



## Stettler Minor Hockey Association

### Board Meeting Agenda – SMC Meeting Room & Zoom

October 13, 2021

Jerilyne Raab	Trevor Speakman	Sarah Payne	Kelsie Miller
Martyne Nixon	Dale Robinson	Doug Baltimore	Alexis Carlson
Tersha Stevens	Stefan Olafson	Nicole Doan	Melody Richardson
Janelle Greiner			

#### **1.Meeting Called** to order 6:33pm

#### **2.Additions to agenda**

2.1 Additions / Deletions to agenda – None

2.2 Approve agenda

Sarah motioned to approve the October 13, 2021, meeting agenda. Trevor seconded the motion.

#### **3. Minutes**

3.1 Review of minutes and action items from the September 08, 2021, meeting (see attached).

All action items were taken care of with the exception to Trevor still trying to get in touch with Jason regarding sponsorship.

**Action Item:** Trevor will continue to try getting in touch with Jason to discuss sponsorship.

*Sarah motioned to approve the September 08, 2021, meeting minutes. Trevor seconded the motion.*

## 4. New Business

**4.1. Selection Process** - Teams have all been declared. Thank you to everyone for all the hard work.

**4.2. Team photos** – Sarah has booked a room upstairs in the Rec Center for team photos December 06, 2021. Team rosters will need to be sent to the photographer prior to the team photo night. Sarah will be looking for 2 volunteers to help out. We may have to adjust how things are done depending on what restrictions looks like at that time.

**4.3. SMHA Apparel** - Duncan has been in contact with Tasha from Source for Sports. They will arrange a few days that the store will remain open in the evening for people to go in and look at, as well as try-on merchandise.

The new team jerseys will be here mid-November, but the new team socks are in stock and available for purchase.

**4.4. Safety Coordinator** – Jenece Baker has volunteered for this position; she attended a full day course and the information she gathered is attached.

*Tersha made a motion to obtain medical information from all players for the managers to keep on hand. All in favor.*

**Action Item:** Sarah will send the player medical form for all managers to disperse to their teams.

**4.5. Tournament cancellation due to covid restrictions** – Discussion regarding tournaments this season and whether teams will get their fees back if the tournament is cancelled due to covid/new restrictions. The town has a 7-day cancellation policy for ice rentals.

**Action Item:** Jerilyne will talk to the town and see what their policy will be for ice cancellation due to covid policies/restrictions.

**4.6. Covid update / REP program** – Anyone using red rink, THEY are responsible for ensuring their team is following the policies in place. The managers/teams are responsible for policing the masks/#'s and ensuring they are adhering to the Covid-19 facility policies.

Lots of discussion regarding how to handle the covid policies and those unwilling to adhere to them.

Discussion about the possibility of moving the U7 & U9 games over to the blue rink instead of the red rink, as this will help with keeping the #'s within their maximum capacity limit.

Live Barn is also available for those not wanting to follow the policies/procedures.

**Action Item:** Jerilyne will ask the town to put up some signage regarding staying in the rink you are playing in/watching at and not going back and forth between rinks.

## 5. Old Business

**5.1. Team Declarations** - Overage players have been approved, they cannot be used as affiliates.

**5.2. Fundraising Update** – Currently our bacon fundraiser is sitting with a \$2732.00 profit. We will need 113 more orders to reach our goal. There are currently 50 active sellers. Fundraiser will run until November 03 and will require volunteers to help with the pick-up date of November 16<sup>th</sup>.

**6. Hockey Alberta Deadline for affiliates players** – Deadline for affiliates is Nov15, 2021, this has already been submitted to CAHL.

## 7. Executive Reports

**7.1 President** – Jerilyne Raab – Receiving and dealing with lots of phone calls & meetings, lots of fires to put out. Thanks for hard work. Game books should be here by Thursday and will be handed out to team managers.

