



A MINOR HOCKEY TOOLBOX FOR PARENTS - THE TOOL INVENTORY LIBRARY

***This document is constantly being reviewed and
new tools are added as required.***

A – Educate

- National Programming
- Development Programming
- Branch Programming

B – Create and Communicate

- Philosophies
- Codes of Conduct

C – Engage

- Team Meetings
- Chevrolet Safe & Fun Seminars
- Mentorship Programming
- Evaluation Templates

D – Respond

- Mentorship Programming
- Conflict Resolution

E – Resolve

- Branch & MHA Constitutions and Operations Manuals
- You and your MHA

F – Other Programs of Interest



A.

Educate

Educate the masses

National Programs

Branch Initiatives

District / MHA Delivery

B. Create and Communicate

Association Philosophies

- *Team selection*
- *Ice time*
- *Code of Conduct*
- *All involved including parents*

Remember – We can't expect people to act within our expectations if we don't let them know what our expectations are!

C

ENGAGE

Create Solid Partnerships

- *Get parents involved*
- *Strong parent/coach relationships*

D-

Respond

Informal Response to Complaints

Communication

Conflict Resolution

E-

Resolve

Formal Response to Complaints

Follow procedures consistently

Sanction consistently



A.

Educate

Educate the masses

National Programs

Branch Initiatives

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National Programming



Recognized as the National Parent Education Program of Hockey Canada!

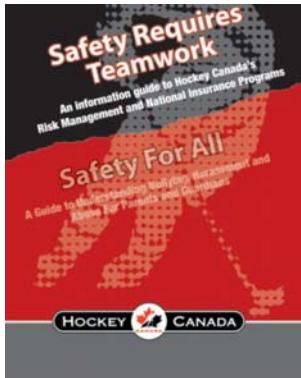
In partnership with Hockey Canada, the Chevrolet Safe & Fun Hockey program was developed for parents, minor league players and coaches to be much more than a "how to" course on the fundamentals of hockey. It's also a philosophy that's designed to help today's hockey enthusiasts develop a positive attitude towards healthy competition, co-operative teamwork, fair play and grace under pressure.

http://www.hockeycanada.ca/index.cfm/ci_id/16478/la_id/1.htm

www.safeandfunhockey.ca



A Parents' & Guardians' Guide to Understanding Bullying Harassment & Abuse



This guide helps parents and guardians to understand and recognize bullying, harassment and abuse, as well as how to talk to children about the issues. It provides information on how to avoid potentially vulnerable situations for children, how to identify coping mechanisms children and youth may use, and identifies parents' and guardians' roles in keeping children safe. It also outlines Hockey Canada's responsibility, and the legal requirements for reporting abuse. 600,000 parent guides have been printed, and will be distributed through the Branch offices.

Click here to download yours!

http://www.hockeycanada.ca/index.cfm/ci_id/18221/la_id/1/document/1



AGM Customer Service Sessions

The last two years these sessions have been hosted at the Hockey Canada Annual General Meeting. The sessions invite parents from the hosting Hockey Canada Branch and using pre-determined questions formulate a “think tank” allowing for open informative discussion.

Following is a resume of the session held in Thunder Bay, Ontario and Fredericton, New Brunswick.



2004 Thunder Bay

Summary “Parenting in the New Millennium”

Strategies and Ideas to Prevent, Respond, Build and Enhance

- 1) Brainstorm a list of strategies/ideas that could PREVENT problem or at risk parent behaviour.**
- 2) Brainstorm a list of strategies/ideas that could be used to RESPOND to incidents of problem parent behaviour.**
- 3) Brainstorm a list of strategies/ideas that will ENHANCE and BUILD the Hockey Canada parent partnership.**

Brainstorm a list of strategies/ideas that could PREVENT problem or at risk parent behaviour. (Frequent Responses)

- Interviews between all parties (individually or group)
- Meetings between all parties (individually or group)
- Clearly identify and define roles and responsibilities of all parties
- Education
- Communication
- Engage all parents in some role on the team
- 24 Hour Rule
- Clearly outline expectations, goals and objectives
- Police group (parents themselves or someone outside of group)
- Seminars for parents and seminars for coaches
- Education sessions
- Delegate responsibilities
- Develop and distribute resources/material
- Establish ombudsman/spokespersons for all parties
- Code of Conduct and Code of Conduct Contracts
- Zero Tolerance
- Positive Parenting PSAs
- Parent Education Package, Parenting and Hockey 101
- Accountability

- Start Education/ Phase in at IP or part of IP
- Rewards and Recognition Program (i.e. Parents Day, Parent of the Month, etc.)
- Committees for parents, for coaches and for players
- Mentoring Programs
- Video tape parent reactions at games
- Team watch-dog
- Attend Speak Out
- Support System for all parties
- Behaviour contract
- Reinforce “fun” aspect of game and that it is not all about winning
- Buddy System
- Open door policy for parents
- Assume responsibility
- Must mandate

Brainstorm a list of strategies/ideas that could be used to RESPOND to incidents of problem parent behaviour. (Frequent Responses)

- Clearly identify and define roles and responsibilities of all parties
- Signed declarations revisited often
- Attend anger management courses
- Create avenues for parties to vent their frustration
- Establish a formal or process for response and follow-up protocol
- Formalize communication of incidents so that data is gathered and maintained
- List incidents and behaviours
- Meetings
- Interviews
- PSAs
- Accountability
- Clear procedures for dealing with incidents
- Reminder of code of conduct
- Mentoring Programs
- Complaint handling procedures and policies
- Watch-dog system
- Rink Police
- 24 Hour Rule
- Ombudsman/Spokesperson/3rd Party Arbitrator/Liaison
- Repeat message
- Parenting 101
- Create committees
- Probation period
- 1-2-3 Strikes and you’re out
- Zero tolerance
- Attend Speak Out
- Consistent protocol

Brainstorm a list of strategies/ideas that will ENHANCE and BUILD the Hockey Canada parent partnership. (Frequent Responses)

- Education and Awareness
- Parents educating parents
- PSA campaigns, more positive PSAs
- Recognition and Award Program for parents (promote positive parents)
- Role models
- List of expectations
- Interviews
- Collection of best practices, good parent stories, etc.
- Parent orientation
- Video taping of actual games and parents
- National Parent Code of Conduct
- Direct partnership with minor hockey associations
- Mandatory parent participation at parent sessions during years of IP
- Parent Initiation
- Zero tolerance
- Involvement of parents in all activities (have a role for them)
- Concentrate on grass roots level
- Attend Speak Out
- Provide educational materials
- Communication on a regular basis and directly through email, mail, etc.
- Self-policing among parents
- Develop consistent policies and guidelines
- Mandatory attendance at parent education sessions
- Encourage parent involvement
- Meetings (Pre-season and all season long)
- Input from athletes on parent issues
- Parenting 101
- Mentor parents/parent reps
- Emphasize the Hockey Canada Logo, it has the power
- More Hockey Canada/Branch logos



2005 Fredericton

Why does your son or daughter play hockey?

- Social
- Their friends play – social
- Fun & friendship
- To compete/socialize
- Enjoyment of game and teammates
- Has fun, makes friends, parent-child bonding
- Fun, physical competition
- For the love of the game
- Love of the game – loves it!
- Enjoys all aspects
- Love of the game – enjoys friendships
- For the love of the game

How best are personal goals in the sport of hockey achieved?

- Lots of practice
- Positive environment: set attainable goals and fun goals
- Safe and Fun environment
- Practice and to have fun
- Have fun and team competitive drills
- Set realistic goals
- Not giving up
- Having one coaching staff (not getting mixed up messages)
- Having an equal opportunity and support from everyone involved
- Depends on the person and the goals – commitment of those around them
- Through practice and keeping it interesting

What are your favorite and least favorite things about being involved in the sport of hockey?

Best:

- Watching kids grow and excel at the game
- Friendship

- Look in their eyes when scoring 1st goal
- Watching the kids enjoy themselves
- Parent's and kids
- Making Friends
- Watching the kids have fun and improve
- Enjoy watching the kids be happy
- Traveling places
- Meeting all kinds of new people
- Social aspects for parents and kids
- Watching kids have fun

Worst:

- Uneducated hockey parents
- Selfish players
- Look in their eyes when they have a bad coaching experience
- Parents
- Hockey Parents
- Cold rinks / Parent's hollering at player's, coaches, and referees
- Political parents in the game
- Being treated different for being a girl
- Obsessive coaches
- Seeing an injury
- Seeing a player disappointed because of a "wrong" decision by an adult

What is the biggest obstacle to minor hockey development?

- Amount of ice time, qualifications of coaches, amount of practices vs. games
- Amount of ice time
- Ice time/ coaches qualifications and knowledge
- Facilities in general/gender bias
- Over the top parents/facilities
- Lack of ice time/screaming parents
- Ice time
- Costs
- Training of coaches, concentrate on skills
- Politics

Canada is widely considered the world leader in hockey. In what developmental aspects of hockey do you think Canada could learn something from other countries?

- Speed and agility
- Conditioning and off ice training
- Less dump and grind, more on ice passing, finesse
- More puck handling skills, more skating and conditioning
- Puck handling skills

- Practice/game ratio
- Overall skill/less contact
- Focus on core skills
- Learn about speed and agility
- Better practice to game ratio
- Focus on the finesse part of the game
- National support

As hockey is our national game what role should it take in the school curriculum in order to enhance the efforts of Hockey Canada and its Branches?

- None
- None
- Use of ice during day. The more ice the better the kids get
- Introduce during phys-ed
- Inform kids of available resources
- Teach the basics of the game
- No, absolutely no place in the school system to introduce
- It may be a solution for the lack of facilities
- More physical education specialists in the school system

Share an example of “hockey politics” and how it has impacted minor hockey.

- Direction of Rep teams
- Player being on a team because the parent is coaching
- Parents with resources – getting player on selected team
- Coaches showing favoritism to own son/ daughter
- Coach feels pressure from parents, affecting team make- up
- Coaches selection process
- Money talks too much

What can a Minor Hockey Association do to improve communications?

- In rink communication
- Coaches Corner – using a chat room
- Detailed Website
- Be available
- Town hall sessions
- Bulletin board with contact info at rink
- More efficient meetings
- Use technology efficiently Websites with committee contact name, have page links for each team with their schedules.
- Parents meetings throughout the season. Two sessions mandatory
- Have materials (info) available at registration and associations should have a communication director with Minor Association

- More of these types of sessions
 - Ask parents what they want more or less of

With all the negative publicity around the sport of hockey, what still remains GOOD about the game?

- Learn from teamwork
- Fast paced environment
- Develop friendships (kids and parents)
- Emotional growth of kids
- The welcoming feeling of the rink
- Fun, friendships, exercise, socialization
- It is still exciting and fun
- Let the kids play: pond hockey = FUN
- It's FUN!
- It's a great game
- The teamwork involved

Share one change you would make to the sport of hockey or the minor hockey system. (Example: residency, rep hockey vs. house league, etc.)

- Negative stigma of house league
- Creative new rules to crack down on parents for abuse
- Sensitivity training for coaches
- Change evaluation system
- Coaches making decisions with respect to safety of players (eg. stopping a game)
- Mandatory Speak Out for parents
- Sensitivity training for parents
- No segregated dressing room for female players
- Have volunteers from other areas do local evaluations
- Pick coaches after teams
- Greater accountability on behalf of officials

Share a life lesson experienced through hockey.

- A child's spirit can be broken easily
- Dealing with winning and losing
- Gender bias
- Things happen from time to time to everybody (ie. the ref hands out a penalty to the wrong person)
- Learning to work together in a team environment
- Is winning at all costs worth it? Will the sun come up tomorrow? It's just a game....there are other things to do.
- Hard work will pay off.

What factors should a coach consider when “shortening the bench”?

