

2024-2025 U13 B

Parent Information

Welcome to the 2024-2025 North Bay U13B Jr. Lakers! This outline will provide parents and players with an understanding of the Competitive U13 girl's 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 girl's hockey, soccer, and softball at the youth level. In the past 3 years my primary focus has been within the Jr Lakers programs at the U9/U11 (House), and U13 (Primary and Secondary) levels as an assistant coach. This past season I was the Head Coach for the U11B Jr. Lakers and an assistant coach for U13A Jr. Lakers. Prior to that, I was an assistant coach for the 2022-2023 U13B Ice Boltz program. I believe the season plan for last year 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 U13 secondary program and will be implementing a similar strategy in the upcoming season.

The 2024-2025 U13 B team will most likely have a variety of players with different skill sets, as they may be coming from the U11 and U13 levels including house league and competitive programs. 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 will be provided to those players that require guidance for the team to further develop.

My coaching philosophy is to develop each and every player while emphasizing the importance of a 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 expectation is that our team activities (Games and Practices) take priority over other club sports and activities.

Below I have outlined the player and parent expectations. By committing to the U13 B Jr. Lakers program it is important that everyone understands and accepts these guidelines as they will act as a working guide throughout the 2024-2025 season.

2024-2025 Season Expectations

- Practices (the goal is to practice 2 times per week)
- 22 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 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
- Three tournaments against girl's teams from around the province
 - 3 tournaments out of town (location pending)
- 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)
- Manager
- Dressing Room Monitors (mothers who help the girls with their equipment in the dressing room before practices and games; prefer to have 5-6 on the team)
- 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 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 positional play, breakouts, and fore-checking. These drills will mainly be delivered through various small group drills in order to mimic game like situations.

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 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 Playdowns, 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 U13 B 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 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.

Season Plan

The season goal will be to provide instruction and guidance focused on developing the player's individual skill set and understanding of the game while keeping an emphasis on a strong work ethic and teamwork.

For players, the plan is to start with forward/backward skating drills, puck handling while incorporating passing and shooting instruction. As the players develop, further 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.

For goaltenders- the expectation is that they participate in the majority of the skating drills (at the beginning of practice) in order to assist them in developing their own skating and agility abilities. An initial understanding of positioning and angles will be introduced before transitioning into related skills such as slides and the use of their blocker and trapper. A goalie coach will be sought out to assist with this.

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 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

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 for details). It is expected that each player has a minimum of an Jr. Laker coat, 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 and dress in business casual 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 \$1350 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: \$300.00 May 1st, 2024, \$300.00 by August 30th, 2024, and the balance due by October 31st, 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 (December 15, February 15, and April 30). A summary of the team budget is provided below.

Proposed Income

Player Fees	17 players x \$1350	\$22,950
Sponsorship		\$ 2,500
Fundraising		\$ 4,000
Total		\$29,450

Expenses

Practice Ice Fees (1Hr)	30 x \$205	\$6,150
Practice Ice Fees (1.5Hr) (Trout Creek)	23 x \$200	\$4,600
Exhibition Games	6 games	\$1,000
Tournaments (3 Out of Town)	3 x \$1600	\$4,800
North Bay Tournament		\$550
Christmas/Year End Party		\$1,500
Playdowns		\$500
Provincials		\$1,600
Practice Jerseys		\$500
Specialty Coaching (Skills, Power Skating, Goalie, etc.)		\$2,750
Misc. (team events, sponsor sign, equipment, etc.)		\$2,000
Non-Parent Coach Travel		\$3,500
Total		\$29,450

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 \$1350 off their team fees this way. Any sponsorships received over and above will go directly to the team.

Finally, you must realize that you are expected to make a commitment to the team by following these guidelines. If you have any questions, do not hesitate to contact me.

Tyler Bush
Head Coach
Mobile: 705-845-1224
E-mail: tyler.bush@hotmail.ca