



PMHA Coaching Program

Year-end Report

2018/2019 season

Prepared by:

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It has been a pleasure to work with the amazing coaches and on-ice volunteers at Penticton Minor Hockey Association this season. We have a great group and with enhanced training and support for our coaches, we have not only seen great results, but improved player development, improved depth and most importantly; ensured a positive experience for most players.

2018-2019 Season Highlights

PMHA Success

Congratulations to the many PMHA teams having successful seasons in 2018/2019! While we strive to have a great experience for every player regardless of their record, there were many teams who had tremendous seasons and their results should be commended:

- Midget Tier 2 – 2nd in OMAHA regular season. Williams Lake, Kelowna & Maple Ridge tournament champions.
- Pee wee Tier 2 – 2nd place in the OMAHA playoffs.
- Pee wee Rec #1 – OMAHA regular season champions & 2nd place finish in the OMAHA playoffs. Penticton tournament champions.
- Pee wee Rec #2 – Salmon Arm & Spokane tournament champions.
- Pee wee female – OMAHA regular season & playoff champions. Salmon Arm, Vernon and Penticton tournament champions.
- Atom development #1 – Wenatchee and Merritt tournament champions.
- Atom female – OMAHA regular season champions. Surrey Wickfest tournament champions.
- Novice #3 – Undefeated in the Revelstoke tournament.
- Novice #2 – Undefeated in the Enderby tournament.
- Novice #1 – Undefeated in the South Okanagan tournament.

There were also too many teams to mention that came close to winning tournaments and placed well in their respective divisional regular seasons and playoffs.





PMHA Head Coaches Meeting

Every season, the Coach Coordinator hosts a mandatory coaches' meeting for PMHA head coaches. The purpose of this meeting is to update coaches on any rule changes, new programs and try to get all coaches on board with the association coaching philosophy of player development and providing a positive experience for every player. This year's head coaches meeting included 24 topics including: PMHA coaching philosophy, OHA agreement, demo Hockey Canada Network app, Long Term Player Development, BC Hockey & OMAHA updates, player conduct, locker room policy, coach conduct & code of ethics, goalie ice, keys to a good practice and more.

Good Deeds

Every year I see teams involved in activities off the ice that promote community service, charitable work or helping those in need. To highlight these charitable acts, we introduced the PMHA Good Deeds draw and offer a team pizza party to one lucky team out of those that have participated in these events. This year's winner was the Pacific Rim Peewee Tier 3 Vees who participated in both the 10,000 Tonight food drive and the OSNS telethon. Other charitable causes helped this year by PMHA teams included the Salvation Army, BC Children's Hospital and the Youth outdoor recreation society!



Penticton Vees Relationship

A healthy relationship with your local Junior A team is important for any minor hockey association. Along with player skates, fundraising BBQs and minor hockey nights, PMHA has been building our relationship with the Penticton Vees to improve our player experience as well as coach development. PMHA teams welcomed Vees player appearances this season at practices and PMHA coaches were treated to presentations by Vees Head Coach Fred Harbinson and free game tickets as part of the coach appreciation weekend! We look forward to building on this relationship as the feedback from the coach appreciation and BC Hockey coaching seminar was excellent.





International Children's Games – Lake Placid

A unique opportunity arose this year for a group of PMHA female players aged 12-14 years old. Hearing that the International Children's Games (ICG) were short a female team for the games, Penticton was recommended as having a strong program and possibly the ability to field a team even though it was late in the process. The group did just that organizing and sending 17 athletes and 4 staff to Lake Placid, NY to represent Penticton in the games. It was a once in a lifetime experience for this group and there were many comments on how well the team represented our city on and off the ice.



Initiation & Novice Development – IP Program

Once again Penticton Minor Hockey Association has been a leader in the pursuit of development at the Initiation and Novice age groups. Years ago, there was some hesitation with the implementation of half-ice and cross-ice hockey at the early age groups, however, the majority of coaches, parents and players are now buying into this development philosophy. Along with input from divisional coaches, PMHA has been experimenting with various game layouts and testing a progression plan with positive results. Part of this development includes testing various game rules and game layouts that fall in line with the intention of the BC Hockey best practices. With this trial, we hope to create a standard for play within OMAHA associations at the initiation and novice levels.



