

Coach Meeting – Sept 22, 2024



Agenda

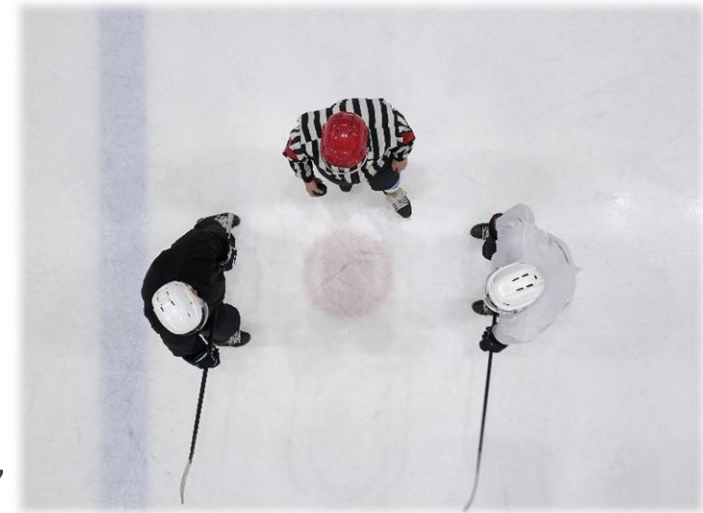
- Introduction
 - Board Members
 - RHC Philosophy
- The 2024/5 Season
 - Schedule Detail
 - U13/U15 Skills Development
- Team Formation
- Presentation by Stephen McLean, National Trainer, Team Town Sports.
- Player Development
- Game Etiquette
- RHC Expectations
 - Coach Requirements
 - Fair Play Code, Coach Philosophy and Team Rules
- 'Coaching From The Bench' with Jamie Henry, Director of Hockey Operations – Hockey Calgary
- Suspension Policy
- Game Sheets
- Complaints procedure
- Breakout sessions with Coordinators
- Practice Planning (On Ice) – U13 & U15?



Introduction



- Welcome to the 2024/5 Season (RHC's 24th 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 2024/5



President:	Vicky Morales
Vice President:	Linnaea Harrison
Secretary:	Jo-Anne Skinner
Treasurer:	Denise Hartung
Registrar:	Cathy Hosowich
Equipment Coordinator:	Curtis Pidhorney
Referee Liaison:	David Hunter
U13 Coordinator:	David Hunter
Player Development Coordinator:	Kevin Colton/Ross Piché
U15 Coordinator:	Jason Palmer
U18 Coordinator:	Melanie Callan
U21 Coordinator:	Suzanne Hatch
Social Media:	Noé Morales
Sorting Skates Lead	Dan Newark

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 2024/5 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 1
 - U15 Monday & Saturday, starts Oct 5
 - U18 Thursday & Saturday, starts Oct 3
 - Junior U21 Wednesday & Saturday, starts Oct 2
- Similar number of ice times as in previous seasons ~32, incl 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 Formation

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 2023/4
- Friend Requests (1 reciprocal)
- Geographic location – U13



‘Making The Call’ – Shephen McLean



Player Development



- Rationale – In agreement with HC, RHC provides skills development to all players, with U13 being the primary focus.
- Overview of the Skills Development program
 - In-Season Team Practices
 - U13 - 12 practices
 - U15 – 4 practices (currently investigating increasing to 6 practices)
 - Sample practice plans to be provided. Coaches will be able to adapt plans to meet their team's specific needs.
 - U13 & U15 New & Inexperienced Player Development
 - Outside of regular schedule
 - Additional cost (\$190)
 - Program run by Attack Sports (Coach volunteers needed)
 - Sundays: U13 is 10.00am-11.00am & U15 is 11.15am – 12.15pm
 - Frank McCool Arena in Lake Bonavista



Player Development



➤ Ad-Hoc Sessions for All Players

- 2 Streams: U13/U15 and U18/U21
- 4 Sessions for each stream. One per month on Sundays
- Cost is \$20 per session
- 1st Session is Sunday, Oct 27
- **Need Coach Volunteers and Goalies** (Sign-up to come on hockey.bz)

➤ Goalie Development Sessions

- 6 sessions on Sundays
- Run by Jamie Welsh
- No additional cost
- Primarily for new goalies and U13 goalies with less than 1 year experience (U15 if space allows)
- 1st session is Sept 29



Coach Development



- Rationale – to foster a positive hockey experience for all RHC players by providing coaches with training and resources
- Overview of program
 - 4 training sessions
 - *How to Effectively Teach Hockey Skills* – complete, Sept 12
 - *Practice Activities That Work Well For Mixed-Skill Teams*
 - Sunday Sept 22, 8:45 pm , Max Bell – Ken Bracko (on-ice session)
 - *Practice Planning and Game / Bench Management*
 - Thursday Sept 26, 7:00 pm **(ZOOM)**
 - *How to Effectively Teach Goaltender Skills*
 - Friday Oct 4, 7:00 pm, Frank McCool (on-ice session)
 - For "on-ice" sessions, bring your skates, helmet, and stick



Game Etiquette



Coaches should introduce themselves to the referees before the game.



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



At the completion of the hockey game, a post game handshake with the other team & officials will take place.



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 – Activity Leader (Coaches)
Hockey Canada Safety	Hockey Canada Safety course 1 per team on the bench?
Hockey Canada 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

Fair Play Code, Coach Philosophy & Team Rules



- Expectations are that all players, parents, coaches and any other people that attend RHC games or functions behave in a socially acceptable manner and act as a positive role model for all RHC players.
- the FAIR PLAY CODES and the Mission and Objectives of RHC are always adhered to.
 - ❖ **In addition, Coaches, Players & Parents will be required to sign the RHC Coaching Philosophy and Team rules 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 in accordance with the RHC Discipline Policy
- Coaches have the authority to recommend full game suspension of players on their teams they feel are in breach of the Fair Play Code and/or the RHC Discipline policy. Coaches have the authority to suspend players for a shift, or a period where the player is in breach of the code. Respective coordinator should always be contacted if a full game suspension is recommended by a coach.
- Further details on the Fair Play Code can be found on the HC website. More information on the Coach Philosophy, Team Rules and Policies and Procedures can be found on the RHC website.

‘Coaching From The Bench’



Suspension Policy



- Any player who incurs 3 penalties during a game will receive a game ejection and an additional 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 minimum suspension guidelines will be reviewed by the RHC Discipline Committee and may result in further discipline or expulsion from the league.
- Junior (U21) suspensions fall into the Minor Hockey category under Hockey Alberta minimum suspension guide
- 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
 - ❖ Missing players MUST be crossed off
- 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 including uploading a photo of the game sheet on the HC website
- If there are issues such as an incident write-up, **please expedite** these game sheets to you divisional Coordinator so that the discipline committee can review prior to the next game.

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.
- 24-hour Rule - Please 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 – Team Manager
 - Second - Coach(es)
 - Third – Division Coordinator (e.g., U13 Coordinator)
 - Fourth – RHC Board Member (VP)
- **Remember** – we are all volunteers doing our part to help support the league and its members.

LEADERSHIP DAY COACH EDITION

HOME > EVENTS > LEADERSHIP DAY



DATE | Wednesday, October 16th

LOCATION | Ross Glen Hall - Mount Royal University

TIME | 5:00PM to 9:00PM



Thank you