

Coach Meeting – Sept 25, 2022



Agenda



- INTRODUCTION
 - BOARD MEMBERS
 - RHC PHILOSOPHY
- THE 2022 SEASON
 - SCHEDULE DETAIL
 - GAME ETIQUETTE
 - GAME SHEETS
 - U13/U15 SKILLS DEVELOPMENT
 - EQUIPMENT PICK UP
- RHC EXPECTATIONS
 - FAIR PLAY CODE
 - RHC POLICY
 - COMPLAINTS PROCEDURE
- COACHES RESPONSABILITIES
 - POLICE INFORMATION CHECK (PIC)
 - RESPECT IN SPORT (COACH)
 - RESPECT IN SPORT (SAFETY)
 - SPARE GOALIES
- SUSPENSION POLICY
- RHC AND REFEREES

Introduction



- Welcome to the 2022/3 Season (RHC's 22nd Season)
- Thank you for volunteering!
- Coaches play a critical role in ensuring:
 - ❖ The RHC philosophy is instilled and emphasized throughout the season
 - ❖ Players have fun and have a positive experience playing Recreational Hockey
 - ❖ Encourage fair play among the players, coaches, referees and parents.
- Please share this information with all coaches/assistants not present at this meeting. This presentation will be posted on the RHC webpage for future reference.

RHC Board Members 2022/3



President:	Russell Stratton
Vice President:	Torran Jolly
Secretary:	Tara Hogan
Treasurer:	Dave Brotherton / Denise Hartung
Registrar:	Cathy Hosowich
Equipment Coordinator:	Curtis Pidhorney
Referee Liaison:	David Hunter
U13 Coordinator:	David Hunter
Player Development Coordinator:	Vacant
U15 Coordinator:	Rachel Brooks-Chayer / Sean McCarthy
U18 Coordinator:	Zul Murji / Sean McCarthy
U21 Coordinator:	Suzanne Hatch
Social Media:	Curtis Pidhorney

Why RHC?



RHC Philosophy



- RHC was created to be:
 - ❖ Less competitive,
 - ❖ Reasonable Cost and
 - ❖ Require less time commitment than Community Hockey
- We encourage and support good sportsmanship, fair play, friendship and respect
- Body checking, aggressive behavior, unsportsmanlike conduct and **maltreatment** will not be tolerated
- RHC Philosophy:
 - ❖ Fun and safe
 - ❖ Moderate time commitment
 - ❖ Affordable
- No standings, player stats, playoffs



The 2022/3 Season



- Maintaining current age categories U13, U15, U18 & Junior
- A full game play program (incl. 12 skills development practices for U13) and 'Tune Up' skate for U15, U18 & Junior (first ice time)
- 2 game ice times per week on consistent days each week i.e.
 - U13 Tuesday & Saturday,
 - U15 Monday & Saturday,
 - U18 Thursday & Saturday,
 - Junior Wednesday & Saturday
- Every effort will be made for teams to be competitively balanced – Coordinators reserve the option to trade players between teams if needed or tier divisions
 - Sorting Skates U13/U15
 - Coach evaluations from 2021/2
 - Friend Requests
 - Geographic location U13
- Similar number of ice times as in previous seasons
- Game play will typically be 5v5, however, if required, a 4v4 or 3v3 format may be considered
- Officially sanctioned games with CZRC referees

Schedule Detail 2022-2023 Season



1. U13 @24 games + 12 skills development practices, U15 / U18 / Junior @32+ games

2. Start Dates

U15	Monday October 3
U13	Tuesday October 4
Junior	Wednesday October 5
U18	Thursday October 6

3. EMHW - TBC

4. Year End Tournament - TBC

Note: Check Recreational Hockey website (www.rechockeycalgary.com) for the most current schedule.



HOME ABOUT RHC REGISTRATION **SCHEDULE** PARENT & COACHES INFO



Game Etiquette

- Coaches should introduce themselves to the referees before the game.
- At the completion of the hockey game, a post game handshake with the other team & officials will take place.
- **Work with** the other coaches to overcome issues in the interest of FUN for the players (ie. no goalie, lack of players)
- If a team has less than 10 skaters, they can use “affiliate” players from other teams or request players from the opposition. ** Thanksgiving, Family Day, January exams – please plan in advance
- Display and emphasize **good sportsmanship** throughout the game such as limiting the score in cases of lopsided play.

