



September 2019

House League Coaches Meeting

Agenda

Welcome to House League

- Key Contacts, Code of Conduct, Important Dates, Roster Certification, Support Staff, Parent Involvement

Season Overview

- Policies, Development Approach & Support Practices/Games/Tournaments, Schedule

Referees

Communication and Social Media

House League Day

The Gift of Giving Back

Note: All information is available on www.BGHC.ca under House League Menu



Key Contacts

Have a question? Need help? Here's who to contact...

General Inquiries - Directors of House League - **Zak Lalonde and James Smith**

Scheduling - **Natalie Hiltz**

Referee - **Dave Irwin**

Rosters, volunteer certifications - **Gail Marcos**

Webmaster - **Herb Chan**

Conflict resolution assistance - Division Convenor

IP - **Jamey Schein**

Novice - **Jamey Schein**

Atom - **Heather Miller**

PeeWee - **Paul Swire**

Bantam - **Natasha O'Reilly**

Midget - **Scott Loveland**

Goalie Equipment - **Stephen Reid**

Name on Jerseys - **Chris McMillan** Als Source for Sports (arrange after Nov 1)

Off-Ice Apparel - **James "Jimmy" Earl** at Jimmy Tees

Note: all contacts are found https://bghc.ca/Pages/2138/Key_Contacts/



IP & Novice Coaches

Who are you?

IP and Novice Convenor:
Jamey Schein

IP1 Lead Instructor:
Mark Grimme

Novice Coaches:

Dave Bates
Michael Di Iulio
Michael Buna
Jamey Schein

IP2 Coaches:
Chris Alderson
Chris Daigle
Todd Barsanti

Need
more IP2
Coaches

Note: all contacts are found https://bghc.ca/Pages/2138/Key_Contacts/



Atom &
PeeWee
Coaches

Who are you?

Atom Convenor:
Heather Miller

Atom Coaches:
Andrew Lewin
Andrew Wagar
Brad Park
Myles Stainton
Ryan Meeboer
Wil Short

PeeWee Convenor:
Paul Swire

PeeWee Coaches:
Adrian Biggs
Andrew Oliver
Jim Bordignon
Kristy Smith
Mark Timar
Peter Alcock

Note: all contacts are found https://bghc.ca/Pages/2138/Key_Contacts/



Bantam & Midget Coaches

Who are you?

Bantam Convenor:

Natasha O'Reilly

Midget Convenor:

Scott Loveland

Bantam Coaches:

Jason Continenza

Jeff Wright

Linda Wright

Michelle Dawson

Rob Baker

Tony Scarfone

Midget Coaches:

Brian Benison

Ed Coslovi

Jim Warren

Julia Savoy

Kevin Maher

Julia Savoy

Note: all contacts are found https://bghc.ca/Pages/2138/Key_Contacts/



Policies & Code of Conduct

As an appointed coach of the Burlington Girls Hockey Club I pledge to follow the Coaches' Code of Conduct

- I am responsible for my conduct at all times. I will always be a positive representative of BGHC and the City of Burlington.
- I will maintain an **open line of communication with players and parents**. I will explain my goals and objectives for the team, as well as the rules of the game and the policies of the league, to the best of my ability.
- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations.
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time.
- **I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that players play to have fun and must be encouraged to have confidence in themselves.**
- I will ensure that equipment and facilities are safe and match the players' ages and abilities.
- I will remember that participants **need a coach they can respect**. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials to the benefit of the game.