**7.2 Past President** – Trevor Speakman - No Report

**7.3 VP Development** – Brett Nixon – I believe things went well with ATC , Val Norrie, and Girls Weekend. These are good events, but they do not come cheap. I am not sure if we can look at adjusting this in the future or if that's just the way it is.

Preseason skates had many volunteers that ended up coaching getting involved which was great. Still a few coaches that need to get their proper credentials and or file an application. The process seemed disjointed this year and we may need to look at adjusting things so we know right away which assistants head coaches would like.

U7 & U9 have now started. I have not been able to see the U7's yet but U9 skates have been well attended and are being well run. Ashley Grantham has been scheduled for 2 days of power skating for U9 this Saturday and the following. I will be looking at getting her two more times in the new year. Also, capacities and scheduling has been an issue with these groups.

Hockey Alberta has been offering evening zoom sessions that were sent to Directors and Sarah earlier.

Directors we need to remind coaches that equipment needs to be put away after practice. Things have been a complete mess and equipment is not cheap and has not been treated well.

**Action Item:** Trevor will talk to Steve about holding a goalie director position and can help get some volunteers onto the teams to help with the goalie development.

**7.4 VP Operations** – Jace Robinson - Team evaluations were all performed. Feel that evaluations went very smoothly and were conducted fairly. Some issues with U18 selections and parents. A letter was sent to U18 parents regarding how evaluations were performed, and the teams selected.

Hockey Alberta approved our request to overage to U15 players into the U13 program. This helped us be able to have one full roster at the U15 level without having to cut players.

U15 Female, Hockey Alberta approved our request to oversize the team, thus allowing everyone a place to play for the season. Two players will have to sit out each game though.

**7.5 VP Marketing & Communication** – Sarah Payne - Everything's been pretty good, other than a couple of website issues.

**7.6 Treasurer** – Martyne Nixon

September ice and refs not included in these figures, as they are paid in October

On September 30:

Netbanx - \$29,104.24

General Account - \$231,091.31

Casino Account - \$4,195.44

Savings Account - \$14,099.26

Refunds processed for AA players. ATC goalie camp refunds processed for Stettler MHA players. Change in signing authority / account names at bank ongoing. A few payments still O/S - have been in contact.

*Dale motioned to adopt the October 13, 2021, treasurer report. Trevor seconded the motion.*

## **8. Division Reports**

**8.1 U7** – There are 37 players, and they are in the process of deciding if there will be 3 or 4 teams. They will start looking for tournaments.

**8.2 U9** – Tersha Stevens & Bobby Duncan - Practice started Oct 4- going well. We will have 6 U9 in-house teams with 9 players each, no female teams, 54 total. Brett will check if we have enough goalie equipment. Power skate Oct 16 & 23. Decision not to pursue U9 pure A travel- only 11 committed out of 18 did see a lot of improvement in 6 skates however skill level not there. not enough for tryouts, more cost, coaches were consulted. A lot of interest in our tournament- several applications received will review and select end of month. I have applied for 6 tournaments and am waiting for teams to select second. Most need to be in by oct 31 will have to get team decision asap. Parent info night Sunday oct 17 via zoom. Managers pre-selected to help. Trouble with ramp attachment waiting for ramp support -looking forward to moving to team snap. Team selection set for oct 28. Still waiting for some coach applications 9 applications done 4 pending. signing authorization done

**8.3 U11** – There are 2 teams, currently tiering 3 and 5. The B team lost their games, the players are ok, but goalie is weak. Jersey washing will get volunteer hours, will find someone for this task.

**8.4 U13** – Home tournament cancelled due to black-out dates, and there is not an alternate date to use. Tiering starts this weekend.

**8.5 U15** – Teams have been finalized. Coaches and a manager have been selected. Team has played 2 exhibition games; tied Drumheller (tier 3) 5-5 and Delburne (tier 3) 3-3.

**8.6 U18** – Our teams have been selected and our total is 35 players as follows:

U18 A - 15 players + 2 goalies and U18 B - 16 players + 2 goalies (1 is currently injured).

