well being and development is most important. Finally, developing athletes that are aware of expectations when preparing for, during and after competitions.

In my opinion, a successful season is based on:

- Enjoying and learning the game
- Developing individual and team skills
- Making friendships that go beyond the rink
- Developing life skills (ie: teamwork, manners, sportsmanship, etc.)

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

# Practices

We will practice at least twice per week throughout the season; we may occasionally add practices when game and tournament schedules permit. We will find ice times at area rinks (North Bay, East Ferris, Powassan, Trout Creek, Sturgeon Falls).

All practices are mandatory. Players are expected to be at the arena no less than 30 minutes before a practice. All players are to be fully dressed no less than 5 minutes before practices. This will allow the coaches a few minutes to go over the plan for the practice, instead of wasting precious (and expensive) ice time doing this.

Practices will emphasize skill development. Drills will focus on individual skills (passing, shooting, skating, etc.). These drills will be delivered both in small groups and as a whole team. Practices will also consist of positional play, offensive systems, defensive systems, and special teams.

# Games

Players are expected to be at games at least 60 minutes before every game. They are also expected to be ready at least 10 minutes before the game, to allow the coaches time to get the players ready for the game (review positioning, etc.).

Players will be given the opportunity to be successful in different situations that are present in games. To accomplish this, players will be given (as best we can) equal ice time. However, also understand that sometimes situations occur where equal ice time may not be beneficial to the team.

During tournaments, playoffs, and regular season games, the coaching staff may shorten the bench in the last 5 minutes of the game (assuming the score is close). Coaches will also determine line selections, positioning, etc. These decisions will not be 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 than they normally do.

# 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 players feel they can approach the coaches for advice, feedback, etc.

# Team Staff

The staff will consist of:

- Head Coach - Matt Brunton
- Assistant Coaches - Danika Ranger (goalie coach / trainer) and Zach Johnson will be assisting with the team. ***I will be looking for one or two more assistant coaches.***
- Skills coach - Maria Dominico
- Team Manager - one team manager

- Room monitor - two room monitors who will be asked to be in or close to the dressing room before and after ice times.
- Fundraising / sponsorship coordinator.
- If you are interested in any of those roles, please approach me, e-mail me, or text me ASAP, as I would like to have these chosen soon.

## 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 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.

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 child from making a game, practice or function. In these rare instances, parents must notify the head coach as soon as you know.

## Discipline

Disrespectful or unsportsmanlike behaviour will not be tolerated by players before, during or after practices, games, 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.

## Parents' 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.

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 and/or parent liaison 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 and/or parent liaison. 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 players, staff and other families.

## Communication

The team will use the team's website 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 Management

The U13 AA/A Ice Boltz 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 players are changing. At no time is there to be one adult alone in the dressing room. There must always be two female room monitors present in the dressing room or a member of the coaching staff just outside the dressing room door, until such time that all players are dressed for practice or game.

## Tournaments

The team will be taking part in four out of town tournaments and participate in the provincial playdowns and league playoffs. The **tentative** tournaments are as follows:

1. Markham Starsfest - Mid September
2. Smiths Falls Cubtown Tournament or Etobicoke Pink the Rink - Mid to Late October
3. Whitby Tournament of Heroes - Early December
4. Nepean Annual Paint it Purple Tournament - End of January
5. The team will also take part in the league playoffs (usually March) and provincial playdowns (April), if we qualify for them.

During tournaments, players are not allowed to use the pool before or between games. The pool may be used at the end of the day. The coaches will assign an appropriate curfew for the players to follow. I hope that all players stay at the hotel with the team, as tournaments and team events will be used for team building. It is also a good opportunity for the parents to get to know one another.

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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.