I WILL LEAD BY EXAMPLE BY BEING A POSITIVE ROLE MODEL

Change Room & Bench Policy

- ✓ Absolutely no cameras - Reinforce with all support staff, parents and players
- ✓ 2 Den Mothers required in Change Room
- ✓ No siblings
- ✓ Atom & up: men (including coaches) enter room **ONLY** when an "all clear" given

Note: BGHC Code of Conduct found https://bghc.ca/Pages/2138/Key_Contacts/House_League_Rules found https://bghc.ca/Pages/2138/Key_Contacts/



Important Dates & Schedule

Dates below are confirmed, practice / game schedules are being finalized by September 22nd

September

22nd - House League Day
23rd - HL Season Starts
29th - IP Season Starts

October

5th - World Girls Hockey Day
12th & 14th - BREAK - Thanksgiving
27th - Waivers Due
31st - BREAK - Halloween

November

2nd - Team Photo Day
6th & 7th - GOGB

December

23rd to Jan 1st - BREAK - Christmas



February

TBD - Playoffs
Feb 17th - BREAK - Family Day

March

14th to 22nd - BREAK - March Break
28th & 29th - Championship WKD

April

4th & 5th - Queen of the House



Note: all dates are found https://bghc.ca/Pages/2139/Key_Dates/

Team Roster

Process and reminders for the Team Roster / Waiver

Process:

- ✓ Use template found on BGHC website
- ✓ Submit waiver to Gail Marcos office@bghc.ca
- ✓ All parents and players must sign this document
- ✓ All staff must be listed, including their certification numbers
- ✓ Roster approval required prior to tournaments / exhibition games
- ✓ Deadline for submission - **October 27th**

Goalie Sharing:

- Novice - 1 signed up as 50%, plenty signed up as sometimes
- Atom - 3 signed up as FT, 11 have signed up as sometimes, shared situation for others
- Peewee - 3 FT, 2 as sometimes
- Bantam - 3 FT, shared situation for others
- Midget - 5 signed up as FT, Rep players will help fill last spot

Note: Rostering resources found https://bghc.ca/Libraries/1967/House_League_Resources/



Support Staff & Certification

It takes a village to run a team...so ask for support!

As a **Head Coach** you require:

- ✓ Coach 2 (for IP Coach 1)
- ✓ Respect in Sport (RIS)
- ✓ Police Check (valid within 3 yrs)

The BGHC will reimburse for certification fees!

https://bghc.ca/Forms/1054/Volunteer_Reimbursement_Request/

Assistant Coaches (1 +)

Certification - RIS and Valid Police Check

Role:

- ✓ Positive reinforcement to players
- ✓ Support in practices and games

Manager

Certification - Valid Police Check

Role:

- ✓ Complete Roster/waiver
- ✓ Book Tournaments and hotels
- ✓ Game Sheets collection / submission
- ✓ Ensure Refs arrival at games
- ✓ Supports team communications

Trainers (min 1)

Certification - RIS, valid Policy Check & HTCP

Role:

- ✓ On bench for health/safety
- ✓ Enforce concussion protocol

Note: Certification requirements found https://bghc.ca/Pages/2003/Volunteer_Certifications/



Parent & Player Interaction

Set expectations and keep FUN at the centre of everything



With your Parents:

- ✓ Discuss Code of Conduct
- ✓ Direct concerns to Division Convenor
- ✓ Use the 24 Hr rule
- ✓ Discuss your coaching philosophy - ie.
“creating a fun, memorable, and occasionally very meaningful, lasting moments for players, regardless of skill level, and regardless of team wins and losses”

With your Players:

- ✓ Organize team social events
- ✓ Player of the game award
- ✓ Music in dressing room
- ✓ Create team name, signs, cheers, mascot
- ✓ Wear your Cuda colours (Jimmy Tee’s)



Note: HL start right guide found https://bghc.ca/Public/Documents/HL_-_Season_Start-Up_List.pdf

Skill Development

BGHC player development philosophy and support through our development team

Skater Development Executive Directors:

Jana Harrigan & Becky Keller will support on-ice Development Sessions and they will be incorporated into your your schedule