The U18 A selections were tough with 27 players going after 16 roster spots. All 27 had prior experience playing on "A" teams so there was some disappointment and disbelief when the team was announced. Jerilyne sent out a very detailed letter to the families of the U18 A team selections participants explaining the process that was followed this season.

**\*\* I recommend that we review this letter and revise it into a SMHA Selections Process guideline to be published on the SMHA website. \*\***

Following the team selections we had 1 player quit from the U18 B team and 1 player on the U18 A team also chose not to play this year. We now have coaches in place for both U18 teams

The entry for our U18 tournament on the Hockey Alberta website was listed as "body checking not applicable." As a result, we have been getting lots of inquiries from house league teams, mixed teams and other non-contact teams (this has already been corrected - thanks Martyne!)

Tournament planning is underway and there is a lot of interest so far. There are not very many other tournaments being advertised, especially for Tier 5.

Doug indicated that finding enough officials for the tournament games will be an issue.

We also have an issue with no hotel rooms being available as the Super League has a tournament in Big Valley on the same weekend so we could be limited to only asking local teams to come.

**8.7 Female** – Everything has been going well, and the girls are playing well. The U11 team could use a few goalie items; a chest protector and a goalie helmet.

U13 has their tournament coming up Nov 06 & 07, there are 4 teams registered.

U15U18 has their tournament the weekend of Nov 25<sup>th</sup> and they are planning on 16 teams.

There will not be any sort of raffle table at the tournament.

All female players have been registered and the over-age roster has been completed.

**Action Item:** Jerilyne will send out email with the standards for coaches.

## **9. Director Reports**

### **9.1 Registrar** – See report

U7 / U9 need a bit more time to get rostered – still needing coaches by Nov10

**9.2 Equipment** – New jerseys are scheduled to be here mid-November. Duncan will require each team to provide a roster of players/jersey #'s so he can keep track of all jersey's going out/coming back in. Team socks are available to purchase at Source for Sports. Been chatting with Tasha about apparel and get a schedule figured out.

Duncan will pick up some U11 goalie sets online – will discuss pricing with Martyne.

*Janelle motioned to spend up to 1000 on goalie equipment, Alexis seconded the motion. All in favor.*

Both rinks need pucks – there are extra pucks upstairs.

**9.3 Ice Allocator / Ref** – Girl's tiering is booked, and first half of season is going in on Monday. Tournament having trouble getting refs. There will need to be an email sent out to coaches reminding them that they cannot be yelling at the young refs – this will not be tolerated. Doug and Lisa need managers to send in their tournament dates. Doug would like to host a meeting with the refs.

**9.4 Sponsorship/Fundraising** – Bacon fundraiser is wrapping up. Neilson's Beef was not able to come up with a way to do a "Fill your freezer" fundraiser that would've benefited both parties, so they have offered a different option to help us raise money. They have generously offered to donate 3 \$140.00 gift certificates to be raffled off at the home tournaments. They have specified they would like 1 gift certificate each to be given to the age groups for '09 boys, '07 girls, and '06 boys.

Stettler minor hockey masks - \$600-700 for 100 masks / from the states, shipping about a week. Will look at ID Apparel

**10. Next meeting** is scheduled for Nov09, 2021

**11. Meeting adjourned** at 8:23pm

# **Hockey Alberta Safety Leader Training**

## **Key Points**

- 15-20 Associations will be creating a Safety Leader position as a pilot project with Hockey Alberta
- Safety Leader necessary to ensure that safety of participants within each association remains a top priority