- How does the kid feel who is sitting
- Adverse impact of the players being sat
- Level of play, time of game, and importance of game
- Is the chance to win worth hurting the other kids?
- Consider the level of hockey being played
- Is there a learning experience for someone?
- All players must learn all situations of the game. If you don't play, you don't learn.
- Type of league...knowing the kids personalities.
- Ages of children

Do you feel your son/daughter should play hockey 12 months of the year?

If yes, explain why.

If no, what are the reasons?

Positive

- Good conditioning
- Progress more quickly
- Team work
- Get hockey advantage all year
- Children get advantages of hockey all year around
- Good health
- Skills improve
- Lot's of friendships lots of exercise
- Children get advantages of hockey all year around
- Activity
- Fellowship
- Increase learning and skill development
- Physical activity
- More exposure with better skilled players

Negative

- No time to be heavily involved in other pursuits
- No break for parents from the rink
- Costs for ice times resulting in overspending
- Desire for other activities
- No time for maintenance of facility
- Costs
- Cost/ scheduling
- Burn out/Lose interest
- Lose out on other seasonal activities
- Lose the novelty
- Lose the opportunity to develop other skills

Best solution or interesting thought

- Give kids a choice
- Leave the way it is
- Limit season
- Hockey schools
- One week prior to and after the season with less structure
- Shut down hockey for 1-2 months

SUMMARY (12 Months of Hockey)

Positives	Negatives	Best Solution
<ul style="list-style-type: none"> - Child gains confidence as he/she improves - Athletic conditioning - Skill development - Learn a consistent skill and how to play the game - More skills - Team work and team development - Exercise - Long term relationship building - Keeps child busy and off the street - Experience variety of travel via tournament participation - Experience a variety of training cycles - Keeps gear "wet" - Dedication / devotion to the game - More exposure to players at a higher level 	<ul style="list-style-type: none"> - Need different sports for better muscle development - Too much of the same kids - No opportunity to be involved with different coaching styles, methodologies, training cycles etc. - Lack of social circle development in other settings - Child gets bored of hockey - Overuse of facilities - Lack of skill development in other sports - Parents burn out - Players get tired of sport - Over stimulation leads to saturation - No socialization outside hockey community - Very expensive - Development of negative attitudes towards the game - No social life, no balance - Frustrated from not improving - Finding volunteers - More injuries - To big a commitment 	<ul style="list-style-type: none"> - Limit time frames of participation - Make the child's decision not the parents - Leave timeframe as is, closure to the season. Use camps in the summer - Administer surveys to the kids asking them what they want - Hockey Canada has no programs in summer months

If your son or daughter plays entrepreneurial hockey, what is the attraction?

Do you agree with Entrepreneurial Hockey?

Strongly Disagree	6 (1player)
Disagree	8
Strongly Agree	1
Agree	11 (2 players)

Strongly Disagree

- More for the parents to believe that there kid is a star....creates false expectations.
- Miss out on other sports and opportunities available in the off-season.
- Limits their social development
- Money grab for many programs. It does nothing for players that they would not have accomplished eventually anyway.

Agree

- Fills a need/desire
- More competition
- Higher level
- More friendships (increased social network)
- Focus on skills
- Respect for competition (broader scope of participants – province wide)
- Meet other parents
- More intense competition, but still fun

Strongly Agree

- Offers a high level of practice and play which may not be available for that gender and/or that time of the year
- Female hockey is a high level, this is one of the few options available for females to play with females
- Practices are high level and designed to challenge the players.

Disagree

- Make money or improve the kids
- Player selection (how is it done?) (when)
- Promotes elitism
- Tough to tell kids that it's just a game when their friends are bragging about being on a team that's making \$.
- Expensive
- Not necessary
- No governing body
- Coaches???
- Insurance???

- Travel??
- Motivation??

What can your local MHA, Branch, and Hockey Canada do to better serve you as parent customers?

Minor Hockey Association

- More ice time
- More ice time at convenient times
- Communicate the costs associated with playing hockey. For example, do parents know why it is expensive? Do they know that an hour of ice is as expensive as it is? Parents are hit with the bill and often don't know the breakdown.
- Involve younger adults to coach/ mentor IP and novice players
- Have other associations in to evaluate our players during team tryouts/ selections
- Have a lending library of pertinent materials for coaches, parents and players that is accessible in the community
- Offer more grassroots materials and programs
- Give coaches more material for variety
- Give some accommodations like offering a sledge hockey league
- Introduce the minor hockey people to all the teams
- Pick teams before picking coaches
- More evaluation sessions so less kids on per ice session so fair process for all
- More communication to parents regarding expectations of parents
- Scheduling of games and practices at least 2 weeks prior to when they take place so people can plan and organize life and work schedules
- Sort out rep program – too much rep named hockey
- NAMES ON HELMETS (MUST HAVE FOR YOUNGER KIDS)
- Pair refs of different experience levels
- Educate parents "Safe and Fun!"
- More ice time
- More ice time at convenient times
- Ice time scheduling
 - o Time of day
 - o Frequency (balanced throughout the week)
 - o Know ice times at registration
- Children of different ages do not play together ex 15 year old beginner girls playing with 12 year old boys
- Coaches parents meeting at the start of the season with expectations from coach/parents/players. Parents and players need to sign the contract
- Promotion of hockey equally no matter the gender
- All officials/clock people trained properly
- Better communication to parents and accessibility for the parents to the executive

Branch

- Provide information on what they do...be more visible
- Many people don't know the difference between what Hockey Canada, HNB, and MHA do.
- More visibility for Hockey NB at association level
- Introduce the Branch people to all the teams and offer a provincial league
- Better convey the role of who Hockey NB is and what their job is – I don't know what they are about.
- Better organized coach training
- Frequency of "Speak out Sessions" (2004/2005 only had 1 session prior to required date Dec 31st) need more to reduce stress on coaches
- Make themselves known to coaches (resources for coaches)
- Provide information on what they do...be more visible
- Communication and continually monitor the implementations into the associations
- Need to be more flexible with the coaching program and with other equivalent programs
- Better support and resources
- Consistency across the associations

Hockey Canada

- Ensure that coaching and other resources are more available. Many MHA's don't provide the best access to materials.
- Focus more money at the grass roots level instead of winning gold medals. It's great to win, but too much money is wasted in the process.
- Discipline parents and players harsher!
- Go to helmet manufacturers and have them supply stickers for name tags which have no negative impact on the helmet!
- Thanks for the Hockey Skills Manuals they are EXCELLENT
- Consistency across Canada (i.e. body checking) not different rules in different Branches

Identification of Issues

- Gratuitous violence in the game
- Losing focus, this is a game for kids
- Coaching development (better practices)
- Need more ice time to develop skill and teach kids respect and teamwork
- Provide parents more information, spend more money on smaller kids
- Parents are ruining the game for the kids
- The NHL is a business, it is not hockey. We must ensure that parents/coaches understand the difference
- To make new comers to the game aware of the levels of Hockey Canada, the Branches and the MHA and their roles in relation to your child including how each works with one another

- It would be nice to have female dressing rooms, it would be better than changing in the bathroom
- Lack of commitment to the development of female hockey at the grassroots level
- Politics in picking rep teams, children on the team because a parent coaches the team
- Introducing checking to the kids
- Lack of ice time for the kids
- Too much emphasis on winning, not enough on having fun and fitness
- There is too much focus on developmental and elite hockey and not enough on grassroots fun, safety, participation and lifelong involvement
- Lack of convenient ice time and kids having to get up at 0530
- Lack of respect for each other such as players to coaches and refs
- Parents overreacting to missed calls
- Lack of information and resources available to coaches
- Little positive reinforcement from association and parents
- Consistency in officiating
- Focus on elitism (i.e. entrepreneurial hockey) which fosters a false sense of importance. Need to get back to the grassroots.
- Violence in hockey
- Politics in the game and associations
- Ensure proper training of young officials, this will keep them in the system longer and it will make the game much more fun for everyone.



National Hockey Parents Day

Hockey Canada has initiated National Hockey Parents day to salute hockey parents across Canada. Minor hockey associations are invited to conduct parent seminars designed to help parents assist in making the game 'Safe and Fun' in conjunction with nationally delivered initiatives towards parents in the game.

Click here to learn about last year's ***National Hockey Parents Day!***

<http://members.hockeycanada.ca/bulletins/public/bulletins.asp?ID=347>

A Guide for one of Hockey Canada's Most Important Customers...

“Spiriting the Integrated Customer Service Model (ICS)”



CANADA

“Our Parents”



HOCKEY CANADA PARENT EDUCATION COMMITTEE

Our Vision

**World Sport
Leader in
Positive
Parenting**

Our Mission

**Leading,
Developing
and Promoting
Positive Parent
Experiences**

Our Purpose

**To provide another
mechanism to
promote
responsible
hockey behaviour**

Our Core Values

- Positive hockey experiences for all participants in a safe, fun, sportsmanlike environment**
- Development of life skills including respect for all people by all customers**
- Through teamwork, to strive to be the best we can**

“Anyone can become angry – that is easy, but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy”.

When people work as a team, each person is responsible for doing his or her part.

Thanks for being on the Hockey Canada Team!

Chair

President

Branch President



Guiding Principles for Parents of Hockey Canada

 The quality of a player's hockey experience is determined by their relationships with teammates, coaches, officials and parents.

 An openness between parents and the hockey community will create an awareness and sensitivity to the problems and expectations of each.

 The hockey journey of your son/daughter is enhanced greatly by your support and commitment.

 Parents have an enormous influence on players' experiences. Fortunately for most, parents are great sources of love, support and encouragement.

 The secret of all enjoying our game lies in respecting each other when there is a disagreement or a conflict. Expressing one's feelings and opinions in a respectful manner is a must.

 Parents of value regularly remind their sons and daughters that doing ones best is more important than being the best.

 Our life in the hockey arena is to experience the game as part of the total education that young people need to prepare for the future and that there must be a balance between hockey and life.



REMINDERS FOR PARENTS

-  Players learn best by example
-  Remind your son/daughter regularly that doing ones best is more important than being the best
-  When there is a disagreement or a conflict, expressing feelings and opinions in a respectful manner is important
-  Respect is the key
-  Speak Out! Parents can be bullies and harassers too
-  There is a balance between hockey and life
-  If you must criticize, direct your comments at the performance and never at the individual (player, coach, official,)
-  Never provide or advocate the use of drugs or performance enhancing substances
-  Hockey Canada and its member Branches across the country have served millions of participants extremely well for generations
-  When things don't go well, people look for someone to blame
-  Participation and membership in Hockey Canada activities is a privilege extended to everyone and with that participation comes responsibility
-  Managing our emotions is something of a full time job



Roles and Responsibilities of Hockey Canada Parents

(Participation and membership in Hockey Canada's Branch activities is a privilege extended to everyone and with that participation comes responsibility)

- 🍁 To always display personal standards, modeling positive and responsible behaviour.
- 🍁 To treat opponents, officials and fellow parents with due respect both in victory and defeat.
- 🍁 To show confidence in your son/daughter's ability and skill development, always avoiding comparisons with teammates.
- 🍁 To emphasize the importance of values like sportsmanship, cooperation, competition and teamwork.
- 🍁 To celebrate the acquisition of skills and milestones achieved.
- 🍁 To ensure your son/daughter wears proper equipment.
- 🍁 To promote a healthy lifestyle including proper nutrition and sufficient rest.
- 🍁 To model and expect respect and courtesy.
- 🍁 To set high, but reasonable expectations for your son/daughter's participation in hockey.
- 🍁 To regularly remind your son/daughter that checking from behind is a cowardly act.
- 🍁 To assist in helping eliminate problem behaviours which detract from our national game.
- 🍁 To refrain from the use of profane, insulting, harassing or otherwise offensive language.
- 🍁 To assume the major responsibility for your son/daughter's on ice conduct and attitude.
- 🍁 To never provide or advocate the use of drugs or performance enhancing substances.