PMHA coaches have shown a commitment to age-appropriate development at the initiation and novice level. This approach will provide a solid foundation of skill for years to come.



Atom Transitional Plan (ATP)

To help prepare players for the transition from novice to atom, PMHA has committed to the BC Hockey ATP. With the help of current novice coaches, the coach coordinator ran on-ice drills focusing on



offsides, icings, face-offs, spatial awareness (including defensive and offensive zone concepts), maintaining game flow and full-ice controlled scrimmages. These sessions were well attended and our graduating novice players look ready for the challenge of atom hockey next season!

Coaching Aids

In an effort to provide the best coaching possible. PMHA is trying to stay on the forefront of technological advances. This season we provided a television in the Midget T2 coaches room for game analysis. We also purchased 2 televisions on rolling mounts that will be utilized next season at McLaren arena and OHS arenas. Using this technology, coaches can show drills, provide skill analysis during practices or review game footage with their teams as well. More PMHA coaches were provided with tablets this season and allowed them use of cutting-edge coaching apps such as the Hockey Canada Network App, USA hockey, Concussion awareness tool, SportsGo, etc.



Referee and Coach Communication

This season saw the return of Randy Craig to PMHA in the role of Referee in Chief. Communication started almost instantly between the Coach Coordinator and new RIC to explore ways to improve interactions between coaches and game officials. Open communication between the RIC and CC have allowed PMHA to improve relationships and development for both referees and coaches. Layne Richardson (WHL & BCHL referee) provided a presentation to PMHA coaches on interacting with game officials.



PMHA & OHG Agreement

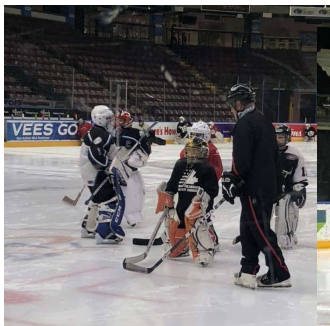
Continuing with our focus on player and coach development, PMHA worked closely once again with Okanagan Hockey Group (OHG). Through OHG's professional coaches, we provided the following coach, staff and player development sessions:

- Power skating coaches' session with Rob McLaughlin.
- Defensive hockey coaches' session with Craig Bedard & Jared Wynia.
- Trainer and safety person session with Heather Perrin.
- Weekly PMHA goalie ice with Tyler Love, Jesse Plewis & Andy Moog.

The weekly goalie ice sessions were moved to a different day and time this season and we saw a tremendous turnout, sometimes having as many as 20 goalies out to help their position-specific development!

Along with the coaching sessions, OHG staff met regularly with many of the rep and development teams to provide skill-specific practices. Going forward, we hope to pencil the sessions in throughout the season to fully utilize this development opportunity.

In lieu of the off-ice combine testing, PMHA rep and development teams were offered a session with the OHG strength and conditioning coach to go over possible off-ice workouts for the season.



PMHA Coach & Player Development

PMHA hosted two checking clinics this season, one prior to tryouts and one mid-season for those players moving into Bantam. These clinics will better prepare these players for the jump to contact hockey next year. Drills from this session were also shared with coaches so that they can continue to work on the checking skills in their regular practices.

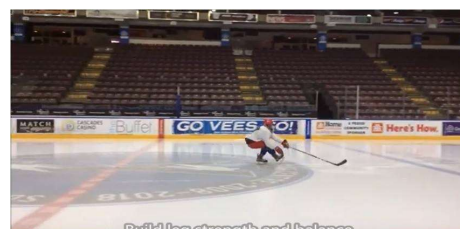


Initiation and Novice coaches were introduced to a new training tool called the Tornados Edge. This skating development aid allows players to focus on technique and challenge themselves without having to worry about speed or balance.

After using the aid, they attempt the skills without assistance. This tool should see enhance skating development with our younger skaters.

To improve our coaching resources, the coach coordinator hosted video sessions this season recording various small area game (SAG) drills. These videos were then edited and added to the PMHA website. The use of SAGs in practices are proven to improve player development and keep things fun for the players. These videos will be available to coaches for years to come.

