

PAMHA IP1 2014 Parents

My name is Bill Nicholson, I will oversee and co-ordinate this season's IP. I would like to welcome all parents to IP 1 and thank you for registering your player in our program. I believe that we offer an excellent learn to play curriculum based on the Hockey Canada Initiation Program. Our players receive skill training as well as participate in half ice and full ice games. Our whole program is based on one word – FUN.

So let's talk about the program you have signed your player up for, the Hockey Canada Initiation Program.

✓ **What Is It**

-The Hockey Canada Initiation Program is a progressive, learn to play system. Children learn through participating in practice drills and informal and modified games (such as shinny, freeze tag, and obstacle courses).

-The skills of skating, puck control, passing and shooting are introduced and refined in a progressive one step at a time manner. Please remember this is not power skating.

-Although the emphasis is on fun and fundamental skill development, the Initiation Program also allows players to experience fitness, fair play and cooperation.

✓ **Program Philosophy**

-Hockey Canada developed the program to ensure that a child's first contact with hockey is a safe and positive experience.

-It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement.

✓ **Program Goals**

-To have fun while playing hockey and engaging in physical activity.

-To learn the fundamental skills required to play the game of hockey.

-To create and refine basic motor patterns.

-To be introduced to the concepts of cooperation and fair play.

✓ **Additional PAMHA Goals**

-To recruit players and coaches for the Hockey Association

-To introduce goaltending

-To prepare graduating players (6 year olds) for Novice

- TO HAVE FUN!!!

- To involve your whole family

Our first ice sessions will be our player evaluations. These will take place on Wednesday October 8th for our newbies and Saturday October 11th for our skaters. Your player will skate for 1 hour or less. Your player's time and date will

be forwarded to you. Please come early enough to report to the table in the lobby. Name tags will be available for all players. Jerseys and Sox are available for those that require them. These sessions will be used to evaluate all participants. The drills that will be run may seem too advanced for your player, DON'T WORRY; this is on purpose so that we coaches can make the right decisions regarding our skill groups. Non skaters will "get their feet wet" at this session and will not be evaluated. Your player will be assigned to a skill group based on this session and will begin their skill training at their next ice session while non skaters will begin the "Five step plan". Groups will be adjusted periodically as no two players progress at the same rate.

THE FIRST SESSION FOR BEGINNERS IS MORE ABOUT GETTING THEIR FEET WET. IT WILL LOOK LIKE CHAOS OUT THERE. REMEMBER THIS DAY. COME ON THE BENCH AND TAKE PICS AND WHATEVER YOU LIKE. AFTER THIS I WILL ASK YOU TO RESPECT THE COACHING AREAS AS WELL AS LIMITING THE AMOUNT OF DISTRACTIONS FOR YOUR PLAYER.

Schedule and Program Structure

Our regular ice times will be on **SATURDAYS from 9:00 AM to 12:00 PM at GRANDVIEW ARENA and on WEDNESDAY FROM 5:00 TO 8:00 PM also at GRANDVIEW ARENA.** Our first Saturday ice will be on October 18th. Your player will skate for 1 hour each day.

The first part of our program will be devoted strictly to skill training. We'll get our "non skaters" through the basic 5 Step Plan and onto their feet and work with all skaters to improve their skills with station work and games. The length of this and all phases of our program will be based solely on the skill level of our group and will become clearer as our season progresses.

For our next phase, we will reevaluate our players and pick our teams. Our Initiation Program will consist of 2 divisions, Mite and Tyke. We are hoping to pick our teams in late November. Team jerseys and sox will be handed out and team pictures will be taken as soon as teams are named. Just prior to our reevaluation, I will give parents ample notice to ask for friends to play with friends. As long as your request is fair for all it will be honoured.

Our Mite league will consist of all 4 year olds and 5 year olds that we feel would benefit from this program. Tyke will be composed of all 6 year olds and those 5 year olds that are deemed able to participate. At this time Mite players will be introduced to 3 on 3 and 4 on 4 ½ ice games at our Saturday sessions with the emphasis placed on getting our players involved in the game. Mites will only play ½ ice games. Team practice ice will be introduced later. Our Wednesday ice sessions will continue with skill training. Our Tyke program on the other hand will go to full ice games on Saturday and will also introduce team practices and goalies. Like the Mite program our Wednesday ice sessions will continue with skill training.

Later on the ratio of skill training to games and practices will change. In January we will add ice times on Thursday from 5:30 to 6:30 to ensure that all teams get equal practice time.

- **Our Routine**

Before going onto the ice

- ✓ Please try to be early enough to prepare your player for their session by the time the zamboni is on the ice. If you need help preparing your player please ask well before the zamboni is out as this is the time when all on ice volunteers will be meeting to preview our session.
- ✓ Please use only the designated dressing room for your player. Signs will be posted on each room designating them as Group 1, Group 2, and so on. Please do not just go into a room and leave your stuff. Other teams must have access to these rooms before we leave the ice.
- ✓ Please ensure that your player goes directly to our line up area to the right of the dressing room doors after getting dressed.
- ✓ Coaches and volunteers will meet to go over ice session
- ✓ Before going on the ice all helmets must be strapped and all players must wear a neck guard. We carry extras, just ask.