Parent Concerns/Questions to ask

1. What role can I play in my son/daughter's hockey development?
2. How will my child make the transition from body contact to body checking?
3. How will the Minor Hockey Association and their coaches know and care about communicating with me?
4. What resources/parent education opportunities are available?
5. We are experiencing financial hardship. Is there a confidential number we may call to obtain assistance for my child/children to experience our national game?
6. When do we have a responsibility to do or say something to a parent who is exhibiting embarrassing behaviour in the hockey environment? Should we speak up? Should we talk to the person? Should we report the incident to someone else?

Answer: Not only speak up, but stand up for, hockey RESPECT

7. I have a concern about the cost of participating.

Answer: There is not a Minor Hockey Association within the Hockey Canada structure where a confidential call to the President of the local Minor Hockey Association indicating that there is a financial hardship, wouldn't be resolved within 48 hours.



Hockey Canada PSA Campaign Synopsis

Together outside of the hockey arena, Hockey Canada and USA Hockey have partnered for the 2003-2004 hockey season by launching a new series of integrated public service announcements under the banner of "**Relax, it's just a game**".

The North American public service campaign "**Relax, it's just a game**" was designed to raise awareness and promote discussion about the continuing problem posed by adults (parents, coaches and fans), who put too much pressure on young players involved in amateur hockey and other sports. Instead of focusing on the role-reversal of parents and children, the new campaign focuses more on how ridiculous some parents sound when they pressure their children at play.

<http://www.hockeycanada.ca/7/5/1/2/index1.shtml>



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Development Programming

Hey Parents!

Hockey Canada has resources for you as you grow with your child in the game!

Want to learn how to become a good hockey parent?

**FAIR PLAY CODE
... FOR PARENTS**



**10 WAYS TO BECOME A GOOD
HOCKEY PARENT**

http://www.hockeycanada.ca/index.cfm/ci_id/7523/la_id/1.htm

How much do you RESPECT the game of hockey and all its participants?



Hockey Canada's "Shared Respect Initiative" asks you to consider your role in showing "Respect" for the game, and for the people who make this the great game it is. To find out more on the "Shared Respect Initiative" click here:

http://www.hockeycanada.ca/index.cfm/ci_id/7260/la_id/1.htm



Wondering what your role as a hockey parent is?

To help you out, you can [download](#) the Chevrolet Safe & Fun Parent's Manual. Here you will find information on:

- ➡ Parent to **Player** relationship
- ➡ Parent to **Coach** relationship
- ➡ Parent to **Parent** relationship
- ➡ Parent to **Official** relationship
- ➡ Parent to **Minor Hockey Association** relationship

Or even better, you can take part in a Chevrolet Safe & Fun Parent's [Seminar](#).

Check out the Chevy Safe & Fun Hockey website at www.safeandfunhockey.ca

Want to get your child involved in Hockey, but you're not sure they will like it?

Check out the **Hockey Canada Development Information**. These programs make your children's first contact with hockey a safe and positive experience. To learn more about the following programs, simply click below:

- ➡ Initiation Program: http://www.hockeycanada.ca/index.cfm/ci_id/7633/la_id/1.htm
 - ➡ Novice Program: http://www.hockeycanada.ca/index.cfm/ci_id/7654/la_id/1.htm
 - ➡ Atom Program: http://www.hockeycanada.ca/index.cfm/ci_id/7535/la_id/1.htm
 - ➡ Peewee Program: http://www.hockeycanada.ca/index.cfm/ci_id/7655/la_id/1.htm
 - ➡ Bantam Program: http://www.hockeycanada.ca/index.cfm/ci_id/7536/la_id/1.htm
 - ➡ Midget Program: http://www.hockeycanada.ca/index.cfm/ci_id/7653/la_id/1.htm
 - ➡ Goaltender Program: http://www.hockeycanada.ca/index.cfm/ci_id/7630/la_id/1.htm
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Is your child at the grassroots level? If so Chevy Safe & Fun hockey is for you!



Chevrolet and its Dealers have proudly supported grassroots hockey in Canada through the **Chevrolet Safe & Fun Hockey Program** since 1999. In an ongoing effort to teach and foster the values of Respect & Responsibility in young players aged 5-8 years and their parents, the Chevrolet Safe & Fun Hockey Program offers a fun approach to teamwork, sportsmanship, hockey fundamentals and valuable lessons that can be used on and off the ice.

To visit the Chevrolet Safe & Fun hockey website click here:

www.safeandfunhockey.ca

Do you know of an outstanding community leader who dedicates his or her time to grassroots hockey?



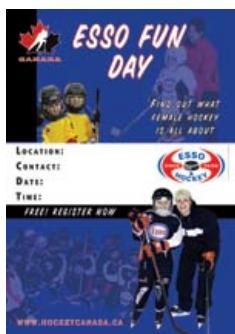
RBC Insurance, Hockey Canada and the Hockey Hall of Fame are recognizing outstanding community leaders from across the country who dedicate their time to supporting grassroots hockey as part of the second annual RBC Local Hockey Leaders program.

The winners (one from each of Hockey Canada's 13 branches) are chosen from nominations received in a cross-country search. RBC Insurance will donate \$10,000 to local minor hockey in each regional winner's name, plus each will be recognized in the Hockey Hall of Fame and receive a signed Team Canada jersey.

If you would like to find out more information about the RBC Local Hockey Leaders please click the link:

- RBC Local Hockey Leaders Home Page: <http://www.rbclocalhockeyleaders.com/index.html>
 - 2004-2005 winners: <http://www.rbclocalhockeyleaders.com/winners-2005.html>
 - 2005-2006 winners: <http://www.rbclocalhockeyleaders.com/winners-2006.html>
-

Is your daughter interested in the game? If so the Esso Fun Days are for HER!



This Program is meant to be a fun day of hockey for the first time participant in the female game. If you are a female between the ages of four to eighty-one and want to give hockey a try, the Esso Fun Days are for you and it's free! To find out more on the **Esso Fun Days** click here:

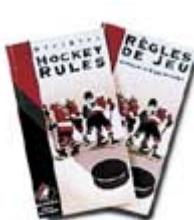
http://www.hockeycanada.ca/index.cfm/ci_id/7082/la_id/1.htm

Want to learn more about Female Hockey?

You can learn more about **Female Hockey Development** by downloading the following Development Guides, just click on the link below:

- Female Hockey: http://www.hockeycanada.ca/index.cfm/ci_id/7066/la_id/1.htm
-

Confused about the rules of the game?



Hockey Canada has made the Hockey Canada Rule Book available to you. It is a necessity for all officials, coaches, players and parents. To find out more, simply click on the link below:

http://www.hockeycanada.ca/index.cfm/ci_id/7158/la_id/1.htm

Would you like to know more about parents and Officials?



To find out more about parents and officials, and understanding the role of the official click the link below:

http://www.hockeycanada.ca/index.cfm/ci_id/7260/la_id/1.htm

Want to get your player involved in skill development?



Get them involved in the *National Skill Standards & Testing Program*. This program is based on the fundamental philosophy that skill development should be fun and challenging and at the same time accessible to all players in the Canadian minor hockey system.

To find out more about the *National Skill Standards & Testing Program* click here:

http://www.hockeycanada.ca/index.cfm/ci_id/7726/la_id/1.htm

Need help with hockey equipment? Would you like more information on the proper fitting, protective quality and maintenance of hockey equipment?

[Click here](#) and you will get all the information you need.



Questions about checking in the game?



Check it out! Hockey Canada has developed a four step progression to teaching and learning checking...
Introduction manual:

http://www.hockeycanada.ca/index.cfm/ci_id/6860/la_id/1.htm

Want to help your young player prevent injuries? How about starting out with a great warm-up!



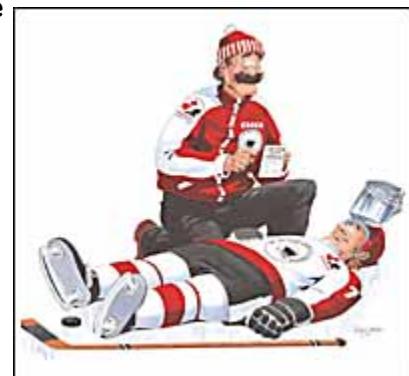
While the player may be in top form in terms of their physical conditioning, participation in vigorous sports like hockey require a proper warm-up to help prepare the body for the increase demands and to help prevent injuries. Click here to download the **Stretching** information guide:

<http://www.hockeycanada.ca/multimedia/e/develop/safety/downloads/stretch.pdf>

Want to learn more about the risk of concussions in the game?

The Hockey Canada Safety Program's emphasis is on injury prevention and safety through risk management and education. Check out these helpful links:

- ▶ **Hockey Canada Safety Program click here:**
http://www.hockeycanada.ca/index.cfm/ci_id/7697/la_id/1.htm
- ▶ **Concussion awareness click here:**
http://www.hockeycanada.ca/index.cfm/ci_id/7699/la_id/1.htm
- ▶ **Emergency action plan click here:**
http://www.hockeycanada.ca/index.cfm/ci_id/7719/la_id/1.htm



Get additional concussion information at www.thinkfirst.ca

http://www.thinkfirst.ca/concussion_education.asp

thinkfirst



pensez d'abord
CANADA

[Click here to download instructional videos on:](#)

- ➡ Being a good skater: <http://www.thinkfirst.ca/media/tip1.mpg>
 - ➡ Keeping your head up: <http://www.thinkfirst.ca/media/tip2.mpg>
 - ➡ Being aware and staying alert: <http://www.thinkfirst.ca/media/tip3.mpg>
 - ➡ Approaching the boards: <http://www.thinkfirst.ca/media/tip4.mpg>
 - ➡ Protecting yourself: <http://www.thinkfirst.ca/media/tip5.mpg>
 - ➡ Knowing the danger zone: <http://www.thinkfirst.ca/media/tip6.mpg>
-

Questions on the prevention of abuse, harassment and bullying in Hockey?

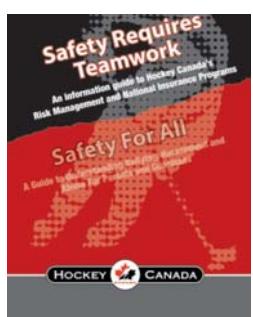
The Hockey Canada Speak Out! program encourages players to discuss these issues to either their parents or a grown-up they trust.

To learn more about the Hockey Canada Speak Out! program click here:
http://www.hockeycanada.ca/index.cfm/ci_id/7811/la_id/1.htm



Is your player between the ages of 14-20?

If so, Speak Out! has provided age specific information and encourages youth to support their peers on these issues. To download the brochure specifically intended for players aged 14-20 click here:
http://www.hockeycanada.ca/index.cfm/ci_id/16823/la_id/1.htm



Would you like to learn more about understanding Bullying, Harassment and Abuse?

“Safety for All” is a comprehensive guide to understanding Bullying, Harassment and Abuse;



[Click here to download your own copy:](#)

http://www.hockeycanada.ca/index.cfm/ci_id/18221/la_id/1/document/1



Check it Out!



The “Check It Out” DVD is an educational tool for coaches, players, officials, administrators and parents on checking in the game. The DVD includes sections on safety and respect, and the progressive steps involved with teaching checking effectively. For more information visit:

<http://www.hockeycanada.ca/6/8/6/0/index1.shtml>



Goodsport



http://www.hdco.on.ca/web_pages/goodsport.html

Goodsport is a program created by the Hockey Development Centre for Ontario and its member organizations to encourage good sportsmanship, so that the true spirit of hockey will endure.

For more information contact mail@hdco.on.ca



A MINOR HOCKEY TOOLBOX FOR PARENTS - THE TOOL INVENTORY LIBRARY

***This document is constantly being reviewed
and new tools are added as required.***

Branch Programming



Team First - Together Everyone Achieves More



<http://www.bcaha.org/bcaha/teamfirst.asp>

This BC Hockey developed program revisits the positive social values of Fair Play - integrity, respect and fairness - which are essential elements of the game.

