

Dear Parents,

Welcome to a new and exciting season of Under 9 girls hockey! As your coaching staff, I'm thrilled to embark on this journey with you and your daughters. My primary goal is to foster a positive, inclusive, and fun environment where each player can grow both on and off the ice.

Try out information

Schedule: May 2-5th, 2026

Roster for 2026-2027 season: 15 players (1-2 goalies TBD)

First Release: May 2nd

Final Release: May 5th

All releases will be posted 3 hours post ice session, or 9am the following day for ice sessions ending after 9:30pm, numbers posted are for players **selected to move on to the next on-ice session of evaluations**. Please visit:

<https://nbgaha.com/content/tryout-results>

For those players whose numbers are not posted for advancement to the next on-ice evaluation, a note detailing the process for those continuing to Jr. Lakers House League hockey programs.

Head Coach:

Alexis Lemmex

Hockey experience: Ottawa National Capitals (minor hockey) to Saint Francis Xavier University (CIS).

Relevant educational experience: BSc Human Kinetics and MSc Adaptive Physical Activity, Commonwealth Games "Right To Play" Philosophy internship.

Coaching experience: U9 House League (2023), U9C Competitive Team (2024 season), U9B Competitive Team (2025 season)

Coaching Philosophy

At this age, I'm a strong believer that sport is about fostering the journey of physical activity and living an active lifestyle. I strive to adapt my coaching to the developmental stage of each player, keeping things fun and flexible.

Skill Development: Our practices will focus on fundamental skills such as skating, puck handling, passing, and shooting, with a gradual introduction to strategic aspects of the game.

Teamwork: Being part of a team teaches invaluable lessons about cooperation, respect, and collective effort. We aim to instill a strong sense of team spirit and camaraderie among our players.

Fair Play and Kindness: Sportsmanship is a cornerstone of our philosophy. We expect all players to compete with integrity, treat opponents with respect, and support one another in all circumstances.

Assertiveness: While promoting kindness and sportsmanship, we also encourage our players to be assertive.

Learning to assert oneself in a respectful manner is a critical skill in hockey and life.

Season Plan

Team Composition: Our team consists of 15 players. We aim to provide ample playing time for all athletes, rotating positions to foster a versatile set of skills.

As of right now, OWSHA mandates half ice games until January 19th.

Practice Schedule: We plan to hold two to three practices per week. These sessions are crucial for skill development and team cohesion, and regular attendance is expected.

Game Schedule: Weekend games will be our chance to put practice into action and enjoy the thrill of competition. We strive for every player to participate actively in these games. The 2025-2026 season the U9B was in the Southern Loop; I suspect this will be similar - teams in this loop include Georgina, North Simcoe and Orillia.

Equipment

North Bay Jr Lakers uniform include green helmet, navy laker pants (or pant cover) and navy/green laker gloves. This can all be purchased at the Source, in North Bay. Alternatively, second hand options are available on Facebook group "Junior Lakers Hockey Used Apparel/Equipment"

Summer/Off Ice

The summer is a great time for the athletes to try new sports and develop new athletic skills. I will aim to have 3-4 sessions throughout the summer to do some off ice skills and team building events for the girls to get to know each other. These are completely voluntary and based on your summer schedule availability.

Tournaments

Four away tournaments one of which is Provincials (usually second weekend in April) and our Home Lakers tournament (usually first weekend in February). One tournament is prior to Christmas and 3 others are after January 19th where full ice takes place. Hotel rooms will be reserved by the team however must be secured by the parents by the set deadline. Parents are expected to arrange their own transportation.

Budget (projections based on 2025-2026 season)

Team fees for the season are \$1,275.00 per player.

Team Fees will include:

- Practice jerseys/socks
- Tournament registrations
- Ice times
- Skill coaches
- Team Events
- Team apparel

**** cost of jersey (for those that don't have them) and association registration fee is NOT included.**

Fees that are not used during the year will be reimbursed to parents in April 2027.

Payment Schedule:

- Payment 1: \$637.50 due August 8th, 2026
- Payment 2: \$637.50 due November 14th, 2026

Team Sponsorship as well as fundraising events will help offset some of these costs.

Each tournament usually has 1-3 nights in a hotel; we were lucky last year and were able to cancel hotel reservations once the tournament schedule was posted to minimize hotel costs.

Team Expectations/Code of Conduct

Expectations of the Coaches

- Provide a safe and fun environment for the teaching of fundamental skills.
- Develop an understanding of basic teamwork through structured activities and game-like situations.
- Introduce participants to fair, fun and cooperative play.
- Refine basic motor patterns and building self-confidence.

