

2026-27 U18 AA Jr Lakers Parent Information

Welcome to the U18 AA Jr. Lakers

This package will provide players and parents with an outline of the North Bay Jr. Lakers U 18 AA program. The information will provide a guide of the commitment expected of the players and families throughout the season.

Summer Program Commitment

The team will be running a summer program consisting of 1.5 hrs. of weekly ice time and 1 hr. of off-ice conditioning. The players are expected to maintain their physical fitness throughout the summer. The team will provide some suggested activities and will be checking in periodically with the girls throughout the summer to track their progress.

The team will be utilizing a local strength and conditioning coach starting with the summer session and continuing throughout the years. He also offers reasonable drop-in fees at the gym with guidance and support on site during the players time in the gym.

It is expected that all players will make a genuine effort to partake in the summer program understanding that families do have vacation and other commitments during this time.

On Ice

The 2026-27 season will comprise of the players being on the ice for practice between 100- 120 hrs. The season will begin on the Aug 22nd weekend so please adjust vacations accordingly. The end of the season will be Provincials, usually the second weekend of April. **The month of February and Early March are usually very busy with playdown and playoff games so please refrain from scheduling family vacations that may interfere with these very important games.**

The team will participate in the OWHL league with games in North Bay and throughout Southern Ontario. The league usually consists of 22 league games and playoffs starting the second weekend of February.

The Jr. Lakers will playdown against Sudbury for entrance to provincials and those games will be scheduled in February or early March.

All 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.

The team will participate in five out of town tournaments during the season and if teams permitted the North Bay tournament in November. A six tournament will be the Provincial Championships (Southern Ontario); if the team qualifies.

Proposed Tournaments

Sept. 5/6	2026 Etobicoke Junior Exhibition Series (confirmed)
Sept. 11-13	Stoney Creek Invitational (confirmed)
Oct 9-11	Durham West North American Showcase (tentative)
Nov 6-8	North Bay (tentative)
Dec 4-6	Brampton 2 Nations College Prep (registered)
Jan 8-11	Kanata Lady Senators Winter Showcase (tentative)

Coaching Philosophy

My coaching experience includes approximately thirty (30) 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, strong communication 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. Practices will take place 2 to 3 times per week depending on the game schedule.

Practice will focus on skill development and improving the player's understanding of the game through the implementation of team tactics and special teams play.

Game Play and Fair Play

Coaches do not guarantee equal ice. It is a highly competitive team, and players will be encouraged to earn extra ice time. The team will consist of at least 10 forwards and 6 defense. Ice time will **not** be equal. Coaches will utilize different players on special teams and may define roles in those situations. Coaches will also determine line selections, positioning, etc. Players will be asked to play different positions during the year. Coaching 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.

Goalies will likely alternate from game to game; however, the coaching staff may elect to utilize one goalie for a stretch of games or change the rotation.

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. During the season the coaching staff will set up check-in sessions to maintain good communication with the players regarding goals and expectations.

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 young female volunteers who hope to pursue coaching in the future.

Ideal Support Staff will include:

Assistant and Bench staff

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

Manager

Practice staff that include young mentors looking to coach in future.

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

Other areas of support will be required for game preparation. Video coach, fundraising and sponsorship, skate sharpener operator. 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.

Consideration will be provided for players involved in other sports during the year; however, priority is expected to be the hockey team. Discussions about other events need to be discussed with coaches well before the event is expected to take place.

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 parents to 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 \$60000- 65000. Team fees will not be specifically determined until the team has been chosen. The estimated team fee per player is approximately \$2500. Team fees can be paid in three instalments: **Please refer to attached Budget**

May 24 First Installment of \$1000 (**non refundable**)

Sept. 1 Second installment of \$1000

Oct. 31 Last installment of \$500

Sponsorship

Gold team sponsor of \$5000 or more that sponsor will operate as the team's title sponsor.

- \$1250 goes towards the players team fees.
- Advertising on all fundraising events including practice jerseys, banner, Facebook and other social media
- Communicated on all live feeds
- Water bottles

Silver Sponsors of \$1500 or more

- 50% of sponsorship will go towards team fees but not exceed \$1250
- Included on practice jerseys with other minor sponsors
- Advertising on banners, Facebook and live feeds

Minor sponsors of \$200 or more.

- 50 % of sponsorship will go towards team fees not to exceed \$1250
- Included on banner, Facebook Site and live feed.

Education and Recruitment

The program will provide components that focus on education and recruitment. Ruby is a 2nd year education student who has worked with the teams I have coached for several years. She will organize guest speakers in recruitment, mental preparation/ goal setting, healthy eating. She will assist the girls with communicating with universities about recruitment.

The team will also include video throughout the year. We are currently exploring Huddle, which breakdowns games and provides players with information pertaining to their game performance. Players will be able to view their game experience shift by shift with several other measurables throughout. This system can be used for scouting purposes.

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 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.