Game Sheets



- Make sure you have filled in your portion of the game sheet accurately.
 - ❖ Note SUSPENSIONS and Affiliate players
- Ensure you have responsible and knowledgeable off-ice officials at each game
 - ❖ Time Keeper / Scorekeeper. Each team to provide one for each game plus another volunteer to work the penalty box gate. COACH RESPONSIBILITY – OR DELEGATE
- The HOME team enters the game info in the HC website AND submits the white game sheet to the division coordinator by **noon** of the day following the game. Game sheets are to be scanned and sent to the coordinator. Alternatively, a good resolution picture can be taken and forwarded to the coordinator.
- If there are issues such as a incident write-up, **please expedite** these time sheets so that the discipline committee can review prior to the next game.

Electronic Game Sheets

- Access is via the Hockey Calgary website (www.hockeycalgary.ca)
- Each team will be provided an access code and password for their team. Note that the coach can delegate this responsibility to an assistant coach, manager or parent volunteer.
- All game stats including goals, assists, penalties etc are available to the coaches .
- The white game sheet or a picture are still required to be forwarded to the coordinators.

Game Sheet: Coordinator Contacts



- U13 peewee@rechokeycalgary.ca
- U15 bantam@rechokeycalgary.ca
- U18 midget@rechokeycalgary.ca
- Junior junior@rechokeycalgary.ca

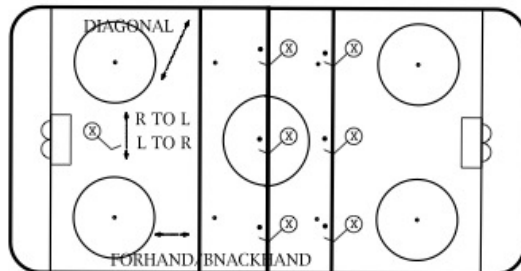


- Rationale – In agreement with HC, RHC will provide skills development to U13 and inexperienced U15 players. Focus is on individual skills development and hockey knowledge
- Overview of the Skills Development process
 - U13 - progressive development over 12 practices
 - Example practice plans with explanations to be provided. Coaches will be able to adapt plans to meet their team's specific needs.
 - U13 & U15 New & Inexperienced player development program run by Attack Sports. **Coach volunteers needed.**
 - Sunday 9.00-10.00 – Frank McCool Arena
- **Volunteers needed** for coach mentoring - assistance for new or less experienced coaches eg running practices, bench management

Example Practice Plan

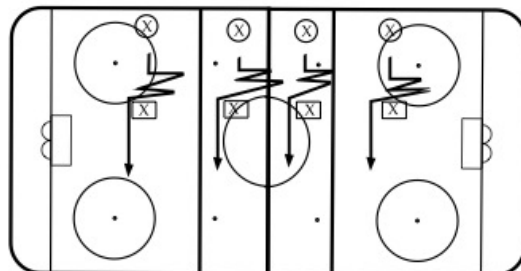
Drill — Buddy Up - Triangle on Stick Moves

- Head or shoulder fake, change pace go around
- Slip around, skate other side
- Slip across from backhand to forehand
- Slip through legs, go around, fake slip, fake wrist, go to forehand side
- Fake wrist, fake slap shot, pull to forehand



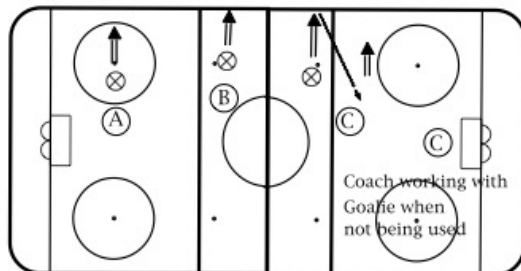
Drill — Stick in Air Wrist Roll

- Stick on ice, wrist roll
- One hand - top hand - with puck - wrist roll
- Stepping left to right, right to left, side to side on skates passing to self, sliding puck left to right, right to left
- Same with puck forward then pull backward