On the ice

- Pregame
 - ✓ Once we are on the ice, at some point during our Pregame, we will always have our players get together around the referee's circle to begin every session. We always start with a cheer. After that, we will quickly go over our session and maybe pick our game and then split into our groups going to our various stations.
- Skill Training
 - ✓ Players will be separated into various skill levels. Most sessions will be run using stations.
 - ✓ Individual skills are taught in a logical progression. We are breaking down every thing into logical, easy to learn steps that are usually fun to do.
 - ✓ Most times we will have 7 or 8 players per station but some times we may have as many as 10 or more.
 - ✓ We have seen first hand how effective it is to have low coach to player ratios. I like to have two coaches instructing with another volunteer helping out per station. That can be up to 15 or more at once.
- Game Time
 - ✓ Every skill session will end with a fun game. These may include ½ ice shinny, relay races and games like asteroids, British bulldog, freeze tag,etc.
 - ✓ Most games have a practical application toward our skill training.
 - ✓ We will always try to leave 3 or 4 minutes at the end of our game time for a group get together and cheer to end every ice session.

Please note that if a player asks to go off the ice, he or she will be led off. Please watch for this as coaches on the ice do not have time to search for a parent. Please try to help us by ensuring that this does not become a regular part of your player's session. Most players go off to go to the bathroom. Please try to take care of this prior to suiting your player up.

- **Dressing Rooms**

- ✓ Please do not bring food or open drink containers into the dressing rooms.
- ✓ To avoid congestion in the dressing rooms after practice or games please limit it to 1 parent per player if at all possible in the rooms. This is not the place to linger and socialize, space is very limited.
- ✓ Please ensure that all your garbage makes it into the containers supplied. The Grandview rink attendants, Don, Rob and John, help me out all season and I ask you to help them by ensuring that our rooms and the stands are kept clean.

- **Teams**

Please remember that teams will not be picked until our skill training is almost complete. I will give parents ample notice to ask for friends to play with friends. As long as your request is fair for all it will be honoured. Now is not the time.

- **Equipment**

Some of you have asked about the equipment exchange. We are pleased to offer this service. If you wish, we can outfit your player from head to foot or supply individual pieces of equipment. Please contact me individually to set up a fitting appointment.

If you forget a piece of equipment or something breaks prior to a session please ask. We carry various pieces of equipment and spare screws, straps etc for helmets as well as most tools needed. We also have many sets of equipment in storage downstairs and will swap a piece if your player grows and his or her used piece is in good shape. I encourage you to take advantage of this service which is made possible by our partnership with the NHLPA. Please remember to check your player's equipment bag before you leave home. Most missing equipment is simply not packed prior to practice.

One piece of equipment that I would like you to look at is your player's stick. Is their name on it? If not please put it on. Please take your player's stick and try to put the knob end through their mask. If it goes through, as most junior sticks will, please make the knob bigger until it won't. This will make the stick safer for all and the added benefit is your player will have an easier time picking up their stick when they drop it.

- **Extras**

- ✓ Robins Tourney in January. Volunteers needed
- ✓ Timbit's Jamboree

- ✓ Season wrap up Party

- **Safety and Risk Management**

Risk management is the process by which an organization identifies, assesses controls, eliminates or minimizes the risk of bodily injury or financial loss arising from its activities. There are several steps involved necessary to show due diligence and basically this means;

- ✓ I will do a quick inspection of our arena before each use and if anyone else sees a potential safety problem please tell either myself or the arena attendant.
- ✓ In case of potential serious injury (when EMS must be called) I need two volunteers to be part of our Emergency Action Plan, a Call and Control Person whose task is basically to call in the emergency and direct the responders when they arrive. Please let me know if you have medical training.
- ✓ Please remember potential peanut allergies and watch what you bring into the dressing room, I prefer no food in the dressing room and please watch your juice etc very closely.
- ✓ My first aid kit will be at all practices that I attend and all teams will also have a first aid kit. **I need people to become trainers.** Courses are available on line and you will be reimbursed any costs. If you are interested please let me know. This is NOT about first aid.
- ✓ It is mandatory that all on ice volunteers wear a helmet. With the amount of players and volunteers on the ice it is for your own safety. It also sets a good example for our players. I have helmets to lend.

- **Volunteers**

Last and perhaps most important is my plea for volunteers. Without the involvement of the parents we cannot operate our program. As I previously stated, if your player is in the 5 step plan, please come out and help us on the ice, or get a sibling, other family member or friend to help. This is very important to the success of your player. I do require lots of help on the ice. As those that attended our evaluation should have seen, the more help we have the better our program will be. I need the following;

1. Coaches - those that will commit to helping at skill training as well as being the head coach of a mite or tyke team
2. Assistant Coaches - those that will commit to helping at skill training as well as assisting the head coach of a mite or tyke team
3. Parent Helper - those that will commit to helping at skill training until December 1st.
4. Youth Helpers - Any registered Minor Hockey player is welcome to help. High School students can earn the Community Service hours they require to graduate.

Coaches and Assistant Coaches will require a Criminal Reference Check (CRC) as well as taking the Respect in Sport online course. You will be reimbursed for the course however the CRC will cost you \$18.65. Port Arthur Minor Hockey will accept CRC's less than 3 years old. Parent helpers who shall not be on the ice after December 1st need not worry about these requirements.

IMPORTANT

Hockey Northwestern Ontario offers insurance to all on ice helpers. This will not cost you anything. I will require the following information;

- Your full name
- Your date of birth
- For Coaches and Assistant Coaches - Your hockey ID number if you have one (if you have taken any registered courses you should have this number).

Insurance for on ice parent helpers will not cost our program any money as long as you do not come on the ice after December 1st. Please VOLUNTEER! And please remember if you can't volunteer, please notice your player's improvement and his or her involvement in each practice and make positive comments and observations after every one. This is just as important as our drills. AND most importantly, let's keep this in the proper perspective and ensure that everyone involved has only 1 thing in mind.....HAVING FUN!