

Player/Parent information

Welcome

Introduction(s):

Welcome to the 2023/2024 North Bay Ice Boltz U18 Representative team. I am excited and honoured to have been trusted with this team. I have been coaching hockey (and other sports) for more than 15 years in various organizations (Pickering, Brampton and North Bay). I have formally studied coaching at the post-graduate level and truly enjoy seeing players learn, grow, and develop skills that will help propel them into their adult life. I strongly believe hockey and the culture that surrounds the sport and team environment provided invaluable lessons about hard work, the importance of contributing to common goals and the value of relationships. I will always be available to receive and discuss team/player/parent issues since communication is a foundational element of the coaching environment.

To ensure the very best experience, ensuring expectations are clear and that there are natural mechanisms that provide a venue, format and conventions to resolve any conflicts that may arise:

Expectations

Coach Expectations:

As a competitive team structure is essential. The coach will ensure;

- respect for other players, coaching staff, opponents and game officials
- expectations are clear and a robust communication plan is in place (including a conflict resolution forum)
- practices are organized and at a tempo that reflects the playing environment
- a culture that fosters competitiveness without compromising players dignity and self-worth
- players are encouraged to be the best they can be (on and off the ice)

Player Expectations:

Be Kind; Be Supportive: Be on time: Embrace the competitive spirit: From a more practical perspective, players must arrive at each ice-event (a minimum) of half-hour prior to taking the ice and be ready for a pre-ice talk 10 minutes before taking the ice. If a player is going to miss a practice or game, please let us know a day before – unless it is an emergency.

Parent expectations

Be Kind; Be Supportive: Be on time: Communicate: Like all sports, it can be an emotional event. Coaches make choices using their best judgement with the information they have available. Should you have a concern or grievance, please observe the “24-hour rule”. The 24 hours rule serves as a cooling off period. This will help provide for a constructive discussion and provide a venue to plan to talk as soon as possible. No one wants to walk around upset.

Communication:

A pre- season meeting will be organized with parents to discuss the year and gather input from each family about their expectations. A mid-season team meeting will also be arranged to ensure

parents and players are supportive with the program in order that we can make any adjustments that may be necessary. Players will receive instruction and feedback in several ways:

- During on-ice drills and session
- On the bench during a game
- potentially in a meeting with coaching staff (with or without a parent - a choice will be provided) to discuss specific elements of their behaviour

*Note: A team manual to include drills, plays and tips will be provided to each team member

We intend to utilize RAMP as our primary vehicle to communicate information of schedules and team events. Parents may also access me (or the Manager) via my email jlowery022@gmail.com or at **416.710.8525**.

Discipline

We will utilize a progressive discipline model for our team. However, discipline is ALWAYS the method of last resort. Coaching, training, counselling as well as other strategies will be employed before discipline is required. Again, ensuring players and families understand expectations will go a long way to ensuring smooth operations. These discussions will be led by the head coach, and I will take full responsibility for the staff's actions.

Dressing Room Management

Our team will follow the North Bay & District Girls Hockey Association (NBDGHA) Change Room Policy. Only dressing room monitors with Speak Out/Respect in Sport for Coaching Staff and original police check on file will be permitted to enter the dressing room. At no time will one adult be alone in a dressing room with any of the players. There will always be 2 females dressing room monitors present in the dressing room, except when there are at least two staff members present. ONLY FEMALES ARE PERMITTED IN THE DRESSING ROOM WHILE THE GIRLS ARE CHANGING.

NOTE: 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

Our Team

This age group in some ways is a transitional one. Many players are entering the workforce, working towards post-secondary admissions, and may be developing other interests. To that end, I am proposing the following structure/roster:

2 goal tenders

9 forwards

As many as 6 defence positions

Team infrastructure:

Head Coach

2 Assistant Coaches

2 Trainers (if possible)

Manager/Treasurer & Parent Representative

Dressing Room Monitors (if required) or Players chosen to lead/supervise dressing room conduct

Outside Coaching Resources include:

Zach Bratina – Individual Skills Development

Dr. Rob Graham – Goal tending skills development

Proposed Calendar/Activities

August - Parent meeting

One week dryland training – fitness, strategy, team building exercises. This could be a full week or ½ days for 2 weeks (cardio, swims, stretching and possible circuit training/cross fit) – ice sessions if available. A base line to be created for each player

September – On-Ice Practice and continued dryland coupled with exhibition games (4 – 6)

Season 1 - 2 practices a week with potential dryland that may be on the same day as one practice – progressive building on the fundamentals and review of team manual.

Typically practice routine is as follows:

- Player will receive the practice plan a minimum of 24 hour in advance of the practice.
- The practice will be posted in the dressing room.
- Coaches will review the plan with the team prior to taking the ice and answer questions.
- Plan is posted on the glass and practice proceeds.

NOTE: From time-to-time players will be given the opportunity to lead a practice (approved by the coaching staff) to help build leadership, communication and coaching skills.

First Phase	Warm up – dryland/skate	Skill development <ul style="list-style-type: none"> • skating • passing • puck control and movement • positioning 	Game strategy <ul style="list-style-type: none"> • basic positioning
2 nd Phase	Warm up – dryland/skate	Skill development <ul style="list-style-type: none"> • skating • passing • puck control and movement • shots (wrist) 	<ul style="list-style-type: none"> • Defensive neutral and defensive zone tactics • Short handed strategies (i.e. box) • Break out • O-zone attack strategies • Power play options

3 rd Phase	Warm up – dryland/skate	<ul style="list-style-type: none"> • Skating/puck carry/passing 	<ul style="list-style-type: none"> • Break out • O-zone attack strategies • Power play
4 th Phase	Warm up – dryland/skate	Skating/puck carry/passing	<ul style="list-style-type: none"> • Break outs • O-zone attacks • Special teams

NOTE: the pace we move through the phases is determined by the team's ability to execute

December - Mid-season parent check in – holiday event

Play off and provincial playdowns – with expectations of a championship

End of Year wrap-up Year end de-brief about progress and feedback/evaluations

Tournaments 4 Tournaments throughout the year which including showcases

Team Budget

Revenue

Player fees	17 X 950	\$16,150
Sponsorship		\$ 3,000
Sub-Total		\$19,150

Expenses

Practices (ice time)	35 X 200	\$7,000
Exhibition games (cost share estimate)	6 X 150	\$950
Tournaments	4 X \$1400	\$5,600
Social & recognition		\$950
Provincials		\$1,400
Specialized coaching		\$1,800
Equipment/misc. expenses/sponsor recognition		\$ 1,450
Sub-total		\$19,150

Thank you for your interest in this team!

Sincerely,

Jamie Lowery, Head Coach