U18 AA Jr. Lakers Budget 2026-27

Income	Description	Cost
Player Fees	19x 2500	\$ 47500
Sponsorship	Primary	\$ 3500
Sponsorship	Secondary/ Minor	\$ 3000
Fundraiser Curling Funspiel		\$ 5000
Fundraiser Lottery		\$ 7500
Total Income		\$ 66500

Ice Expenses

Practice Ice	110hrs X 200	\$22000
Summer Ice	1.5 hrs x 7	\$ 2100
Tournaments	5x 2000	\$10000
Provincials		\$ 1500
Exhibition	6 X 500	\$ 3000
Playoffs	6 X 600	\$ 3600
Playdowns 2 X 600		\$ 1200
Total Ice Bill		\$43400

Other Expenses	Description	Cost
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Dryland	(vision) 100x 40	\$4000
Video	Huddle	\$4500
Advertising/ Equip	Banner, Bottles, Jersey Med kit, Game Prep	\$2500
Skate Sharpener	Portable and Table	\$2500
Team Meals	Tournament 5x 500 Christmas Party	\$2500
Goalie Coaching	20 X 100	\$2000
Coaches	Non-Parent Expense	\$2000
Game Music	16 x 125	\$2000
Education/ Seminar	Recruitment, Mental, Healthy Eating	\$1000
Other Total		23000
Total Expenses		66400
Fees Due Dates		
May 24,2026	First Installment (non-refundable)	\$1000
Sept. 1,2026	2 nd Installment	\$1000
Oct. 31,2026	Final Installment	\$ 500
Total Fees Due		\$250

U18 AA Jr Lakers Season Plan

Summer Plan

- Off ice physical testing in May
- 1.5 hrs of ice per week (Starting in in July)
- 1.0 hrs per week Dryland Training with Dan Goselin (Vision) (June)
- Off ice physical fitness (suggested activities) 3-5x per week. Provided to athletes. (Check in with Trainer's Group)
- Skills will be offered one day a week **Thursdays** but at cost to player (not associated with team and not Mandatory)

In Season Program (Weekly)

- Practice ice started last week of August (Please plan accordingly)
- 2 X 1.5 hrs of practice per week (additional added if no games for that week)
- 1.0 hrs of dryland Training with Dan Goselin (Vision)
- Video (1.0 Hrs per week) Will coincide with a practice night
- Goalie coach 2x per month minimum (likely every 2nd week if schedule works for Todd)
- **Video will be Utilizing Huddle or one of the other Video Breakdown site used by universities to observe players.**

September

- Sept. 5-6 Etobicoke Invitational
- Sept 11-13 Stoney Creek Invitational
- Sept 18-20 Likely off week or local exhibition games
- Sept 25-27 Exhibition Games (one day of the weekend likely double header and away from North Bay)
- Off ice Dryland Physical Testing
- Seminars for Mental Awareness, Healthy Eating and Game Preparation
- Goal setting.
- Education and Recruitment Seminar

October

- October 3-5 Opening weekend to Season
- October 9-11 Durham West North America tournament
- October 16-18 (Scheduled Games)
- October 23-25 (**Curling Bonspiel Fundraiser**)
- October 30- Nov 1 (League Games)
- Player Check- in with Coaches at One of the Video Nights (Preferably the week of 19th to 25th).

November

- Nov 6-8 North Bay Tournament (Off weekend to assist if not enough teams)
- Nov 13- 15 (League Games)
- Nov 20-22 (League Games)
- Nov 27-29 (League Games)
- Mental Awareness Check- in with Guest Speaker from September
- Healthy Eating Check- in with Guest Speaker from September

December

- December 4-6 Brampton CAN/AM tournament
- December 11-13 (League Games)
- December 18-20 (League Games)
- December 22- January 2 (Break)
- During Christmas Holidays Girls will be asked to assist with Hockey camp for U9-U11) Coaches and Players will volunteer a couple hours each that week

January (One weekend off from League Games if Possible)

- January 9-11 (Kanata Tournament) Back up would be Mississauga)
- January 16-18 (League Games)
- January 23-25 (League Games)
- January 30-02 (League Games)
- Player check in with coaches first week back

February

- Feb 5-7 (1st round of Playoffs or Playdowns)
- Feb 12-14 (Playoffs or Playdowns)
- Feb 19-21 (Off Weekend if Possible)
- Feb 26-28 (2nd round of Playoffs or Playdowns)
- Week of 3rd to 7th will touch base with Mental Strength Coach)

March

- Mar 5-7 (Playoffs or Playdowns)
- March 12-21 (Limited Practice and Games if possible)
- March 26- 28 (Playoffs or Exhibition Games)
- Possible Tournament if not going to Provincials.

April

- League Championship Day
- Provincials
- Provincial Preparations (Practices and Exhibition Games)
- Exit interviews

Other Important Items

- Lottery Fundraised (date to be determined)
- Game Day Prep (Drinks/ Snacks). Hope to establish a group of young coaches to assist with this during home games. Will need a couple of parents on the road games.
- Video Person (Provide video of game we can send to Huddle)
- Skate Sharpener (Parent comfortable with portable unit)
- Volunteer (Girls to assist with younger age group on occasion)
- Pregame Festivities (assist with creating fun environment for younger players to attend games (Face- painting, activities)
- Sponsorship/ Advertising Home Games (may explore sponsor night a couple times a year)

- Alumni game (Ice Boltz Canadian silver medal team) Tied into a home game to follow or vice versa.