### **Okotoks Minor Hockey Association**

- Okotoks (OMHA) implemented a Safety Program four years ago.
- OMHA is leading this initiative in creating a safety focused culture and has made safety a major focus of their association after an extensive injury within their association was poorly handled.
- An OMHA board member's son was playing hockey in rural Alberta and his carotid artery was cut by a skate. Response time was slow, the emergency plan was very poorly executed, and as a result he pleaded with the board to put more emphasis on safety of athletes.
- They currently have a safety team consisting of three people:
  - OMHA Safety Director (nurse)
  - Concussion and Return to Play Specialist (kinesiologist)
  - Youth Counsellor
- Their goal is to train parents and coaches so they are handling situations in a safe and consistent manner.
  - 90% of parents and coaches have no medical training.
  - Each team must have a Safety Coach who is carded to the team and must take the safety course – Level 1 and 2, each year.
  - Level 1 is a two hour, hands on first aid course where they bring in a physiotherapist to train participants in areas such as stabilizing a spinal injury, safely removing a player from the ice, concussions, return to play and injury reporting, and mental health of participants.
  - Level 2 is a review of the association's Emergency Action Plan, discussion of injuries from the previous season and how they were handled, and discussing mental health of participants.



- Mental wellness of participants is also included in the OMHA safety course and is much needed especially since Covid. They hired a Youth Counsellor to talk with teams and is a resource to coaches.
- OMHA created a Safety Binder for the designated Safety Coach on each team. The binder is a resource for the Safety Coach and contains all information/forms required from a safety perspective:
  - Concussion Procedure, Tools, Forms
  - Concussion Return to Play Procedure
  - Hockey Canada's Concussion Protocol
  - Hockey Canada Injury Form
  - Injury Tracking Sheet
  - Emergency Action Plan
  - Resources on Asthma, Diabetes, Spinal Stabilizing, etc.
  - Etc.
- The response from coaches in OMHA has been phenomenal – they feel much better prepared to handle safety situations properly and most were not aware that an emergency action plan existed.
- Hockey Alberta was so impressed with OMHA's leadership in this area, they used their safety binder as a template and created a generic safety binder not specific to one association. All links and information can be found on the HA website.
- OMHA also requires that all players have a medical form completed at the start of the season which is reviewed by the Safety Coach and filed for the season. Coaches must be made aware of any physical or mental condition for all players.
- The Safety Coach must complete a Hockey Canada Injury Report for every injury that restricts the player from returning to a game or practice.
- The association's safety team forwards all documentation to Hockey Alberta, even if not making an insurance claim as HA tracks injuries to trend the information and make necessary changes.
- The association's safety team follows up with coaches on all forms/submissions.
- All of the safety documents/forms can be found on the safety tab on the OMHA website so coaches can access easily.
- This all sounds like a lot of work, but there aren't many injuries that require forms to be submitted. Managers can also assist the safety coach to complete and submit injury forms.



- Okotoks also uses the Headcheck Health App (fee per player - can be negotiated). This app is a concussion management system to improve the overall concussion care that athletes receive. It allows associations to monitor concussions at a high level and ensure standards are being met.
- Safety coaches must complete Headcheck training (15-minute online course) and use their system to record potential concussions.
- Through this app, the association's safety team gets notified of suspected concussions and can provide support to the coach for next steps.

#### **Why is the OMHA Safety Initiative successful?**

- Communication – emails to parents, coaches, boards, etc.
  - An email is sent to parents at the start of the season with information about the Safety Coach's role on the team
- Education – training parent coaches = increased confidence
- Support – coaches know they have the support of their Board
- Consistency – follows HA and HC processes
  - Safety Course every year
- Feedback/Continually Evolving
  - Changes are made to improve the program based on feedback
- Buy-in from the Board/Coaches
- Strong Leadership

#### **Safety Initiative Challenges**

- **Parents**
  - Sometimes question the Safety Coach's decision to remove player from play
  - Some parents do not feel a doctor's note is necessary for Return to Play (must be from a physician – not a chiropractor etc.)
  - Not wanting to be part of Headcheck Health
- **Coaches**
  - Not using Headcheck App properly
  - Not always sending in forms to Hockey Canada
  - Not always sending in Return to Play notes

- **Budget**

- Associations need to set aside a Safety Budget (OMHA requires \$1200-1500/year – not including Headcheck App) for binders, safety course, counsellor, etc.

