

Family Information Package

Welcome

Introduction(s):

Welcome to the 2024/2025 Junior Lakers U18BB team. I am excited and honoured to have been trusted with this team. I have been coaching hockey (and other sports) for more than 16 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.

Relevant/Recent Coaching Experience and Highlights:

- Development 1 Coaching certified
- Respect in Sport
- Post Graduate certificate in Coaching (Royal Roads University) and undergraduate degree from the University of Guelph
- Past 2 seasons our team has finished top 4 in the division

Past Teams

2023 – 2024 U18B:

Bronze medal in Sweetheart tournament – Orangeville

2022 – 2023 U18B:

Finalist Ontario OWHA Sothern conference. Played more than 60 games

Champions – North Bay Tournament

Silver medal – Cambridge tournament

Coached A and AA boys for 13 years in Southern Ontario (Pickering & Brampton)

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:

Goals & Expectations

Coach Goals:

- Motivate the players to perform to their fullest potential while ensuring a cohesive dressing room
- Develop a winning team strategy that relies on the skill set team personnel and growth potential
- Build on the existing skill level in order to compete and/or prepare for the next level
- Teach tactical hockey in order to apply them in a variety of competitive situations
- Make the season a memorable experience

Family Information Package

Coach Expectations:

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

- respect for other players (regardless of skill level), 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 Respectful: Be Supportive and Disciplined: Be Accountable to perform at the competitive level (practice/dryland, understanding the team materials and most importantly games): 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.

Players MUST attend all practices unless there is a compelling reason not to attend. (i.e. sick, family emergency). Failure to do so will result sanctions to be determined by the coaching staff. If a player is going to miss a practice or game, they must notify the manager and/or head coach at least 24 hours prior to the scheduled event - unless it is an emergency.

*Note: Homework assignments are Not considered an emergency

****Players will be required to sign this document to ensure they have read and understand the team parameters.****

Parent expectations

Be Respectful; 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.

****Parents will be required to sign this document to ensure they have read and understand the team parameters.****

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, if deemed necessary, to ensure parents and players are supportive with the program. Players will receive instruction and feedback in several ways:

- During on-ice drills and session
- On the bench during a game

Family Information Package

- potentially in a meeting with coaching staff (with or without a parent - a choice will be provided) to discuss specific elements of their behaviour.

As part of the season plan, a focus-group session will be held with the team. In this session the team will develop and build consensus around communication, problem solving, conflict resolution, equity, and consequences. In previous years this has proven beneficial since everyone has been involved in the development of team conventions.

Each team member receives a Practice and Playbook the covers definitions, positioning in the 3 zones, sample set plays, and drills to be used for the season. This is important since it allows the coaching staff to maximize valuable ice time.

Building on this, prior to the practice an email will be sent to the team with the practice plan. Included are drills, explanations, videos (examples) and coaching insights. Players can be prepared and parents involved with the development plan.

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. As head coach, 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. 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. Devices will be secured by the room monitor during practices and games.

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. A maximum of:

2 goal tenders

9 forwards

6 defence

Family Information Package

Team infrastructure:

Head Coach

3 Assistant Coaches

2 Trainer

Manager/Treasurer

Parent Representative

Fund-raising coordinator

2 Dressing Room Monitors and Captain and Alternative Captains to assist with dressing room conduct

Proposed Calendar/Activities

May/June Parent meeting to discuss the season's expectations budget, volunteers, fund-raising, and communication.

Team focus group and team building day. We will discuss and build consensus around, expectations, goals, communication and consequences. We will also review the team handbook – U18B 2024 – 25 Player Practice and Playbook. We will also conduct fitness testing and set goals for each player.

July – August We are looking to practice once a week. Allowances will be made in regards to family summer vacations. understanding that families may have important plans.

August Pre-Season Camp

Dryland training – fitness re-test, team building exercises. This could be a full week or ½ days for 1 week (cardio, swims, stretching and possible circuit training/cross fit) – ice sessions.

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

Season **A minimum of 2 practices a week** with continued fitness testing and potential dryland/recreational sessions – progressive building on the fundamentals and game tactic/strategies. To augment this year's season regular skill development sessions will be provided by:

Skill development: CTG (Close the Gap) – Zach Bratina

Goal Tending : Dr. Robert Graham

Family Information Package

First Quarter	Warm up – dryland/skate	Skill development <ul style="list-style-type: none"> • Specialized skill development & goal tender training • skating/passing • puck management and movement • body positioning • Conditioning 	Game strategy <ul style="list-style-type: none"> • basic positioning and tactics with an emphasis on overall fitness and nutrition
2 nd Quarter	Warm up – dryland/skate	Skill development <ul style="list-style-type: none"> • Specialized skill development & goal tender training • Skating/passing • puck control and movement • shots shooting • Conditioning 	<ul style="list-style-type: none"> • Defensive neutral and defensive zone • Short handed • Break out • O-zone attack strategies • Power play (adjust strategy with personnel as required to utilize strengths)
3 rd Quarter	Warm up – dryland/skate	<ul style="list-style-type: none"> • Specialized skill development & goal tender training • Skating/puck carry/passing • conditioning 	<ul style="list-style-type: none"> • Break out • O-zone attack strategies • Power play
4 th Quarter	Warm up – dryland/skate	<ul style="list-style-type: none"> • Specialized skill development & goal tender training • Skating/puck carry/passing 	<ul style="list-style-type: none"> • Refining strategy with having the experience of $\frac{3}{4}$ of the season and preparation for postseason play

December - Mid-season parent check in – holiday event

Play off and provincial playdowns – with expectations of post season play

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

Tournaments 4 – 5 Tournaments/showcases throughout the year –

- Niagara Falls
- Kapuskasing Showcase
- Ottawa/Kanata
- Montreal
- Brampton or Orangeville

Family Information Package

Teams in the past have chartered a bus for the northern showcase and this trip like other tournaments require hotel bookings which are NOT part of the team budget.

Team Budget

Revenue

Player fees	17 X \$1,400	\$23,800
Sponsorship/fund raising		\$ 4,100
Sub-Total		\$27,900

Note: sponsorship proceeds will be applied to the team budget and not individual players to reduce the cost to families.

Expenses

Purchased Practices (ice time)	60 X \$220	\$13,200
Exhibition games (cost share estimate)	6 X 150	\$950
Tournaments	4 X \$1400	\$5,600
Social & recognition		\$1,250
League Fees		\$300
Playoffs		\$1,200
Provincials		\$1,800
Specialized coaching		\$3,200
Equipment/misc. expenses/sponsor recognition		\$400.00
Sub-total		\$27,900

NOTE(s):

- 1/ New jerseys will need to be purchased by each player (Home and Away) at a cost of \$220
- 2/ Bus rental and equipment for players is not included in the budget

Closing

I would be pleased to answer any questions you may have and encourage you to participate to the fullest degree possible to help make this season memorable.

Sincerely,

Jamie, Head Coach, U18BB – Jr. Lakers
416.710.8515 OR jlowery022@gmail.com