For more information contact teamfirst@bcaha.org



Play S.M.A.R.T. - Shaping Minds, Attitudes and Respect Together



<http://www.hockey-alberta.ca/playsmart/>

Play S.M.A.R.T. was developed by Hockey Alberta's Game and Conduct Management Committee as a program that would provide the foundation for all initiatives in relation to the administrative area of GCM (Game Conduct Management). ***Shaping Minds, Attitudes and Respect Together*** will be the constant theme that will encourage all participants to take responsibility and ownership in making the game of hockey an enjoyable experience for all.

For more information contact Mike Olesen at molesen@hockeyalberta.ca



Franc-jeu



According to testimonies' obtained in leagues where the program is applied, Franc-jeu made it possible to reduce by 20 % on average the number of minutes of penalties per game.

<http://www.hockey.qc.ca/pub//programmes/franc/introduction/internal.jsp>

For more information contact Mariève Blais at marieve.blais@hockey.qc.ca



Branches/Districts and Minor Hockey Associations Constitutions and Operations Manuals

Get informed! Contact your Branch or Minor Hockey Association for a copy of the constitution and/or operations manual.

BC Hockey

6671 Oldfield Rd
Saanichton, BC, V8M 2A1
Tel: 250-652-2978
Fax: 250-652-4536
www.bcaha.org

Hockey Alberta

1-7875, 48th Avenue
Red Deer, AB, T4P 2A1
Tel: 403-342-6777
Fax: 403-346-4277
www.hockey-alberta.ca

Saskatchewan Hockey Association

2-575 Park Street
Regina, SK, S4N 5B2
Tel: 306-789-5101
Fax: 306-789-6112
www.sha.sk.ca

Hockey Manitoba

200 Main St
Winnipeg, MB, R3C 4M2
Tel: 204-925-5755
Fax: 204-925-5761
www.hockeymanitoba.mb.ca

Hockey Northwestern Ontario

516 East Victoria Ave
Thunder Bay, ON, P7C 1A7
Tel: 807-622-4792
Fax: 807-623-0037
www.hockeynwo.proboards20.com

Ontario Hockey Federation

1185 Eglinton Avenue East, Suite 202
North York, ON, M3C 3C6
Tel: 416-426-7249
Fax: 416-426-7347
www.ohf.on.ca

Ottawa District Hockey Association

1247 Kilborn Place, Suite D300
Ottawa, ON, K1H 6K9
Tel: 613-224-7686
Fax: 613-224-6079
www.odha.com

Hockey Québec

4545 Ave Pierre-de-Coubertin
Montréal, QC, H1V 3R2
Tel: 514-252-3079
Fax: 514-252-3158
www.hockey.qc.ca

Hockey New Brunswick

165 Regent St, Suite 4
Fredericton, NB, E3B 4Z9
Tel: 506-453-0089
Fax: 506-453-0868
www.hnb.ca

Hockey PEI

40 Enman Crescent
Charlottetown, PE, C1A 4L1
Tel: 902-566-5171
Fax: 902-894-5412
www.peiha.com

Hockey Nova Scotia

6300 Lady Hammond Rd, Suite 200
Halifax, NS, B3K 2R6
Tel: 902-454-9400
Fax: 902-454-3883
www.hockeynovascotia.ca

Hockey Newfoundland and Labrador

13B High Street
Grand Falls Windsor, NF, A2A 2J4
Tel: 709-489-5512
Fax: 709-489-2273
www.nlha.nf.net

Hockey North

47 Pine Crescent
Hay River, NT, X0E 0R5
Tel: 867-874-6903
Fax: 867-874-4603



B. Create and Communicate

Association Philosophies

- *Team selection*
- *Ice time*
- *Code of Conduct*
- *All involved including parents*

Remember – We can't expect people to act within our expectations if we don't let them know what our expectations are!



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Fax: 403-346-4277
www.hockey-alberta.ca

Saskatchewan Hockey Association

2-575 Park Street
Regina, SK, S4N 5B2
Tel: 306-789-5101
Fax: 306-789-6112
www.sha.sk.ca

Hockey Manitoba

200 Main St
Winnipeg, MB, R3C 4M2
Tel: 204-925-5755
Fax: 204-925-5761
www.hockeymanitoba.mb.ca

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Fax: 807-623-0037
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Fax: 514-252-3158
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Fax: 506-453-0868
www.hnb.ca

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Fax: 867-874-4603



Hockey Canada PSA Campaign Synopsis

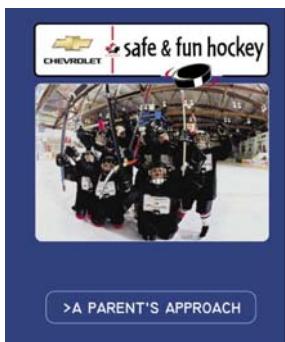
Together outside of the hockey arena, Hockey Canada and USA Hockey have partnered for the 2003-2004 hockey season by launching a new series of integrated public service announcements under the banner of "**Relax, it's just a game**".

The North American public service campaign "**Relax, it's just a game**" was designed to raise awareness and promote discussion about the continuing problem posed by adults (parents, coaches and fans), who put too much pressure on young players involved in amateur hockey and other sports. Instead of focusing on the role-reversal of parents and children, the new campaign focuses more on how ridiculous some parents sound when they pressure their children at play.

<http://www.hockeycanada.ca/7/5/1/2/index1.shtml>



Hockey Canada's nationally recognized parents' education curriculum **"A Parent's Approach"**



As a parent, there's a lot you can do to help your child develop a positive attitude toward healthy competition, co-operative teamwork, fair play and grace under pressure.

For more detailed information, [download](#) the Chevrolet Safe & Fun Hockey "A Parent's Approach" Manual.

Visit the website at www.safeandfunhockey.ca

A Guide for one of Hockey Canada's Most Important Customers...

“Spiriting the Integrated Customer Service Model (ICS)”



CANADA

“Our Parents”



HOCKEY CANADA PARENT EDUCATION COMMITTEE

Our Vision

**World Sport
Leader in
Positive
Parenting**

Our Mission

**Leading,
Developing
and Promoting
Positive Parent
Experiences**

Our Purpose

**To provide another
mechanism to
promote
responsible
hockey behaviour**

Our Core Values

- Positive hockey experiences for all participants in a safe, fun, sportsmanlike environment**
- Development of life skills including respect for all people by all customers**
- Through teamwork, to strive to be the best we can**

“Anyone can become angry – that is easy, but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy”.

When people work as a team, each person is responsible for doing his or her part.

Thanks for being on the Hockey Canada Team!

Chair

President

Branch President



Guiding Principles for Parents of Hockey Canada

 The quality of a player's hockey experience is determined by their relationships with teammates, coaches, officials and parents.

 An openness between parents and the hockey community will create an awareness and sensitivity to the problems and expectations of each.

 The hockey journey of your son/daughter is enhanced greatly by your support and commitment.

 Parents have an enormous influence on players' experiences. Fortunately for most, parents are great sources of love, support and encouragement.

 The secret of all enjoying our game lies in respecting each other when there is a disagreement or a conflict. Expressing one's feelings and opinions in a respectful manner is a must.

 Parents of value regularly remind their sons and daughters that doing ones best is more important than being the best.

 Our life in the hockey arena is to experience the game as part of the total education that young people need to prepare for the future and that there must be a balance between hockey and life.



REMINDERS FOR PARENTS

-  Players learn best by example
-  Remind your son/daughter regularly that doing ones best is more important than being the best
-  When there is a disagreement or a conflict, expressing feelings and opinions in a respectful manner is important
-  Respect is the key
-  Speak Out! Parents can be bullies and harassers too
-  There is a balance between hockey and life
-  If you must criticize, direct your comments at the performance and never at the individual (player, coach, official,)
-  Never provide or advocate the use of drugs or performance enhancing substances
-  Hockey Canada and its member Branches across the country have served millions of participants extremely well for generations
-  When things don't go well, people look for someone to blame
-  Participation and membership in Hockey Canada activities is a privilege extended to everyone and with that participation comes responsibility
-  Managing our emotions is something of a full time job



Roles and Responsibilities of Hockey Canada Parents

(Participation and membership in Hockey Canada's Branch activities is a privilege extended to everyone and with that participation comes responsibility)

- 🍁 To always display personal standards, modeling positive and responsible behaviour.
- 🍁 To treat opponents, officials and fellow parents with due respect both in victory and defeat.
- 🍁 To show confidence in your son/daughter's ability and skill development, always avoiding comparisons with teammates.
- 🍁 To emphasize the importance of values like sportsmanship, cooperation, competition and teamwork.
- 🍁 To celebrate the acquisition of skills and milestones achieved.
- 🍁 To ensure your son/daughter wears proper equipment.
- 🍁 To promote a healthy lifestyle including proper nutrition and sufficient rest.
- 🍁 To model and expect respect and courtesy.
- 🍁 To set high, but reasonable expectations for your son/daughter's participation in hockey.
- 🍁 To regularly remind your son/daughter that checking from behind is a cowardly act.
- 🍁 To assist in helping eliminate problem behaviours which detract from our national game.
- 🍁 To refrain from the use of profane, insulting, harassing or otherwise offensive language.
- 🍁 To assume the major responsibility for your son/daughter's on ice conduct and attitude.
- 🍁 To never provide or advocate the use of drugs or performance enhancing substances.



Parent Concerns/Questions to ask

1. What role can I play in my son/daughter's hockey development?
2. How will my child make the transition from body contact to body checking?
3. How will the Minor Hockey Association and their coaches know and care about communicating with me?
4. What resources/parent education opportunities are available?
5. We are experiencing financial hardship. Is there a confidential number we may call to obtain assistance for my child/children to experience our national game?
6. When do we have a responsibility to do or say something to a parent who is exhibiting embarrassing behaviour in the hockey environment? Should we speak up? Should we talk to the person? Should we report the incident to someone else?

Answer: Not only speak up, but stand up for, hockey RESPECT

7. I have a concern about the cost of participating.

Answer: There is not a Minor Hockey Association within the Hockey Canada structure where a confidential call to the President of the local Minor Hockey Association indicating that there is a financial hardship, wouldn't be resolved within 48 hours.



PARENT CONDUCT GUIDELINES



These guidelines were created to eliminate violent and unwanted behaviour of non playing participants, spectators, coaches and other volunteers in the game. This will be accomplished by promoting education and awareness and by implementing fair and effective procedures and sanctions in dealing with unacceptable behaviour.

Copies are available by contacting Brandy Tanenbaum of the OHF at btanenbaum@ohf.on.ca.



Team First - Together Everyone Achieves More



<http://www.bcaha.org/bcaha/teamfirst.asp>

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<http://www.hockey-alberta.ca/playsmart/>

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Franc-jeu



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<http://www.hockey.qc.ca/pub//programmes/franc/introduction/internal.jsp>

For more information contact Mariève Blais at marieve.blais@hockey.qc.ca



Fair Play Program



Dartmouth Whalers Minor Hockey Association

http://www.whalers.org/fair_play.html

The Dartmouth Whalers MHA in Nova Scotia has created a Fair Play Program with the purpose of enhancing and fostering safety and respect on and off the ice by all participants involved.

For more information contact info@whalers.org



FOR THE GOOD OF THE GAME



<http://www.emha.ab.ca/>

A Program that recommits us to promote and honor the values of fun, respect and positive development by eliminating unacceptable behaviour

For more information contact admin@emha.ab.ca



PARENTING IN HOCKEY 101



<http://www.suncountypanthers.com/>

Prepared by Lydia Fiorini and edited by Dr. Vern Stenlund
this document was distributed as a way to provide support
for parents as they move along with their children in hockey.