### **Minor Hockey Association – HA Safety Expectations**

1. Engaged Safety Leader
2. Supportive Environment – buy-in from coaches/Board, parents, players
3. Training and Orientation – Safety coach must be trained and understood what is expected
4. Injury Reporting System – forms must be submitted to Hockey Canada
5. Player removal and return-to-play process
6. Fully stocked medical kit
7. Emergency Action Plan in place
8. Preseason Meeting with parents
9. Completed medical form from all players
10. All injury related processes are followed and documents submitted

### **Recognizing Mental Health in Sport**

Presentation by Matthew Bain

- The importance of mental health is an emerging trend we're facing in the world of sports.
- Mental health is no different than physical health.
- 100% of people have mental health with bumps along the way.
- Mental health in sports once came from a concept of strength and toughness – ie. "must earn a water break"... "beat them down before you build them up"...
- Coaches once felt like they could train athletes out of feeling sad, down, anxious...
- What we've come to know is that mental health doesn't benefit from being beaten down. This is illogical.
- What we need in our sports world is functional, dynamic training.
- Coaches need to work with athletes to embrace challenges – don't deny or ignore them.



- We need to normalize/regulate the language that comes with mental health.
- To **admit/accept** is to strengthen, not weaken and results in growth as an athlete.
- Coaches must acknowledge when he/she recognizes changes in an individual and should initiate a dialog with the player.
- Covid has caused coping methods to become strained – coping strategies that once worked aren't working so well anymore – more impatient, angry, feelings of dread. This is true for coaches, players, parents.
- When we recognize this, we are able to do something about it.
- A common belief in the sports culture is that there's too much sensitivity in sport – players have become too sensitive, too soft.
- Many coaches have trouble acknowledging the importance of mental health and removing the negative stigma.
- ie – A rigid coach may view depression as weakness, and the player is then considered weak. This coach is focusing on what was accepted in the past – refusing to change.
- When a player's mental health is in check, the player will have better physical and emotional health.
- "Someone's ass doesn't need to be chewed out to create an effective athlete or champion."
- This behaviour is becoming less tolerated/acceptable – coaches are being fired/charged.
- Developing mental toughness in athletes begins in an ability to demonstrate it.
- The team is the coach's workplace. You can't yell and scream at your co-workers or you are considered abusive. This behaviour should not be tolerated with a team either.
- To take a more positive approach is to provide regular check-ins with your players – social support.
- Coaches are vitally important/powerful in helping or hindering a child's sense of incompetence or lack of capability.
- Sports can be so powerful in preventing or reducing mental health deficiencies. A good coach should be open, build up each player, and recognize changes in players.

- Language matters – coaches need to remove all language that destroys a person's confidence.
- The most important thing a coach can be is approachable.
- Coaches should establish "check-ins" for athletes they identify as anxious.
- Positive Rapport - important role in getting a player/athlete to perform to the best of their ability.
- If a player/athlete is struggling, a good coach will help them separate their anxiety from their sport performance and help them establish coping strategies.
- The sports world has the opportunity to lead in mental wellness – it just needs coaches to remove the negative stigma around mental health and recognize the importance of mental well being in athletes.

*My recommendations after the course:*

1. I think a good starting point is to provide the designated safety coaches on each team with a binder outlining safety rules/procedures/injury reporting/emergency action plan etc. and should be explained in detail at the Coach/Manager meeting.
2. It should be a requirement for every player to complete a medical history form and submit to the coach at the start of the season.
3. Ensure our association has an emergency action plan in place.
4. Ensure medical kits are fully stocked

In the future, we could look at providing a required safety course for the designated safety coaches as well as the concussion tracking app Headcheck. We could also look at having a youth counsellor talk to each team at the start of the season about mental well being, and use the counsellor as needed on a case-by-case basis.