

INFORMATION SESSION: NOVICE & BELOW

June 23, 2019
7:00 – 8:00 PM





PURPOSE

1. Provide Information on novice & below programming (Mites, Initiation Program, Novice)
2. Obligations of membership
 - Online courses
 - Equipment requirements
 - Resources for parents/players
3. Engage Membership



AGENDA

1. Novice and Below Program Overview
2. Development and growth of your child's hockey skills
3. Online courses parents must enroll in (OMHA mandated)
4. Equipment needed and mandatory for players safety
5. On & Off Ice Expectations
6. Volunteers - Coach's, On ice help, Managers Parent Reps

OMHA UPDATE: NOVICE & BELOW

Objectives of the program are to:

- Develop fundamental skating, stick-handling and overall motor skills in a fun and safe sport environment that promotes self-confidence.
- Continue to grow their impression of hockey as a positive one for players and parents.
- Practice/gameplay exist primarily in a modified form – formalized games introduced throughout the season.
- Some tiering of the players – goal is to have players working with players of like skill to develop confidence and self-esteem.

2019-20



2019-20



MITE	Initiation Program	MINOR NOVICE	MAJOR NOVICE
Open for age 3-6	Age 5 and 6	Age 7**	Age 8**
1x per week	2x per week*	2x per week*	2x per week*
Station based drills	Station based drills	Station based drills	Primarily station based
No travel/games	No formal league – limited focus on gameplay	Informal league (LL)	Shamrock and LL entries
	Tiered programming with Sr IP and Jr IP	Tiered programming (1,2, 3)	Tiered Programming Select, REP and LL

*Expected Ice time

** As per OMHA and association guidelines, players may play at a higher level if deemed appropriate



WHY CHANGE THE WAY WE INTRODUCE HOCKEY??

1. Increased emphasis on skating
2. Number of puck battles increases significantly.
3. Puck control and puck protection skills are enhanced
4. Less time and space increases the frequency and speed of making hockey decisions.
5. Offers a more challenging environment to improve ice awareness and elevate hockey sense
6. Increased intensity of competition results through the progressive skill improvement of players.



WHAT THE RESEARCH SAYS?

2x more puck touches, more pass attempts, more shot attempts/player, more change of direction pivots

5x more passes received, more puck battles

2.75x more shots on goal per minute

<https://www.youtube.com/watch?v=cXhxNq59pWg>

ON & OFF-ICE EXPECTATIONS

- Respect in Hockey Video:

[https://www.youtube.com/
watch?v=fRRcbRdeJOk](https://www.youtube.com/watch?v=fRRcbRdeJOk)

LONG TERM PLAYER DEVELOPMENT MODEL: HOCKEY FOR LIFE

HOCKEY FOR LIFE

PLAYER DEVELOPMENT PATHWAY

Sport Canada's Long-Term Player Development (LTPD) Resource Paper "Canadian Sport for Life" sets out a framework for sport development in Canada. **HOCKEY CANADA'S LONG TERM PLAYER DEVELOPMENT (LTPD)** is a nine stage model based on the **physical, mental, emotional and cognitive development** of children and adolescents.

Each stage reflects a different point in developing the player:

- The first four stages emphasize **physical literacy** and a broad range of sport experiences.
- The next five stages focus on **development and competitive excellence**.
- Active for Life** encourages life-long physical activity and informed healthy lifestyle choices with participation in hockey long after the competitive years.

DISCOVERY AGES 0-4

- Acquire fundamental movement skills (turning, gliding, jumping, kicking, catching...)
- Prepare children for a physically active lifestyle.
- Begin skating at an early age through Discovery Hockey programs.

FUNDAMENTALS 1 AGES 5-6

- Focus on development of physical literacy
- Master Fundamental movement skills
- Emphasize Motor development
- Encourage participation in many sports/activities
- Basic hockey skills of skating and puck control are introduced through the Initiation Program
 - FUN competitors are also introduced in a team environment

PHYSICAL LITERACY

- Beginning of the most important window to develop the fine motor skills on an individual technical skill level
- Leads to utilizing these skills into individual and team tactics later on
- Best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills
- In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on from practices to games

FUNDAMENTALS 2 AGES 7-8

- Develop motor skills and coordination
- Ongoing participation in competitive sports is strongly encouraged
- The Novice Skills Program is designed to promote the continued development of physical literacy, fitness, and the basic skills required to play hockey

LEARN TO PLAY MALE 9-10 FEMALE 8-9

LEARN TO TRAIN MALE 11-12 FEMALE 10-11

TEAM BUILDING

BASIC HOCKEY SKILLS

PLAY MULTIPLE SPORTS

PARTICIPATION

OMHA

Additional Long Term Player Development Resources on OMHA Website:

<https://www.omha.net/page/show/964877-long-term-player-development>

ON-LINE COURSE FOR PARENTS

- At least one parent or guardian of each player registered in minor hockey in the OMHA is **required** to complete the Respect in Sport - Parent Program as a condition of participation.
- The one-hour online course is a proactive, educational program that empowers parents with the tools to ensure the game is enjoyable and respectful for themselves, their children and all other stakeholders in the game
- Course is through the OMHA and link may be found on MBDAA website:

<https://omhahockeyparent.respectgroupinc.com/>



Mount Brydges Cougars Junior IP Teams - Instructions for Parent Respect Online Course and Linking Child and Parent Profiles

Sign into Parent Respect in Sport at the below link

<https://omhahockeyparent.respectgroupinc.com/>

Please complete the program

Note only 1 parent per child needs to complete (not both)

EDUCATION x Respect in Sport for Hock x

Secure | <https://omhahockeyparent.respectgroupinc.com/>

Apps BFL - Fantasy League Thunder Fantasy - ES! Y TD Fantasy Football P Y TD Picks Football Po TD EasyWeb Login Nest Hello Expenses Retro Mini Arcade Co

OMHA

RESPECT
IN SPORT FOR
PARENTS

To complete this program in English | Pour compléter ce programme en Français

Click Here | **cliquez ici**

GETTING ST | ERED?

New to this program? Click here to register now | Certificate expired? Click here to re-certify

Password

Okay

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10:24 AM 11/26/2018



Mount Brydges Cougars Junior IP Teams - Instructions for Parent Respect Online Course and Linking Child and Parent Profiles

Once you have completed the program, you need to link your program completion to your player

Create Yourself an [eHockey Account \(Parent\)](#)

The screenshot shows a web browser window with the URL <https://ehockey.hockeycanada.ca/ehockey/Account/Login.aspx?ReturnUrl=%2fehockey%2fThankyou.aspx%3fclid%3daf21ddb8-5157-...>. The page features the Hockey Canada logo and the text "eHOCKEY". A navigation bar includes links for "Français", "Help", and "Login", along with a "Signup for a Clinic" button. The main content area displays a welcome message: "Welcome to Hockey Canada's eHockey website. Sign in using your existing eHockey account below. If you do not have an existing eHockey account, [click here to create an account now.](#)" Below this is a "Sign in here" section with input fields for "Email:" and "Password:", and a "Login" button. The browser's taskbar at the bottom shows various application icons and the system clock indicating 10:41 AM on 11/26/2018.



Mount Brydges Cougars Junior IP Teams - Instructions for Parent Respect Online Course and Linking Child and Parent Profiles

After you have created yourself an account, select "Add a Participant" link below your name

The screenshot shows the Hockey Canada eHockey website. The user is logged in as warrenstefanick@gmail.com. The page displays a welcome message and a table of participants. A red arrow points from the text on the left to the 'Add a Participant' link in the table.

First Name	Last Name	Date of Birth	Hockey ID	Gender	Association	Actions
WARREN	STEFANICK	01/02/1981	1500001051306	M	MOUNT BRYDGES	View

[Add a Participant](#)



Mount Brydges Cougars Junior IP Teams - Instructions for Parent Respect Online Course and Linking Child and Parent Profiles

You can search for you child by looking up their Hockey ID or by First and Last Name

Once you have found your child, select them and add to your account

The screenshot shows the 'Search by Hockey ID' section with fields for 'Hockey ID:' and 'Date of Birth:'. Below it is the 'Search by first and last name' section with fields for 'Participant's First Name:', 'Participant's Last Name:', 'Date of Birth:', 'Gender:', and 'Language:'. Each field has a red asterisk indicating required information. A 'Search' button is located at the bottom of each section.

The screenshot shows the search results table. A red arrow points from the top of the page down to the 'Select' button in the 'Actions' column of the first row. The table has the following data:

First Name	Last Name	Date of Birth	Hockey ID	Association	Actions
WYATT	STEFANICK	04/02/2013	1500000857084	ELGIN MIDDLESEX	Select

At the bottom of the page, it says 'Powered by Hockey Canada', 'Copyright © 2010-2018', and 'Version: 65.0.0.16288'. The Hockey Canada logo is in the bottom right corner.



Mount Brydges Cougars Junior IP Teams - Instructions for Parent Respect Online Course and Linking Child and Parent Profiles

Add them to your account

The screenshot shows a web browser window with the URL <https://ehockey.hockeycanada.ca/ehockey/MemberConfirm.aspx>. The page title is "Add a Participant to My Account". Below the title, it says "Please confirm that you would like to add the following participant to your account." The participant details are listed as follows:

- First Name: WYATT
- Last Name: STFFANICK
- Date of Birth: 4/2/2013
- Gender: M
- Hockey ID: 1500000857084
- Association: ELGIN MIDDLESEX

At the bottom of the confirmation box, there are two buttons: "YES, I would like to add this participant to my account." (circled in red) and "NO, I would like to delete my search again." A red arrow points from the text "Add them to your account" to the "YES" button.

REQUIRED EQUIPMENT



ADDITIONAL
DETAILS ON
OMHA
WEBSITE

ENGAGEMENT

Team Volunteer Opportunities:

- Coaches
- Trainers
- On ice help
- Managers
- Parent Reps
- Time keepers
- Jersey parents

Organization Volunteer Opportunities:

- Welcome back day
- Entrance gate keeper



2019 – 2020 VOLUNTEER FEE CHANGES

- Every family required to provide \$200 volunteer fee cheque post-dated to April 1st, 2020
- Cheques required prior to player stepping foot on the ice
- Each family is required to complete 5 volunteer hours during the season
- DIBS program via website for more opportunities



QUESTIONS

<https://mbcougarshockey.ca/>