<http://www.suncountypanthers.com/ParentingInHockey.pdf>



Let's Make It Fun Again



<http://www.sprmha.com>

Our ***Let's Make It Fun Again*** program was developed by the SPRMHA in response to requests from all areas of our association. Concern has been expressed about the increasing levels of unacceptable behaviour exhibited at games, on and off the ice, and between and among all participants (players, coaches, spectators, officials, parents/guardians, administrators and volunteers) of the game. The program is, along with our Bylaws, the key governing document to carry our association and our sport into the future.

<http://www.sprmha.com/sites/9941/page.asp?Site=9941&ID=1595&LeagueID=9941&DivisionID=0>



TURNING POINT PROGRAM



<http://www.hockeycalgary.com/>

The MHAC has seen a need to address the game and its fundamental values of fun, respect and development both generally and within the Calgary context. These values manifest themselves into the general areas of athletic and hockey development, on-ice activity and off-ice activity. MHAC sees the game having arrived at a critical Turning Point requiring it to focus on and re-emphasize values, fun, respect and positive development. Thus the Turning Point program has been created.



C

ENGAGE

Create Solid Partnerships

- ***Get parents involved***
- ***Strong parent/coach relationships***



Team Meetings

A big key to effective parent/coach relationships is an understanding of what is involved in running an organized team through the season. Communication is the key!

There are **two major areas** that can be conveyed by team officials to parents that should create a cooperative relationship that will ultimately benefit the team.

The first is clearly outlining the responsibilities of the team and the delegation of those tasks.

The second area is team meetings. Meetings should be done as often as necessary but as a general rule they should be done during the pre-season, mid-season, and at the end of the season.

The attached chart provides an overview of possible duties a team may have throughout a season and what tasks parents and coaches will be responsible for.

Roles and Responsibilities

Task	Head Coach	Assistant Coach	Manager	Trainer	Parent
Registration Fees					
Carding, paperwork					
Ice Booking, scheduling					
On-ice equipment					
Team jerseys and equipment					
Off-ice equipment					
Stats and game sheets					
Accommodations					
Off-ice programs					
On-ice drills and practice plans					
Team rules					
Goaltenders					
Tournaments					
Dressing Room Supervision					
Risk Management					
Fund Raising					
Game Officials					
Game dispute mechanism					
Seasonal Plan					
Skills to be taught					
Systems to be taught					



Pre-Season Meeting

Purpose:

- Introduce coaching staff and outline their qualifications and responsibilities;
- Outline coaching philosophy;
- Provide an overview of the seasonal plan along with skills to be taught;
- Enlist the support of parents to handle a number of team duties;
- Outline basic team rules and expectations of players, parents, and coaches.

Mid- Season Meeting

Purpose:

- To touch base with parents;
- Reinforce the key points of your program;
- Introduce new ideas for the second part of the season;
- Allow opportunity to discuss player development;
- Seek parent involvement for any specific projects that may have arisen.

End of Season Meeting

Purpose:

- Allow parents and players to evaluate the year specific to program and player development;
- Provide coaches feedback on the season and plans for the upcoming season;
- Provide opportunities for the players to seek further development in the off season;
- Celebrate the season with an end of year party;
- Giving out of ribbons and trophies, end the year on a positive note.

Special Meetings

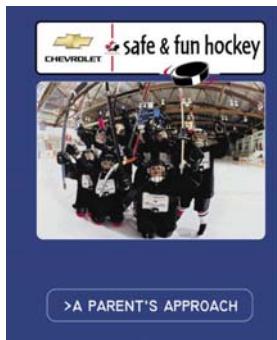
Purpose:

- Organizing tournaments;
- Fundraising projects;
- Special events like team building activities

Knowing the responsibilities of a team and understanding clearly what the goals and objectives are will alleviate misunderstanding and foster open communication between parents and coaches. Understanding is a big part of communication.



Safe and Fun Parents Approach Seminar



As a parent, there's a lot you can do to help your child develop a positive attitude toward healthy competition, co-operative teamwork, fair play and grace under pressure.

Minor Hockey Associations and Coaches, bring your parents together and host a Chevrolet Safe and Fun Parents Approach Seminar! Click below for all the materials you need!

http://www.hockeycanada.ca/index.cfm/ci_id/16478/la_id/1.htm

www.safeandfunhockey.ca



National Coach Mentorship Program

The Hockey Canada National Coach Mentorship Program (NCMP) is a Hockey Canada initiative in response to the 1999 Molson Open Ice Summit on player development in Canada. The NCMP provides the 'human resource' for coaches wishing to take their coaching to the next level.

Mentor...

A wise and trusted teacher, advisor, counselor, instructor, tutor, trainer.

Mentoring...

A relationship between a guide (mentor) and a coach which enables the coach to become more successful in all aspects of his/her coaching skills.

Mentoring involves...

Stimulating and managing the individual growth necessary to support coaching performance in the delivery programs beyond the present levels of delivery within the Canadian hockey system.

Benefits of mentoring...

Provides coaches with the required skills, knowledge and support to promote and sustain higher levels of performance within the coaching field.

Program Purpose...

The purpose of this program is a result of direct action Hockey Canada and its member Branches have taken since the Coaching Association of Canada's evaluation of the NCCP in 1995 and the Molson Open Ice Summit on player development of 1999. In both events, it was determined that the mentoring of coaches at all levels and specifically minor hockey is the key to the future growth of coaching in Canada. The ultimate outcome is improved athlete development through the establishment of a national coach mentoring program. As a result, at the 2000 Annual General Meeting, the Board of Hockey Canada approved unanimously the creation and implementation of the National Coach Mentorship Program (NCMP) to foster the future growth of coaching and player development in Canada.

<http://www.hockeycanada.ca/6/9/3/6/index1.shtml>



D-

Respond

*Informal Response to Complaints
Communication
Conflict Resolution*



National Coach Mentorship Program

The Hockey Canada National Coach Mentorship Program (NCMP) is a Hockey Canada initiative in response to the 1999 Molson Open Ice Summit on player development in Canada. The NCMP provides the 'human resource' for coaches wishing to take their coaching to the next level.

Mentor...

A wise and trusted teacher, advisor, counselor, instructor, tutor, trainer.

Mentoring...

A relationship between a guide (mentor) and a coach which enables the coach to become more successful in all aspects of his/her coaching skills.

Mentoring involves...

Stimulating and managing the individual growth necessary to support coaching performance in the delivery programs beyond the present levels of delivery within the Canadian hockey system.

Benefits of mentoring...

Provides coaches with the required skills, knowledge and support to promote and sustain higher levels of performance within the coaching field.

Program Purpose...

The purpose of this program is a result of direct action Hockey Canada and its member Branches have taken since the Coaching Association of Canada's evaluation of the NCCP in 1995 and the Molson Open Ice Summit on player development of 1999. In both events, it was determined that the mentoring of coaches at all levels and specifically minor hockey is the key to the future growth of coaching in Canada. The ultimate outcome is improved athlete development through the establishment of a national coach mentoring program. As a result, at the 2000 Annual General Meeting, the Board of Hockey Canada approved unanimously the creation and implementation of the National Coach Mentorship Program (NCMP) to foster the future growth of coaching and player development in Canada.

<http://www.hockeycanada.ca/6/9/3/6/index1.shtml>

PARTICIPANT'S WORKBOOK

SPEAK OUT! It's more than just a game
Officials Module



An educational program on the prevention of
conflict for Officials

**CANADIAN HOCKEY ASSOCIATION
SPEAK OUT! It's more than just a game –
Officials Conflict Prevention Module**

PARTICIPANT WORKBOOK

Name: _____

Introduction: It is important that all officials are safe in hockey, both on and off the ice. This module was developed in response to the fact that some officials are not safe in hockey. Officials told their stories in focus groups across the country about the hostile environment they are sometimes required to work in, the harassment from peers, abuse from adults and sometimes the violence they may be subjected to, from parents, coaches or community members, when they do their job of enforcing the rules of play. This module is written to respond to some of the concerns we heard and to help officials understand anger, conflict and how your personal power, as an official, can help you in dealing with difficult situations, both on and off the ice.

PURPOSE OF MODULE

- Educational program for officials
- Provide you with an opportunity to learn about anger and conflict
- Gain an understanding of personal power
- Practical experience in dealing with anger and conflict on and off the ice

OUTCOMES

- Define types of personal power and use of power during a game
- Define anger and healthy expression of anger
- Define conflict and how to avoid or minimize conflict on the ice

THE POWERS OF AN OFFICIAL

POWER:

Definition: Power is the ability to act, the capacity to choose and the ability to make decisions. Your role as an official, your job description, gives you the authority, the right and therefore the power to make certain decisions. Using this power can help you become a better official and make your job easier and safer.

Current powers of an official:

- The referee can assess penalties to any team official for disorderly conduct on or off the ice and any place in the rink.
- A penalty can be assessed to any player or team official who disputes a call or displays unsportsmanlike conduct.
- A Misconduct shall be assessed to any player (a Bench Minor if a Team Official) who: uses obscene, profane or abusive language or gestures to any person, persists in disputing or shows disrespect towards an official, intentionally knocks or shoots the puck out of reach of an official who is retrieving the puck.
- If the official is unable to identify the person responsible for the use of obscene, profane or abusive language a Bench Minor shall be assessed to the offending team.
- If a player does not proceed directly to the penalty bench when penalized they shall be given a Misconduct by the official.
- A Misconduct shall be given to a player who, after a warning by the referee persists with conduct such as threatening or abusive language or gestures designed to insight an opponent into a penalty.
- Any player or Team Official who engages in:
 - Verbal taunts
 - Insults or intimidation based on discriminatory grounds (race, ethnicity, religion, gender, sexual orientation, language)shall be assessed a penalty.

At the discretion of the referee a Gross Misconduct may also be assessed for a first infraction to any player or Team Official.

Officials must complete a game report for any call made under this section of the rule.

- A penalty will be assessed to any player or players who enter the Referee's crease while the referee is reporting or consulting with any game official.

If a team official is given a penalty under this rule the referee shall report the individual in full details to the president who may assess further penalties.

- A Bench Minor shall be assessed a team where any player or team official protests a call through verbal or physical gestures that may be considered disrespectful in any way or who bangs the boards or ice surface with a stick or any other object in protest of a ruling.

What kind of pressure does the community put on officials?

Community is defined as the arena and the local hockey community.

In the arena and on the ice:

- Officials are expected to be perfect
- They are often subjected to a hostile environment
- Top performances expected by coaches, players, parent and administrators
- All the above cause high self expectation and high expectations from the officials peers

Off the ice:

Pressure outside of the game at school, work, etc

- Peer pressure because "everyone knows everyone"
- Pressure on family and from family

On the ice:

- Expected to know all the rules
- Expected to officiate to the coaches and volunteers expectations rather than by the rules
- The pressure of relationships (i.e. Family, parent-child, peers)

DISCUSSION QUESTION #2:

If power was used, not misused, what would be the benefit to the officials and the teams?

Key Responses:

- A respectful environment
- A stronger learning environment for officials
- A better retention of young officials
- More experienced senior officials
- Less conflict on and off the ice

DISCUSSION QUESTION #3:

If power is misused what is the effect on the officials and on the teams?

Key Responses:

- Hostile environment
- Less competent officials due to an intolerance for learning from coaches, players, volunteers and parents
- Failure to retain young officials
- Lack of experienced senior officials

DEALING WITH CONFLICT

Conflict is inevitable. Anger and grudges are not. Conflict resolution does not take the place of people taking responsibility for their behavior. Our ability to respond to conflict can often determine whether a conflict escalates or is resolved.

Each one of you has personal power, which gives you the choice about who you are and what you do; access to resources and information. Recognizing personal power can often give us the tools to deal with conflict. Being aware of your personal power and how to use it effectively and appropriately can influence your life and have a direct influence on dealing with conflict.

Every conflict has two parts - how people think and how people feel. In order to resolve conflict, which is a difference of opinion, we need to consider how people feel, their emotions. Conflict can range from a disagreement of ideas or interests to a violent struggle or contest. Your role as an official is to learn to manage conflict to avoid escalation of a disagreement into a violent struggle or contest, if this is possible. Sometimes the other person is so angry that the best reaction is to skate away. The expression of anger and how each person manages their anger will determine how severe the conflict becomes.