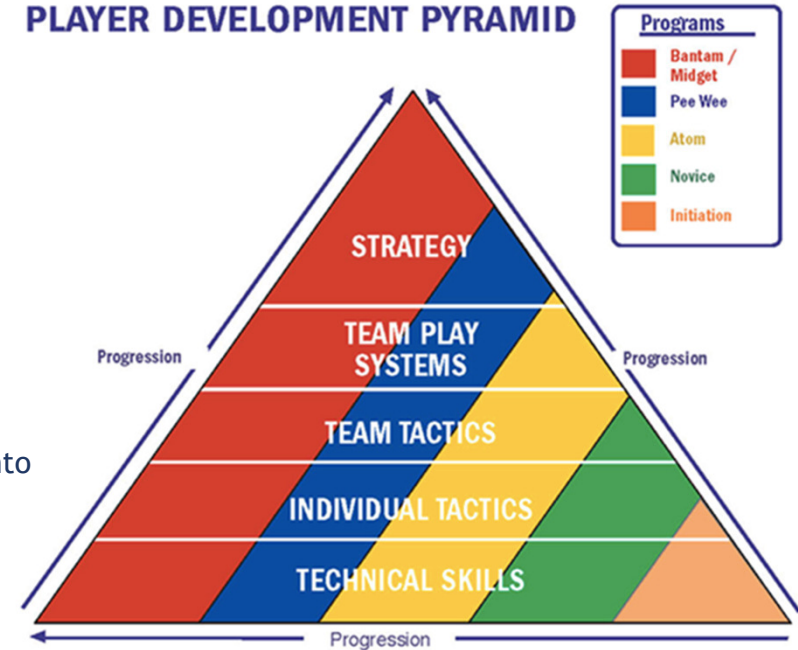
- IP TBD
- 3 sessions with Novice & Atom
- 2 sessions with Pee wee, Bantam

Goalie Development Executive Director:

Bryce O'Hagan will offer “drop in” session every month for all HL goalies and funds will be allocated to goalie families for private lessons with Bryce

Note: finalized Development schedules will be provided before Oct 1

PLAYER DEVELOPMENT PYRAMID



Coaching Support

Follow Hockey Canada Guidelines and utilize the resources available to create practices, lead successful games and develop your players

Hockey Canada Drill Hub includes:

- ✓ Free resource for all coaches
- ✓ Age/Division specific resources
- ✓ Practice Plans and Skill Manuals to print & share
- ✓ Videos featuring Canada's National Women's Team
- ✓ IP and Novice specific support
- ✓ Coaches Corner on BGHC Website
- ✓ **Female Coaching Clinic** with Jana Harrigan - Oct 16th 7pm

View All Ages Initiation / Novice Atom / Peewee Peewee and Up

View All Categories Skating Defence Puck Control Shooting Scoring Passing Individual Skill Individual Tactic Team Tactic Checking Drill Small Area Game Warm-up Drill Goaltending Drill

Search Drills [Reset]

Login or Create Account

1 TOUCH PASS AND MOVE

PASSING - PARTNER SUPPORT PASSING

VIEW FULL DESCRIPTION

Link to Hockey Canada "Drill Hub" <https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>



IP & Novice Half Ice

Right sizing the ice for the newest members of our hockey family.

We will Follow the Hockey Canada Guidelines:

- ✓ Small drill stations and small area games
- ✓ Focus on skill development not game play
- ✓ Cross ice games (IP1)
- ✓ Half ice games (IP2)
- ✓ No Goalies
- ✓ Mini Nets
- ✓ FOCUS ON FUN
- ✓ IP Tournaments: you can rotate goalies

Links to why half ice hockey videos:
[Hockey USA Analytics - puck touches](#)
[From Child's View, Parents Find Full-Ice Hockey No Fun](#)



Games & Tournaments

Understanding the expectations of game play and guidelines for tournaments

Game Play Guidelines

- ✓ Ensure fair ice time
 - ✓ Conveners & coaches report any concerns to the Director - Zak
- ✓ Keep scoring reasonable - Don't run it up!
- ✓ IP & Novice - rotate Goalies (no dedicated)
- ✓ Home Team responsible for:
 - ✓ Game sheet submission to gamesheet@bghc.ca