- Provide an environment that challenges individuals positively and rewards the participants.
- Provide opportunities to build relationships and a lifestyle of fitness and activity both on and off the ice.

Expectations of the Players

- Players are expected to show good sportsmanship towards their own teammates as well as the opposition.
- Players are expected to put in good work ethic at all practices and games.
- Players are expected to be committed to the team 100%, show up to all practices and games unless there are circumstances not permitting you to do so.
- Players are expected to treat themselves, their teammates, team staff, facilities, officials and the opposing team with respect.
- Players should expect and be willing to accept and use discretion and feedback during games and practices in a positive and encouraging manner
- Players are expected to be safe on the ice at all times.
- Players are expected to wear all required and proper equipment.
- Players are expected to pay attention and listen to instruction.
- Players are expected to try their best and try their hardest.
- Players will be encouraged to ask questions.
- Players are expected to abide by all team rules, curfews and expectations that may be implemented during tournaments and out of town games.
- Players will be encouraged to practice some hockey skills on their own time (shooting, stick handling etc.)
- Players are expected to have Fun!

Expectations of The Parents

- Similar to the players, parents are expected to treat fellow families, players, team staff, game officials and opposing teams and their parents with respect.
- As part of “the team” we expect the player to be at all practice and games unless there is a valid reason (i.e., illness/injury)
- It is strongly encouraged that the player be able to dress and undress themselves with minimal assistance. Help will be provided for skates and helmets.
- It is recommended that the player be at practice/games no later than 30mins before unless a valid reason, this will allow the room monitors time to assist with helping them get dressed and making sure that they are on time.
- Practices are prepared based on the number of attendees, if a player is unable to make a game or practice, please let us know in advance so that alternate arrangements can be made for affiliate players to attend.
- It will be strongly encouraged to use the team ramp app to notify of your attendance.
- If you would like to discuss your child, please make arrangements through the parent representative to speak with members of the coaching staff or simply send a detailed written email.

24hour rule

If you have an issue regarding an incident involving players, parents, staff or volunteers, it is strongly urged to use the 24hour rule before attempting to engage in conversation with the coaching staff or volunteer. This time frame allows all parties involved to gather their thoughts, therefor allowing for the potential prevention of a disagreement turning into something more than a differing point of view.

Practice

- During practice, please do not stand or sit on the player’s benches. This is distracting to the players and coaching staff.
- We will have full ice practices and we will run very efficient and effective practices.

- We will always have helpers on and off the ice.
- We do this to maximize drills and get your child the attention we feel they need for development.
- If you don't understand things that we are working on please do not hesitate to ask.
- The team will have assigned practice jerseys and socks that the players are required to wear. Games:
- All players should be wearing their team matching apparel when arriving for games.
- All players will have a home and away jersey with home and away socks.
- Mismatched socks or wrong-coloured jerseys are not acceptable for games.
- The Players must wear the required matching green helmets, blue gloves and pants as chosen by the team.
- Your child will receive a regular shift during every game, of course this varies when having to change on the fly and waiting for whistles.
- Please cheer for your child (and team) loudly and provide positive reinforcement.
- Your child may or may not want to talk about hockey after the game. If they do, emphasize the positive.

Dressing Rooms:

All members of the team will adhere to this dressing room policy. A minimum of 4 adult females pending proper documentation will be designated as dressing room monitors. They will assist with monitoring code of conduct, helping the players get dressed and ensuring that the players are ready on time. This policy is implemented for the safety of the players, coaching staff and parents/guardians as well it will reduce the likelihood of misconduct (i.e., bullying or abuse).

- There will be a curtain hanging both in the main doorway to the dressing room as well as the bathroom inside of the dressing room to add more privacy for those changing.
- Some coaches will be available to help with tying skates outside of the dressing room if needed • The usage of cell phones will be strictly prohibited inside the dressing room while players are changing and getting dressed.
- Male coaching staff will only enter the dressing room once the players are fully dressed in their equipment 10 minutes before the game.
- After the game players are to remove their helmets and gloves only to allow the coaching staff to enter the dressing room to have a few words with them prior to fully getting undressed.

Communication/Discipline

- It is the responsibility of the parent/guardian to ensure that they along with their player are aware of the NBGHA and OWHA code of conduct.
- Failure to abide by the rules and code of conduct of the team or association could result in discipline.
- All disciplinary actions will be addressed by the coaching staff in the presence of a parent representative, the players family member and the player.
- All communications to the coaching staff should be forwarded through the parent representatives or written in an email.
- Any discipline that is seen as being above the team's level will be dealt with accordingly by the association.