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DISCUSSION QUESTION

Define what personal power you have as an official?

- Organizational power:
- Position power:
- Expert power:
- Information Power:

Define what personal power you have as an official?

- Organizational power: officials are given specific authority, rights and privileges to make decisions on the ice about the game. Senior Officials and Official Supervisors also have authority over younger, less experienced officials.
- Position power: the position of official gives you the capacity to influence others' lives through the decisions you make on the ice. The position of assignor gives one the capacity to influence official's lives.
- Expert power: officials have unique expertise, skills and knowledge about the rules and about the game.
- Information Power: officials have information not only about the game but also about the people playing hockey, and the hockey culture. Parents and coaches may not have the same information about the game.

DISCUSSION QUESTION #2:

How can you use this personal power to deal with conflict?

KEY POINTS:

The official is the master of the process. You have the power and authority to make decisions on the ice during a game; possibly explaining those decisions to the captain and dealing with the response to the decision while figuring out how to continue on with the game. You may have 5-15 seconds to diffuse a situation.

To effectively utilize personal power, on the ice, officials must be able to:

- Stay cool - make eye contact and maintain a non-threatening posture. Keep your hands at your sides or behind your back, not crossed in front of you. Crossed hands in front of you indicate you are not receptive to what is being said.
- Set boundaries and stick to them.
- Determine how you want to be treated and communicate this to others.
- Determine how you want to treat others.
- Use the authority given by the position and the uniform wisely - do not misuse the authority by not listening to legitimate concerns by a captain; swearing back at someone; never admitting an error was made.
- Share your expertise, skills and knowledge about the rules and the game with parents and coaches.
- Be able to make decisions - make the calls consistently.

UNDERSTANDING ANGER

Definition: Anger is a completely normal, usually healthy human emotion. Out of control anger is destructive. Anger is "an emotional state that varies from mild irritation to intense fury and rage". When you get angry, your heart rate, blood pressure and hormone levels, which determine your response, go up. Anger is a response to threats and is necessary to survival. Expression of aggressive behavior towards other people when they irritate or annoy us or have a different opinion is not a healthy expression of anger.

Angry people tend to jump to conclusions and act on them. This can cause conflict.

HOW TO DIFFUSE ANGER?

- ✓ Before you speak or do anything else, stay cool and calm
- ✓ Take several slow, deep breaths and relax for a few seconds to slow down your heart rate.
- ✓ Take a few seconds to think about how you can diffuse the situation and avoid a confrontation - this allows the other person to have a moment to cool off
- ✓ Maintain eye contact and watch your body posture - keep your hands down at your side or behind your back - not crossed in front of you which is a body posture that indicates you are not receptive to what is being said. You may however want to use your hand to indicate clearly that the harassment must STOP. By putting your hand out in this manner, it indicates clearly to everyone that you have heard enough
- ✓ It is okay to skate away from this fight
- ✓ Consider all the options for responding and their possible results

IT IS NOT POSSIBLE TO RESOLVE A CONFLICT WHEN EITHER PERSON IS ANGRY. TAKE A BREAK AND ATTEMPT TO RESOLVE THE CONFLICT LATER, IF APPROPRIATE.

How to respond to conflict?

On the ice:

- Listen to understand
- Take a few seconds to think about the comments and/or actions and determine your response
- Determine if a reply is necessary
- If a reply is necessary at that time, then reply to diffuse the situation only.
- Continue on with the game
- Remember you may only have 10-15 seconds to do this

Off the ice:

- Acknowledge what you have heard and the other person's position
- Ask for clarification to understand their reason or rationale
- Summarize what you have heard and verify this is correct
- State your position IF the person is ready to listen
- State what points you agree on
- State points of disagreement
- When the person responds, acknowledge what they have said
- Continue until you have resolved the issue or agreed to disagree
- Bring in a neutral person if possible

SCENARIO #1:

A coach or captain is ranting and raving at you, the official. Do you respond and if so, what is your response?

KEY POINTS TO REMEMBER DURING GROUP WORK:

- Listen to the person briefly unless it is abusive or the person is expressing anger in an aggressive manner
- Acknowledge what the person is saying with an empathetic response i.e. It sounds like you are really concerned etc.
- Summarize what you have heard to ensure you understand what the person is saying
- State your point of view and the points you agree and disagree on
- Be empathetic and discuss until this issue is resolved or you have agreed to disagree.

QUESTIONS TO KEEP IN MIND DURING ROLE PLAYS

When would you ignore this and walk away?

What actions could cause this to become more serious?

What rules, if any, apply to this situation?

ACTIVITY #1: DIRECTION, DIRECTION

A

From the book "The wrecking yard of games and activities":

Purpose of activity:

In this activity someone gets a set of rules and the group gets to see how easy it can be to make mistakes in passing them on. The objective is for people to recognize the importance of good communication skills when giving directions and recognize the difficulties encountered when trying to interpret rules, directions.

B

Separate the group into two teams. Select one member from each team and explain the rules of the game to each of them. The rules of the game could be two or three rules from hockey that are less commonly used.

C

Ask the team member to go back to the rest of their team and explain the rules to the team. Give them an opportunity to discuss the rules. Then ask for one member from each team (not the same member at the beginning) to explain the rules to the other team.

D

Discuss the interpretation and explanation of the rules as they were received during the game. How successful were the team members at communicating the rules.

Key Point:

Clear and concise communication is important. Each person may interpret rules in their own way. This individual interpretation may cause a person to believe an official is not familiar with the rules of the game.

Rules of the Game

1. When it is your turn you may roll the dice or select a card.

2. If you roll the dice and get:

- **Odd** - you must put a piece of candy in the "pot"
- **Even** - you take a piece of candy from anyone else's pile
- **Double** - you must give a piece of candy to someone else in the group (this does not count as an even number)

If you draw a card and get:

- **Heart** - you must give a piece of candy to the person on your right
 - **Club** - you must give a piece of candy to the person to the person on your left
 - **Diamond** - you must put a piece of candy in the pot
 - **Spade** - you get two pieces of candy from the pot (or from a person/s of your choice if the pot is empty)
3. If anyone is unfortunate enough to lose all of their candy, they are then eliminated from the game.
4. If you are eliminated from the game you may continue to sit in the circle, but can return to the game only if someone gives you a piece of candy during the course of the game (no candy may be given to an eliminated person out of the goodness of your heart; it must be determined by the cards or dice).
4. The leader decides who displayed the best sportsmanship during the game, and this person gets to keep all the candy left in the pot at the end of the game.
5. After an allotted time the person who has the most candy wins, and everyone may keep any candy they have acquired.

Game - Discussion Questions

1. Was this game unfair? Why or why not?

2. How do you feel now?

3. How are you going to respond if you feel this way in a similar situation?



National Coaching Certification Program

The Game Day Action Plan

Problems and Conflicts

Game Day Challenges for Coaches at the Recreational Level

Roles of the Support Staff

Game Day Checklist – The Management of Routines

Creating a Safe and Positive Environment



PROBLEMS AND CONFLICTS

One of your primary roles as a coach will be to resolve conflicts and solve problems. Your leadership and communication skills will play huge roles in determining the success of your efforts.

There are three types of situations you may experience.

1) Problem-solving: Problems seek and need solutions. Be certain you have the facts, and not opinions, when trying to solve problems. There is an abundance of technical and tactical information to support you in your search for answers. Human problems, though, are much more difficult to solve.

Problem:

A question or situation that needs consideration or a solution.

Examples:

Which line will start the game?
Who will be on the ice for the last minute?
How do I evenly rotate 7 forwards and 5 defencemen?

What are some problem-solving strategies (ie. ways to deal with problems)?

Decision-making: Many situations require important decisions and when there are a number of possible solutions, the coach must choose one of them. For instance, questions with the word “should” in them will require you to choose from several alternatives.

Decision:

– a final conclusion or choice; judgement. This implies there are multiple possibilities from which to choose.

Examples:

What should you do if a player forgets his sweater at home?
Should you shorten your bench?
Should you criticize a player's actions?

What are some decision-making strategies?



National Coaching Certification Program The Game Day Action Plan



Resolving Conflicts: Conflicts may arise when there are differences of opinion, belief or attitude. The ones rooted in differing values, needs, wants or perceptions will not always be easy to resolve.

Your options may include negotiating, "giving in", using

Examples:

A player refuses to do what you ask.
A parent challenges your coaching.
Your assistant publicly criticizes you.

Conflict:

– the actual or perceived opposition or needs, values, wishes or perceptions resulting in stress or tension.

a neutral person to mediate, or unilaterally making a final decision. Some conflicts are even resolved by legal services. Regardless, a "win/win" solution is the most desirable.

Before the dispute is resolved, all parties must recognize the problem and be willing to resolve it.

What strategies can the coach use to effectively resolve conflicts?



National Coaching Certification Program The Game Day Action Plan



Game Day Challenges For Coaches at the Recreational Level

CHALLENGES	SOLUTIONS
Preparation <u>Issues</u> <ul style="list-style-type: none">• Indecision• Coming unprepared• Acting disorganized• Poor communication• Make up plans as you go along	<u>Solutions</u> <ul style="list-style-type: none">• Be on time• Have the equipment ready• Use a checklist• Have a game plan• Keep a game log• Have a Risk Management Plan
Dressing Room <u>Issues</u> <ul style="list-style-type: none">• Is it clean?• Who's supervising?• Bags, Sticks, Skates• Behaviour eg. Fooling around• Parents in the room	<u>Solutions</u> <ul style="list-style-type: none">• Get the room cleaned & leave it clean• Actively supervise the room. Prevent verbal abuse and fooling around• Have & enforce rules, have consequences• Have a routine• Schedule regular parent meetings
Warm Up <u>Issues</u> <ul style="list-style-type: none">• Organization• Purpose• Safety	<u>Solutions</u> <ul style="list-style-type: none">• Design a warm-up routine• Reflect on the purpose of warming up• Provide drills which reflect game and player needs• Movement, activity, core skills• Address goalie needs• Teach pre-ice stretches in the room
Line Ups <u>Issues</u> <ul style="list-style-type: none">• Players don't show up• Players don't want to play together• Strong/weak opponent• Problem players, weak players• Injuries	<u>Solutions</u> <ul style="list-style-type: none">• Have flexible training plan – players try all positions at some time• Look for positives, how can they both win, review growth and development• Set short term goals, focus on performance not outcomes• Emphasize strengths, measure/maximize your strengths and minimize your weaknesses• Be flexible- train players to expect anything – rotate players to all positions



National Coaching Certification Program

The Game Day Action Plan



<h3>Bench Management</h3> <p><u>Issues</u></p> <ul style="list-style-type: none">• Language, conduct• Location of players• Safety concerns• Playing everyone	<p><u>Solutions</u></p> <ul style="list-style-type: none">• Code of conduct, rules and consequences• Be a role model• Offer options – benefits• Have rules for sticks, spitting, debris, gates, helmets• Work for fair ice time. Consider reducing ice time as a punishment for breaking rules, not to punish people• Follow Fair Play values• Be consistent – have a philosophy
<h3>Post Game</h3> <p><u>Issues</u></p> <ul style="list-style-type: none">• Responsibilities• Administration• Problems• Last to leave	<p><u>Solutions</u></p> <ul style="list-style-type: none">• Use a checklist• Rule of "3" – 3 positives before the first negative• Be accessible, talk to people• Someone on your staff should be the last to leave the arena.• Relate effort to the larger picture
<h3>Parents</h3> <p><u>Issues</u></p> <ul style="list-style-type: none">• In the room• In stands• After game• Overall Criticism	<p><u>Solutions</u></p> <ul style="list-style-type: none">• Have routines and rules• Parent's meeting, code of conduct• Educate parents – help them use strategies for dealing with their children on the way home• Education, parent's meetings, review expectations at this level.



