

# Coach Meeting – Sept 24, 2023



# Agenda

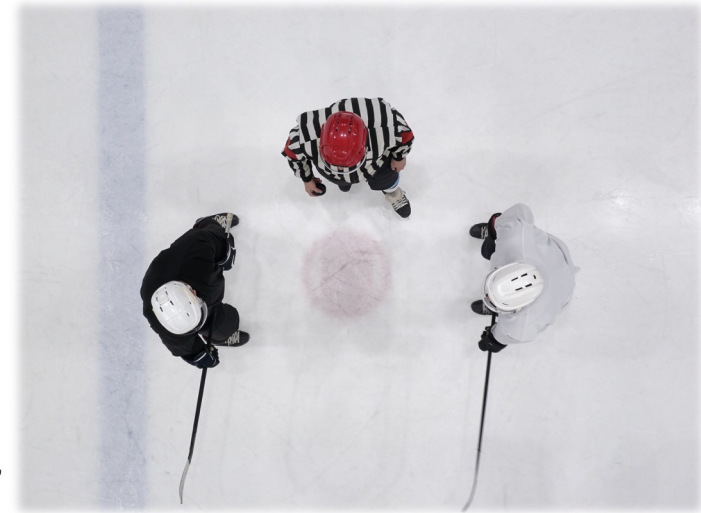


- Introduction
  - Board Members
  - RHC Philosophy
- The 2023 Season
  - Schedule Detail
  - U13/U15 Skills Development
- ‘Making The Call’ With Chris Bruce, CRZC
- RHC Expectations
  - Coach Expectations
  - Police Information Check (Pic) & Respect In Sport (Coach)
- ‘Coaching From The Bench With Zack Finlay, Hockey Calgary
- Practice Planning (Inc On Ice)

# Introduction



- Welcome to the 2023/4 Season (RHC's 23rd 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 2023/4



<b>President:</b>	Russell Stratton
<b>Vice President:</b>	Vicky Morales
<b>Secretary:</b>	Tara Hogan
<b>Treasurer:</b>	Denise Hartung
<b>Registrar:</b>	Cathy Hosowich
<b>Equipment Coordinator:</b>	Curtis Pidhorney
<b>Referee Liaison:</b>	David Hunter
<b>U13 Coordinator:</b>	David Hunter
<b>Player Development Coordinator:</b>	Kevin Colton
<b>U15 Coordinator:</b>	Jason Palmer
<b>U18 Coordinator:</b>	Rachel Brooks-Chayer / Sean McCarthy
<b>U21 Coordinator:</b>	Suzanne Hatch
<b>Social Media:</b>	Noe Morales

# Why RHC?



# RHC Philosophy



Recreational Hockey Calgary (RHC) was created in response to a need for a less competitive playing environment and a less demanding time commitment that exists in community hockey.

Recreational Hockey (RHC) has an emphasis on skills development, structured team play with multi-ability teams, a set schedule with a minimal time commitment. The organization encourages and supports good sportsmanship, fair play, friendship, and respect.

We are committed to all our youth (aged 11-20), regardless of background or circumstance, being able to enjoy a healthy sports activity in a positive and safe environment.

Body checking, aggressive behavior, unsportsmanlike conduct and **maltreatment** will not be tolerated



# The 2023/4 Season



- A full game play program (incl. 12 skills development practices for U13 & 4 skills development practices for U15), and 'Tune Up' skate for U18 & Junior (first ice time)
- Ice times on consistent days each week i.e.
  - U13 Tuesday & Saturday, starts Oct 3
  - U15 Monday & Saturday, starts Oct 2
  - U18 Thursday & Saturday, starts Oct 5
  - Junior Wednesday & Saturday, starts Oct 4
- Similar number of ice times as in previous seasons @32, inc EMHW & YET
- Game play will typically be 5v5, however, if required, a 4v4 or 3v3 format may be considered
- Officially sanctioned games with CZRC referees

# Team Formulation

Every effort has been made for teams to be competitively balanced – Coordinators reserve the option to trade players between teams if needed, tier divisions or weight the schedule during/after the seeding round

- Sorting Skates U13/U15
- Coach evaluations from 2022/3
- Friend Requests (1 reciprocal)
- Geographic location





# Player Development



- 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
  - U15 – 4 development 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 10.00am-11.00am & 11.15am – 12.15pm– Frank McCool Arena
  - Drop in sessions for each Division, one per month. Coach volunteers needed.



# 'Making The Call'



# 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, game is one sided)



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 not running up the score in cases of lopsided play, no 'show boating' or excessive celebrations

# RHC Coach Expectations



# Coach Requirements



PIC	Police Information Check - You cannot coach , be on the bench or in the dressing room if you do not have a current PIC
RIS	Respect In Sports (Coaches)
RIS	Respect In Sports (Safety)
Coach 2	Coach 2 Certification (Head Coach in U13 ONLY)
Do NOT set up	Do NOT set up TeamSnap until you receive the invite from Cathy via TeamSnap

# 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. **In addition Coaches, Players & Parents will be asked to sign the RHC Expectations Document at the start of the season.**
- 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

# Suspension Policy



- Any player who incurs 3 penalties during a game will receive a game ejection and an additional game suspension.
- 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

# 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. HAVE A TEAM MANAGER DO THIS.
- 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.



# 'Coaching From The Bench'





**HC**

HOCKEY CALGARY

**HOCKEY**

**LEADERSHIP DAY**

**COACH ELTON**



Foundation

**2023**

# 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** – we are all volunteers doing our part to help support the league and it's members.



Thank you