# Skaters	#Forwards	#Defense
15	9 (3 lines) - rotate	6 (3 pairings) - rotate
14	9 (3 lines) - rotate	5 (rotate in sequence)
13	9 (3 lines) - rotate	4 (2 pairings) - rotate
12	8 (rotate in sequence)	4 (2 pairings) - rotate
11	7 or 6 - rotate	4 or 5 - rotate
10	6 (2 lines) - rotate	4 (2 pairings) - rotate

Tournaments

- ✓ 2 maximum, one of which can be "away"
 - No tournaments during February Playoffs - unless special approval
 - A 3rd tournament can be entered after the season is complete
- ✓ Email Zak at juniorhouseleague@bghc.ca tournament details:
 - Division (e.g. Atom HL)
 - Team (e.g. Blue)
 - Date of tournament and impacted HL scheduled games
 - Note: Scheduler will try to reschedule league game and notify other team
- ✓ Pick up players - you need a signed release form by other coach



Note: Link to OWA HL Tournaments <http://owha.pointstreaksites.com/view/owha/tournaments/house-league-2019-2020>

Referees

Dave Irwin - Referee & Chief



If your Ref has not arrived within 20 minutes of Game Start time
call Dave [289-439-7599](tel:289-439-7599)



Communications

Jenn Wager - Director, Communications & Events



WE'RE SOCIAL!



@BGHC_News



@BGHC_News



Burlington Girls Hockey Club



bghc.ca



House League Day Sept 22

House League Day Sept 22 - 1st official team get together

Schedule

IP: 10:00 - 11:00 am
Novice: 10:30 - 11:30 am
Atom: 12:00 - 1:00 pm
PeeWee: 1:30 - 2:30 pm
Bantam & Midget: 3:00 - 3:30 pm

BGHC will Provide

Jerseys
Information Sheet for all players
Coaches Equipment (i.e. pucks, pylons)

Coaches to Bring

- ✓ Decorated Team Sign (IP, Novice & Atom)
- ✓ Team Roster



Community
with
Jen
Buchalter



The Gift of Giving Back is making real differences in the lives of those less fortunate in our community. Since 2005, our organization has accumulated over 3.4 million pounds of food since inception, with a direct local community benefit of over \$8.6 million. The event supports, educates and empowers more than 2,000 young male and female hockey athletes and high school students to give back to our local community.

Date: **November 5 & 6**

Where: **Robert Bateman High School**

Each team needs a "Food Drive Captain" to coordinate food collection efforts!

Info - inquiries@giftofgivingback.ca

<https://giftofgivingback.ca/who-we-are/burlington/>



Thank You

“You make a living by what you get. You make a life by what you give.”
~Winston Churchill



Appendix



Back to Hockey Weekend

House League Back to Hockey Weekend September 7th & 8th 2019

Saturday, Sept 7 - Mainway B

7:30 to 9:00 a.m. Atom Division - group A
9:00 to 10:30 a.m. Atom Division - group B
10:30 to 11:30 p.m. Novice Division - group A
11:30 to 12:30 p.m. Novice Division - group B
12:30 - 1:30 p.m. IP Open Skate

Sunday, Sept 8 - Mainway B

7:30 to 9:00 a.m. PeeWee Division - group A
9:00 to 10:30 a.m. PeeWee Division - group B
10:30 to 12:00 p.m. Bantam Division - group A
12:00 to 1:30 p.m. Bantam Division - group B

What is it?

- Upon arrival, players will be randomly divided into 3 teams
- Teams will play a round robin - fun tournament
- Game time approx. 30 minutes long (90 second buzzer system)
- Using 3 on 3 rules but play as 4 on 4 or 5 on 5 (depending on total numbers)

Volunteers Needed

- 4 or 6 people on benches to help organize players and run doors (2 benches x 2/3 people)
- Evaluators to assess the players for team allocation
- 1 trainer for each Ice Grouping (90 min commitment)