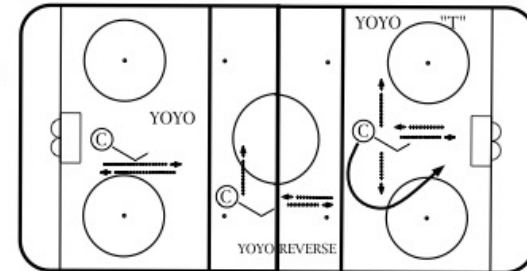
Drill — Sweep Wrist Shot on Forehand and Backhand

- Sweep wrist shot both on forehand and backhand 20 feet from boards
- On side stationary position - shoot backhand, get rebound
- Pull back, flip, shoot



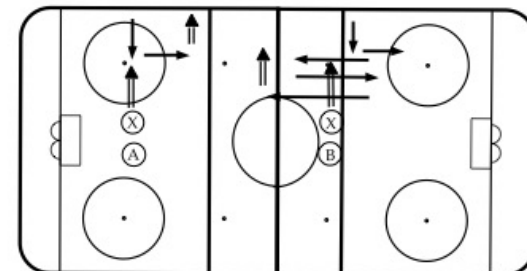
Drill — Yo-Yo Push Puck Out in Front

- Yo-Yo push puck out in front of you, pull it back with stick toe
- Same with step out to either side
- Yo-Yo out - pull back with toe, do reverse L to backhand side, pull across to forehand side and step out



Drill — Sweepwrist Shot

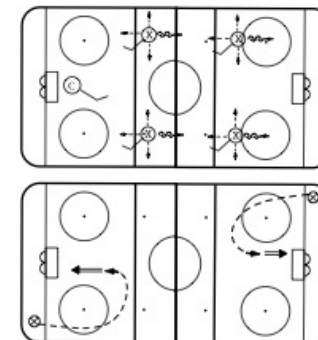
- Sweepwrist, get rebound, shoot rebound
- Sweepwrist shot, get rebound, step out to right six feet, step out to left six feet; do this two times, then shoot



SKATE TO BOARDS - SHOOT GET REBOUND

Drill — Compass With Puck

- Coach points with stick forward, backward, left, right
- To get off ice, must shoot puck into empty net



Equipment Pickup – Sept 25, 11.30am – 3.30pm



- Managed by Curtis Pidhorney, RHC Equipment Manager
- Pick up is at SPACE PLACE
 - ❖ 118 Bowridge Drive NW, unit #223
- What you get...
 - ❖ Team jerseys on hangers in garment bag (MUST be returned this way)
 - ❖ socks (players keep these at the end of the season)
 - ❖ pinnies (Selected teams only)
 - ❖ medical kit
 - ❖ puck bag with 20 pucks
 - ❖ game sheets (should be enough for entire season)
 - ❖ blank team labels.
- You will get details on returning the above from Curtis and/or your coordinators in the Spring
- **If you have any equipment needs during the season please go through your division coordinator.**

RHC Expectations



HC/RHC Fair Play Code



- RHC expects all players, parents, coaches and any other people that attend RHC games or functions to behave in a socially acceptable manner that supports the Mission and Objectives of the RHC hockey program and to act as a positive role model for all RHC players.
- RHC supports the FAIR PLAY CODES programs of Hockey Canada and Hockey Calgary AND ...
 - ❖ **By registering or volunteering in RHC, players along with coaches, parents, directors, spectators, have accepted their Fair Play pledge.**
- The Board of Directors reserves the right to suspend a player, coach and/or parent from RHC who has violated the Hockey Calgary “Fair Play Pledge” or deviate from the RHC Philosophy.
- Coaches have the authority to recommend full game suspension of players on their teams they feel are in breach of the Fair Play Code. Coaches have the authority to suspend players for a shift, or a period where the player is in breach of the code.
- RHC rules are defined in the RHC Policies and Procedures Manual located on the website

HC/RHC Fair Play Pledge



PLAYERS

- I will play hockey because I want to, not just because others or coaches want me to
- I will play by the rules of hockey, and in the spirit of the game.
- I will control my temper – fighting and “mouthing off” can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays & performances – those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

COACHES

- ☐ 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 make sure 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 for the benefit of the game.

PARENTS

- ☐ I will not force my child to participate in hockey.
- ☐ I will remember that my child plays hockey for his or her enjoyment, not for mine.
- ☐ I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- ☐ I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- ☐ I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- ☐ I will never ridicule or yell at my child for making a mistake or losing a game.
- ☐ I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
- ☐ I will never question the officials' judgment or honesty in public.
- ☐ I will support all efforts to remove verbal and physical abuse from children's hockey games.
- ☐ I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.