On a similar note to the SAG sessions, we hosted a session with Liam Noble (player from OHA) who demonstrated various power skating techniques. The videos with these skills have been edited and added to the coach resource section so that coaches can show players excellent form for different aspects of power skating.



Confidential Parent Coach Evaluations

The parent evaluation format implemented 2 seasons ago has been well received. To date we have 120 confidential parent coach evaluations completed from this season, with the expectation of many more still to come. This feedback from parents helps the coach selection committee make an informed decision when it comes to choosing coaches in future seasons. It is also important that parents have a way to give their honest opinion about their experience without repercussions in future years from coaches, board members, etc. For this information to be valuable, we need parents to speak freely so that we can shape our programs around our members needs and expectations. Used in coordination with the coach coordinator practice and game evaluations, PMHA is well positioned to make the best choices in future seasons for coaches and identify areas to offer more assistance and training.

A screenshot of a web-based form titled "PMHA Coach Evaluation by Parent". The form includes fields for "Unique ID (contact your Team Manager)", "Team", "Name of Coach", and "Position with team". It also features three Likert-scale questions: "Did coach help develop player all out?", "Did coach teach team play, strategy & positioning?", and "Did coach help develop player physically?". Each question has a scale from 1 (Poor) to 5 (Excellent) with corresponding radio buttons.

Coach Feedback

Similar to the parent coach evaluations, head coaches are asked for their feedback on the PMHA coaching program. This survey helps identify both strengths and any deficiencies within our programming and allows coaches to voice their thoughts on areas such as coach seminar topics or coaching aids needed.



Support

This season support was offered to our coaches through:

- On-ice shadowing
- Regular practice & game observations
- Communication (in-person, telephone & email)
- Mentorship
- Coaching reports
- Conduct meetings and investigations
- Practice and game coach evaluations
- Follow-up
- Year end review (coach feedback)



This season there was an enhanced focus on coach observation and on-ice support. By increasing the amount of team visits, I identified association-wide areas of success as well as areas that improvement can be made. This first-hand experience provides a background that can then be used to develop future training topics and resource needs. It also gives PMHA a higher level of knowledge when it comes to coach selection decisions.



PMHA Junior Coach Program:

With a few teams requiring more on-ice helpers, PMHA players that were interested in helping younger players and be exposed to coaching for their first time, enrolled in the PMHA junior coach program. After a meeting with participants and the head coach of the assigned team to go over expectations, participants sign a contract agreeing to regular attendance and appropriate conduct and expectations. This season we had 4 successful participants who received a letter of reference outlining their community volunteer work as well as a gift certificate and certificate of participation. Along with PMHA junior coaches, I must send a huge thank you to OHA players who helped numerous teams this season with regular attendance and on-ice support!



PMHA Facebook Page:

Regular updates on the PMHA Facebook page allow us to keep our members informed of our ongoing efforts to provide the best instruction and best experience in minor hockey. One post had in excess of 5,000 views with over 1,000 engagements, which is great exposure for our program.



Next season

Coach Conduct and Code of Ethics

New next season is that every member of PMHA team staff must fill out an online application. By filling out the online form, they are also agreeing to abide by the PMHA coaches' agreement and code of ethics. By having this process in place, PMHA is in better position to hold coaches to a high standard and also hold them accountable should they not follow the expectations.

New Recreation Evaluation Process

A new recreation evaluation process has now been added to the PMHA guidelines by the board of directors. This process will ensure that we have done everything as an association to divide our recreation teams to be as balanced as possible. Some of our divisions were extremely even this season while others had glaring differences in ability to compete in games and we don't want to have this in the future.

AP Process

This season there were numerous changes once again from BC Hockey and OMAHA when it came to affiliate players specifically in the lower age divisions (atom, novice, initiation). These changes made it difficult to clearly layout a PMHA AP program. With that being said, an AP program has been finalized and should be a lot smoother next year barring anymore changes.

Conclusion:

In my fourth year as Coach Coordinator, I am proud of how much was accomplished as we made further strides in establishing a comprehensive coaching program at Penticton Minor Hockey Association. Having spent countless hours with PMHA volunteers on the ice and bench this season, I am proud to work with such great people. As we continue to offer the best program in minor hockey, we must remain focused on our main goal of providing quality player development and above all; a positive experience for all players!

Yours in hockey,

Rod Kenney

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