National Coaching Certification Program

The Game Day Action Plan



Roles of the Support Staff

The coach should take an active role in establishing good communication with staff and outlining everyone's responsibilities. You can do the following to ensure the development of harmonious relationships.

Tips for building relationships with your staff	Game responsibilities for the assistant coaches	Game responsibilities for the manager	Game responsibilities for the trainer
<ul style="list-style-type: none">• Be a leader• Clearly define each person's role and responsibilities• Respect and appreciate one another's roles• Offer each other mutual support and work together in an honest and open relationship• Be fair and consistent in your interaction with your assistants• Meet regularly, especially before games, to review administration and the game plan• Periodically evaluate your assistants and provide them with positive feedback• Encourage your support staff to provide you with feedback and suggestions• Give credit and recognition when appropriate• Make your staff feel like they are a needed part of your hockey program.	<ul style="list-style-type: none">• Analyze the play of both teams• Make suggestions on team strategy• Talk to individual players, giving specific correction on their play• Provide statistical summaries for the team and individual players• Provide written comments on each player• Assist with coaching on the bench• Act as a liaison between the head coach and players or parents• Read the feelings of the team• Assist in the administration or management• Help monitor the health habits of the athletes• Check on injuries and the therapies being administered	<ul style="list-style-type: none">• Handle registration, team finances and insurance• Negotiate ice time for practices and games• Handle equipment• Handle game reports• Make necessary travel arrangements• Submit tournament applications• Arrange for dressing rooms and security• Provide an ear for parents• Act as liaison with local association and league	<ul style="list-style-type: none">• Provide first aid as required• Check equipment for proper fit• Inspect equipment to see that it is properly maintained and legal• Teach athletes about how to care for their equipment• Perform medical follow-up for injuries• Educate player and parents on injury prevention• Help monitor nutrition and hydration requirements



National Coaching Certification Program The Game Day Action Plan



GAME DAY CHECKLIST – The Management of Routines

After consulting with your fellow coaches, list below the five most important responsibilities a coaching staff has and who will carry out each of the tasks.

Before you get to the rink: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Upon your arrival at the rink: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Pre-game preparations: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Game Management: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Post-game management: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

Bench Management: What the Pros Think

Craig Ramsay - Buffalo

- Utilize your assets - make use of and trust your assistants
- Do not over-coach
- Present a Positive Bench Image, but be ready to raise you intensity
- Show "trust" in your players

Marc Crawford - Vancouver

- Carefully lay out each aspect of bench operation
- Establish consistency for game-in and game-out routines
- Be focused and composed
- Change lines/players well



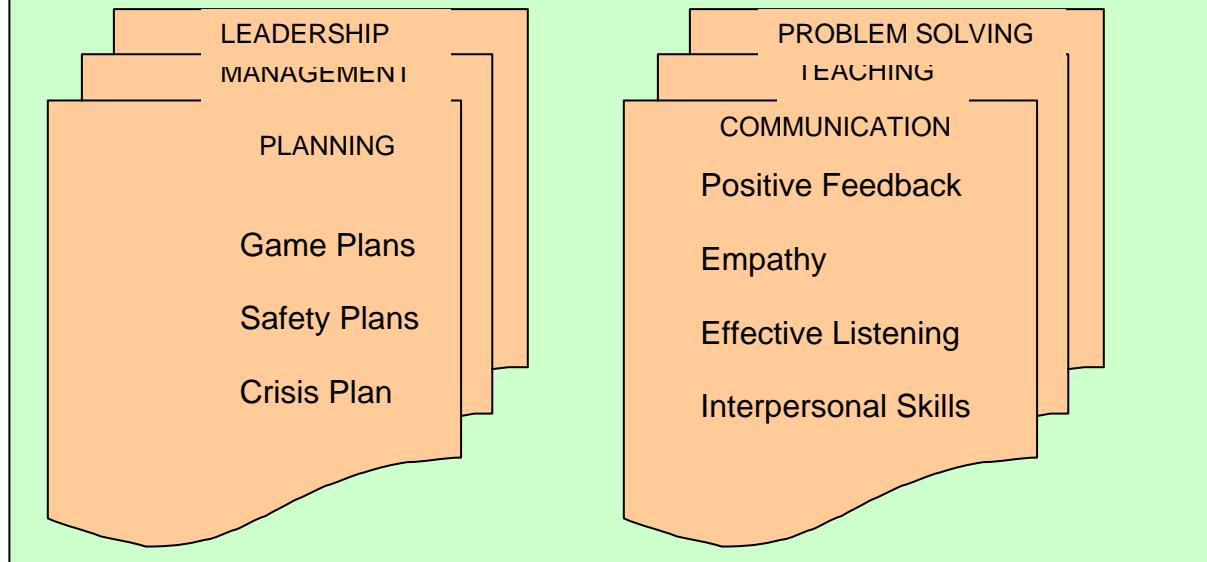
National Coaching Certification Program The Game Day Action Plan



Creating a Safe and Positive Playing Environment

Experienced coaches will tell you that your role as a game coach is to create an environment where young athletes can develop and have fun doing it. Having fun depends largely on the environment being safe, positive and one where athletes have an opportunity to play.

What skills does a coach need to create this kind of environment?



Is competitive sport too stressful for children?

Competitive sport may be too stressful if a child is made to feel that self-worth depends on how he or she plays. When the things most important to children – such as love and approval- are made contingent on playing well, they are likely to experience great stress. Research shows that the fear of failure and a child's concern about not performing well may be the main source of stress and anxiety in children.

Children worry that they will fail, that they will not be able to live up to the demands of competition. Children can feel competitive stress before, during and after competitions. One U.S. study showed that 62% of youths worried about not playing well and about making a mistake, and 23% said anxiety could prevent them from playing in the future.

Straight Talk About Children and Sports - CAC

What is a “safe” environment, according to your colleagues?

What elements make a positive environment? A negative environment?

How do you and your colleagues define “fun”? How will you know if your athletes are having fun? Will fun be the same for everyone?

Game Statistics – A Pee Wee Game Analysis

The puck was on player's stick an average of 8 sec/game!
Players took an average of 1 or 2 shots per game!
Players took an average of 18 shifts per game.



The Winning Philosophy

Athletes First - Winning Second!

One of the most important actions you will take as a coach is to formulate a successful coaching philosophy by evaluating the role of winning. Specifically, what outcomes should be important to you and your athletes?

Here is one “winning” philosophy that will surely gain the respect of your athletes and your colleagues, as well as improve your chances of success. ***Put your athletes first, and strive to win second.***

This is a powerful philosophy. It means every decision you make and how you behave should *first* reflect what is best for your athletes as people and players.

A coach who does not consider the needs of his athletes may damage their self-esteem and they may eventually leave the game. On the other hand, a coach who ignores the innate desire to win may also hurt the spirit of the team as a whole. Striving to win is essential for enjoyment of the game, but at what cost?

It makes sense then that a winning philosophy puts the athletes’ well-being first, but still pursues the thrill of victory. The outcome depends on your decision.

What do your coaching colleagues say about the role of winning?



E-

Resolve

Formal Response to Complaints

Follow procedures consistently

Sanction consistently



Branches/Districts and Minor Hockey Associations Constitutions and Operations Manuals

Get informed! Contact your Branch or Minor Hockey Association for a copy of the constitution and/or operations manual.

BC Hockey

6671 Oldfield Rd
Saanichton, BC, V8M 2A1
Tel: 250-652-2978
Fax: 250-652-4536
www.bcaha.org

Hockey Alberta

1-7875, 48th Avenue
Red Deer, AB, T4P 2A1
Tel: 403-342-6777
Fax: 403-346-4277
www.hockey-alberta.ca

Saskatchewan Hockey Association

2-575 Park Street
Regina, SK, S4N 5B2
Tel: 306-789-5101
Fax: 306-789-6112
www.sha.sk.ca

Hockey Manitoba

200 Main St
Winnipeg, MB, R3C 4M2
Tel: 204-925-5755
Fax: 204-925-5761
www.hockeymanitoba.mb.ca

Hockey Northwestern Ontario

516 East Victoria Ave
Thunder Bay, ON, P7C 1A7
Tel: 807-622-4792
Fax: 807-623-0037
www.hockeynwo.proboards20.com

Ontario Hockey Federation

1185 Eglinton Avenue East, Suite 202
North York, ON, M3C 3C6
Tel: 416-426-7249
Fax: 416-426-7347
www.ohf.on.ca

Ottawa District Hockey Association

1247 Kilborn Place, Suite D300
Ottawa, ON, K1H 6K9
Tel: 613-224-7686
Fax: 613-224-6079
www.odha.com

Hockey Québec

4545 Ave Pierre-de-Coubertin
Montréal, QC, H1V 3R2
Tel: 514-252-3079
Fax: 514-252-3158
www.hockey.qc.ca

Hockey New Brunswick

165 Regent St, Suite 4
Fredericton, NB, E3B 4Z9
Tel: 506-453-0089
Fax: 506-453-0868
www.hnb.ca

Hockey PEI

40 Enman Crescent
Charlottetown, PE, C1A 4L1
Tel: 902-566-5171
Fax: 902-894-5412
www.peiha.com

Hockey Nova Scotia

6300 Lady Hammond Rd, Suite 200
Halifax, NS, B3K 2R6
Tel: 902-454-9400
Fax: 902-454-3883
www.hockeynovascotia.ca

Hockey Newfoundland and Labrador

13B High Street
Grand Falls Windsor, NF, A2A 2J4
Tel: 709-489-5512
Fax: 709-489-2273
www.nlha.nf.net

Hockey North

47 Pine Crescent
Hay River, NT, X0E 0R5
Tel: 867-874-6903
Fax: 867-874-4603



A word about your relationship with your Minor Hockey Association

The mandate of the local minor hockey association (MHA) is to administer and promote the game of hockey within its' local community. This responsibility includes ensuring that all levels of competition and player ability are addressed.

The minor hockey association is also responsible for ensuring an Executive Board is in place to administer the day-to-day function of the association during the hockey season. As well, it is responsible for ensuring the appropriate legal requirements are addressed with respect to registering under the Society's Act, having a constitution, providing financial reports, having insurance, and registering with the provincial hockey body [Branch].

The local association operates within the Constitution and Playing Rules adopted locally, by the Branch, and by Hockey Canada.

The Relationship of a Parent and the Local Minor Hockey Association

A parent's first contact with the local minor hockey association usually comes when they register their son or daughter to play hockey. This is the entry point both for your child's involvement in the sport and yours.

Parents are encouraged to attend general meetings of the local MHA to become aware of how the association operates and the many opportunities available to support the players in their hockey development.

The Association offers many options, on-ice and off-ice for parents to become involved with their child.

Off-ice, parents can be involved as team parents, team managers, fund-raisers, concession workers, scorekeepers, timekeepers, tournament organizers and as members of the MHA executive. These are all important support positions where volunteers are needed. Through volunteering you will meet and become friends with the parents of the players on your child's team, parents across the MHA, and make many contacts throughout the community.

On-ice, parents can be involved as coaches and officials. The MHA will arrange clinics so you can become familiar with Hockey Canada's Initiation Program, Coaching Programs, Safety Programs and Officiating Programs. These clinics will teach you the fundamentals to be an effective leader with the players. They will provide you with the tools to succeed in your volunteer position while enhancing the experience the players will have under your supervision.

Many MHA's offer parent education opportunities for you to attend. Through these sessions you will be able to find out the philosophy of the association, where to take any concerns that may arise, who will be working with your child, and the role of the parent in the association.

For parents of children entering hockey for the first time there are naturally concerns about your child and the adults who will be involved with your child. Hockey Canada's Speak Out Program is designed to address these concerns. Ask your MHA how they are implementing Speak Out to safeguard your child.

As well, many MHA's have programs such as 'Turning Point' or 'Team First' to guide appropriate behaviour for parents, spectators and team officials. If yours does not, you could ask when they will be starting such a program.