RHC Policy Notes



Special mention based on some challenges we have previously faced or will face:

- Zero tolerance for abuse, bullying and **maltreatment** on or off ice – race, ethnicity, sex, gender, sexual orientation etc.
- RHC Social Media Policy to be followed
- Vaping, smoking, alcohol or drugs are not allowed in the dressing room
- Any player suspected of being intoxicated (drugs/alcohol) can be suspended from play by their coach and referred to the league for further discipline

Complaints Procedure

- It is important to remember that all players, coaches, staff, volunteers, referees, family members and spectators must treat each other with respect, understanding and compassion.
- Please first wait 24 hours before you raise your concern, unless your concern involves the immediate safety or well-being of a player, coach, volunteer, staff, referee or spectator.
- Order of Escalation of a concern or complaint
 - First – Coach(es)
 - Second – Division Coordinator (e.g. U13 Coordinator)
 - Third – RHC Board Member
- **Remember** – most of us are all volunteers doing our part to help support the league and it's members.

COACH REQUIREMENTS



Coach Requirements



- Police Information Check
- Respect In Sports (Coaches)
- Respect In Sports (Safety)
- Coach 2 Certification (Head Coach in U13 **ONLY**)
- Do **NOT** set up TeamSnap until you receive the invite from Cathy via TeamSnap

Cathy, our Registrar, has sent out emails to all coaches regarding Coach Qualifications – if you haven't received an email from her, email her at rechockeyregistrar@hockeycalgary.com

Police Information Check(PIC)

- All coaches, assistants and volunteers that participate within RHC must have a current Police Information Check.
- CPS checks are good for 3 years; All costs associated with the PIC check are covered by RHC.
- For those requiring a PIC, you must be cleared through Cathy Hosowich our Registrar
- You cannot coach or be on the bench or in the dressing room if you do not have a current PIC

Respect in Sports (RIS) – Coaches

- This is mandatory for all HC streams including RHC.
- All coaches including assistants must complete the on line program by Oct 31.
- RHC will reimburse the costs associated with this program.
- THE RIS – Coach takes approx. 2.5 hours to complete

Respect in Sports (RIS) – Safety

- THIS IS MANDATORY FOR ALL HC STREAMS INCLUDING RHC.
- One individual must be present at every game who has the RIS – Safety. This does not have to be a coach; it can be a parent volunteer who has a current PIC and is willing to act as the safety person for games
- Each team must be compliant prior to the start of the season.
- RHC will reimburse the costs associated with this program.
- THE RIS – Safety takes approx. 2.5 hours to complete. This course covers medical awareness, concussion protocols, bullying, harassment, hazing, dressing room supervision, etc.

Suspension Policy



- Any player who incurs 3 penalties during a game will receive a game ejection and an additional gamesuspension.
- Each subsequent 3 penalty game after the first will result in a two game suspension.
- Any player receiving 20 penalties within a season (including EMHW and YET) will receive a 3 game suspension.
- Any player receiving 25 penalties within a season (including EMHW and YET) will be reviewed by the discipline committee for possible expulsion from the league.
- Any player that receives 2 or more suspensions that fall within the Hockey Calgary minimum suspension guidelines will be reviewed by the RHC Discipline Committee for further discipline or expulsion from the league.
- It is the Coach's responsibility to track penalties for your team
- See Hockey Calgary Suspensions Policy
https://www.hockeyalberta.ca/uploads/source/Bylaws_%26_Policys/MinimumSuspensions.pdf

RHC and Referees



RHC has a zero tolerance for abuse of officials

Coaches have a huge influence over players behavior

If you have a complaint about a referee:

- Use the 24 hour rule
- Complaint must be submitted in writing (e-mail is acceptable) to your divisional coordinator
- Be specific!
 - ❖ Statements like “lost control of the game” carry little or no weight.
 - ❖ Statements like “did not call checking from behind penalties or hits to the head, resulting in player injuries” carry significant weight.
 - ❖ **In all cases where referees were abusive or used profanity against players or coaches, a written complaint is required**
- Coordinator sends complaint letter to President
- President sends letter to CZRC
- Referees are governed by CZRC which is arms length from HC and RHC



Thank you