During your years ahead as a minor hockey parent there will be a variety of opportunities to support your child in their hockey development. If or when concerns arise, speak with your child's coach or a MHA executive member. ***Most often it is just a matter of a misunderstanding that can easily be addressed.***

Both you and your child will grow and develop skills through your involvement with hockey. You will both learn and develop life skills to use in other aspects of your life.



Other Programs of Interest

*Note these programs have not necessarily been reviewed by Hockey Canada and therefore are being provided as information only.



HIGH FIVE



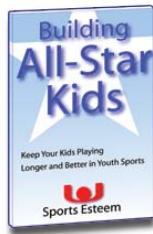
www.highfive.org

HIGH FIVE is a program of [Parks and Recreation Ontario](#) designed to support the safety, well-being and healthy development of children in recreation and sport programs. We do this by providing parents and professionals with tools, training and resources that promote and support the principles of healthy child development. They have also developed the HIGH FIVE Quality Assurance Process - a unique accreditation system for recreation and sport programs.

For more information contact highfive@prontario.org



Building All-Star Kids



Keep Your Kids Playing Longer and Better in Youth Sports

Parents play a critical role in the success of their child in youth sports. Unfortunately, most parents get it wrong and over 70% of all kids playing organized sports quit by age 13. *Building All-Star Kids™* help parents address this problem by providing insights into how parents can help shape their child's youth sports experiences so that kids continue playing longer and better. With information covering a wide variety of topics, *Building All-Star Kids* educates parents on how to balance a child's need to have fun with the need for learning life-lessons and skills.



The Perfect Sports Fan



The “PERFECT SPORTS FAN”™ is both a book and a program that addresses the violence and poor sportsmanship all too often displayed by parents and fans towards players, coaches, officials and even other fans. The book is also a guide, full of useful tips, designed to assist parents with the joys of raising a minor league athlete.

For more information contact Tim Meyer at tim@perfectsportsfan.com



The Hurried Child – Dr. David Elkind, Ph. D.

This bestselling book helps parents balance worthwhile activities for their children with free-time they must have.

Kid's Hockey

The Parents Guide – Dr. Gary Abraham with Michael Smith

Whatever your concern, you will find it addressed in *Kids' Hockey*. It is written by a medical doctor who is a specialist in sports medicine. He's also a hockey parent, a Peewee coach and a teacher at his own hockey school. It is this unique background -- a life-long love of the game combined with medical experience -- that gives Gary Abraham the edge on other writers. From finding a team to buying equipment to bandaging a bruise, from skill drills to skate guards, and from rules to referees, he covers everything you need to know to be a confident hockey parent.

Kids' Hockey covers:

- The Origins of Hockey
- How the Leagues are Organized Today
- The Rules
- Basic Skills
- Playing Goal
- How to buy Equipment
- Equipment -- pre-game preparation and maintenance
- Hockey Health and Safety
- Good Hockey Parenting
- Hockey Schools
- Backyard Rinks
- Teaching Hockey the Right Way
- Physical Contact and Violence
- Organizations and Resources for Amateur Hockey.



Parents for Good Sports



<http://www.parentsforgoodsports.org/>

The mission of Parents for Good Sports is to enrich the lives of young athletes and their families through parent-driven, community-based educational programs.



Attitudes are Contagious



Mass Youth Soccer - Attitudes are Contagious

[http://www.mayouthsoccer.org/pages/488_attitudes_are_contagious.cfm?searchterm=Attitudes are Contagious](http://www.mayouthsoccer.org/pages/488_attitudes_are_contagious.cfm?searchterm=Attitudes%20are%20Contagious)

Mass Youth Soccer has developed and produced an outstanding video focusing on the issues of sideline behavior of adults, and specifically on how that behavior is affecting the retention of qualified referees. While many have talked about the issue of adult sideline behavior, Mass Youth is the only organization to turn the talk into a valuable tool that teams, towns, clubs and leagues can put into immediate use to help curb the unwanted noise along the sidelines.

For more information contact acosentino@mayouthsoccer.org

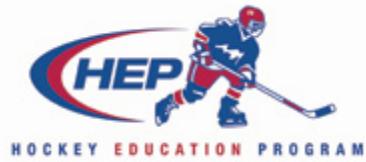


S.T.A.R. Hockey



<http://www.maha.org/STAR/index.htm>

The S.T.A.R. Hockey program is the result of nearly a year's effort by a committee of the Michigan Amateur Hockey Association. It is their response to increasing reports of misconduct, abuse, and violence in youth hockey and other youth sports.



<http://www.ephockey.com/hep.htm>

HEP is a bold initiative designed by Minnesota Hockey to improve the youth hockey environment in Minnesota and will impact all players, coaches, officials, and parents.

HEP was first envisioned and endorsed by two great hockey visionaries Ted Brill and Herb Brooks. It is supported by extensive research provided by the Mayo Clinic's Sports Medicine Center and sports psychologist Dr. Frank Small. Quebec Hockey successfully implemented a similar program years ago.



EFFORT = **Encouraging Fairness, Fun, Opportunity,** **Respect, and Teamwork**



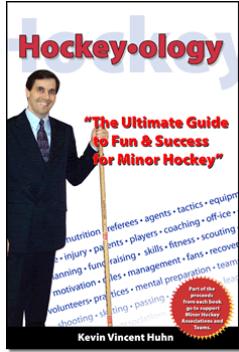
<http://www.masshockey.com/Effort/>

EFFORT strives to create athlete-centered youth hockey in Massachusetts. It establishes a common philosophy in rinks and training centers that yields optimal hockey and personal development. An environment highlighted by:

- Players respecting themselves and fellow competitors
- Coaches focused on developing hockey players and citizens
- Families supporting coaches, their children, and other youth
- Spectators cheering the efforts of all game participants
- Respect for the game of hockey
- A zero-tolerance policy on violence and cheating
- A fun, encouraging atmosphere



Hockey-ology – The Ultimate Guide to Fun & Success for Minor Hockey



<http://www.thehockeysource.tv/sectionshop/shopresource.php>

Hockey-ology - The Ultimate Guide to Fun & Success for Minor Hockey is an **easy-read** resource book for both the novice and the seasoned. It is a fundamental resource for minor and youth hockey, containing how-to instruction, facts, tips and other references. You want to know more about the game this is the book that will teach you.

September 2005

Hockey Rink Etiquette For Parents

Though most of us are hoping for many more weeks of nice weather, the shorter days mean the 2005-'06 youth hockey season is around the corner.

From house-league to the highest competitive levels of all-star or AAA "rep" teams, players — and their parents — have already gone through a tryout process, often jockeying to see which team they will represent over the next several months.

Youth hockey is an intense game on the ice, and sometimes it can be just as intense — and tense— off the ice.

There, we see parents jawing at each other, at players, at coaches, at game officials. The temperature is a little too high in the building, and some of us parents can be a little too tightly wound.

While we all say it's about "fun", watching our own kids play can bring out the worst instincts that we have.

We all want our sons and daughters to play, to play hard, to play well, and — there's that phrase again— have fun. We want them to be well-coached, play on a team that is competitive in their category, and benefit in a host of ways from being involved in competitive athletics.

Yet we, as parents, sometimes undercut how much fun our kids really have, and how much they will actually benefit.

This happens by and through our often toxic behaviour, especially during games.

Unfortunately, many of us don't recognize our own negative behaviour. We only see it in others!

So here is a primer, a reminder, of little things that we can do at and around the rink this fall and winter to make the new hockey season more pleasant for all concerned — most importantly, for the kids.

15 things to keep in mind while watching from the stands this winter:

1. Let the coaches' coach. If you are telling your son or daughter — or any other player for that matter — to do something different from what their coach is telling them, you create distraction and confusion.
2. It is very unnerving for many young players to try and perform difficult tasks on the ice on the spur of the moment when parents are yelling at them from the sidelines. Let the kids play. If they have been well coached, they should know what to do on the ice. If they make a mistake, chances are they will learn from it.
3. Do not discuss the play of specific young players in front of other parents. How many times do you hear comments such as, "I don't know how that boy made this team...." or "she's just not fast enough...". Too many parents act as though their own child is a 'star', and the problem is someone else's kid. Negative comments and attitudes are hurtful and totally unnecessary and kill parent harmony, which is often essential to youth team success.
4. Discourage such toxic behaviour by listening patiently to any negative comments that might be made, then address issues in a thoughtful, positive way. Speak to the positive qualities of a player, family or coach. It tends to make the outspoken critics back off, at least temporarily.
5. Do your level best not to complain about your son or daughter's coaches to other parents. Once that starts, it is like a disease that spreads. Before you know it, parents are talking constantly in a negative way behind a coach's back. (As an aside, if you have what you truly feel is a legitimate beef with your child's coach — either regarding game strategy or playing time, arrange an appointment to meet privately, away from the rink and other parents.)
6. Make only positive comments from the stands. Be encouraging. Young athletes do not need to be reminded constantly about their perceived errors or mistakes. Their coaches will instruct them, either

during the game or between periods, and during practices. You can often see a young player make that extra effort when they hear encouraging words from the stands about their hustle.

7. Avoid making any negative comments about players on the other team. This should be simple: we are talking about youngsters, not adults who are being paid to play professionally. I recall being at a 'rep' baseball game some years ago, when parent on one team loudly made comments about errors made by a particular young player on the other team. People on the other side of the diamond were stunned— not to mention hurt and angry, and rightfully so. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well.
8. Try to keep interaction with parents on the other team as healthy and positive as possible. Who's kidding whom? You want your child's team to win. So do they. But that should not make us take leave of our senses, especially our common sense. Be courteous 'till it hurts; avoid the 'tit for tat' syndrome.
9. Parents on the 'other' team are not the enemy. Neither are the boys or girls on the other team. We should work to check any negative feelings at the door before we hit the arena.
10. What is the easiest thing to do in the youth sports world? Criticize the referees. Oh, there are times when calls are missed, absolutely. And that can, unfortunately, directly affect the outcome of a contest. That said, by and large those who officiate at youth hockey games are a) hardly over-compensated, and b) give it an honest — and often quite competent — effort. At worst, they usually at least try to be fair and objective.
11. On that note, outbursts from parents on the sideline made toward the referees only signal to our children on the ice that they can blame the refs for anything that goes wrong. Learning early in life to make excuses and to blame others is not a formula for success in sports — or life.
12. Yelling out comments such as "Good call, ref" or "Thanks ref" may only serve to alienate an official. The ref always assumes they made the proper call, that's why they made it. Trying to show superficial support because the call went 'your' way is simply annoying to the officials, and to anyone within earshot.

13. The stands are for enjoying watching your child play, and the companionship of other parents— not for negative behaviour. If you want to coach, obtain your coaching certification and then apply for a job.
14. We all feel things and are apt to be tempted to say things to others — fellow parents, officials, our own kids — in the ‘heat of the moment’. But we don’t excuse athletes for doing inappropriate things in the ‘heat of the moment’ (there are penalties, suspensions, etc.) so we should apply similar standards to our own behaviour at the rink. Make yourself pause and quickly check yourself and ask: Will I be proud of what I am about to say or do when I reflect on it tomorrow?
15. The parking lot is not the time to ‘fan the flames’. Whether it is a coach’s decision, a referee’s call, a comment that was made, let it go. Don’t harass the coach or an official or a parent on the other team after the game is over. Go home, relax, and unwind. Talk positively with your child. Many of us have made the mistake of “chewing out” our own son or daughter on the way home for perceived poor play. The ride home is sometimes as important as the game itself. Make that time a good memory for your son or daughter by discussing as many positives as you can about him/her, their coach and their teammates.

Michael Langlois, founder of Prospect Communications Inc., is the author of the book, “A Guide to Better Communication for Minor (Youth) Hockey Coaches”. Prospect’s web site is located at <http://www.beyondthegame.net>