



## ANCASTER MINOR HOCKEY LEAGUE

Dear Parent,

I would like to take this opportunity to welcome you to the Ancaster Avalanche Minor Bantam AE hockey tryouts for the 2015/16 season. **Please refer to the Minor Bantam AE page that can be found under the "Tryout List " for Head Coach welcome package.**

Ancaster Minor Hockey League will be using the Tryout Identification Number (TIN) function of the Website to communicate with players following each tryout this season for AA and AE Tryouts. This system uses a TIN that players will receive when signing in at the tryout registration table at the first tryouts for AA/AE and the number will carry through to the AE tryouts. TIN numbers are unique, confidential and privately issued to the individual player that they are assigned to.

### Some reasons for trying this change:

- Impersonal – emotions aren't part of the message
- Private – players learn of the good news / bad news surrounded only by their support group rather than their peers
- Convenience – players don't have to wait in long lines after their tryout session
- Better Decisions – coaches / evaluators can use additional time after each session to more carefully make their selections

### Each team has its own webpage.

The Minor Bantam AE page can be found under the "Tryout List " tab/menu at [www.ancasterminorhockey.com](http://www.ancasterminorhockey.com)

Minor Bantam AE team Link is: <http://ancasterminorhockey.com/Teams/1348/TryoutList/>

Players who are successful in advancing to next round of tryouts will have their TIN posted on the webpage no later than 9:00pm the same event following each tryout (exhibition games will be posted later due to game times). There will be no releases following the first tryout. Players can be released after the second tryout and each subsequent tryout.

### **MINOR BANTAM AE TRYOUTS SCHEDULE IS AS FOLLOWS:**

Minor Bantam AE	Date	Time	Arena
Minor Bantam AE	May 8th	8:30 - 9:30 PM	North Wentworth (Inter squad scrimmage)
Minor Bantam AE	May 9th	3:30 - 4:30 PM	Chedoke Green (Ex-game vs. Ham Huskies White – all releases will be completed)
Minor Bantam AE	May 10th	1:00 - 2:00 PM	Chedoke (1 <sup>st</sup> team practice)

Thank you for attending the tryout and should you have any questions, please feel free to contact me at [rpace1234@hotmail.com](mailto:rpace1234@hotmail.com)



## **COACHING PHILOSOPHY (M. BANTAM AE)**

### **1. MAKE OUR TEAM BETTER BY MAKING OUR PLAYERS BETTER**

- Effective, efficient, fun, and challenging practices
- Establishing roles, goal setting and accountability
- Hockey specific skills development and evaluation
- Provide concrete developmental evidence to achieve team and individual goals
- Teach leadership and life-skills
- Improve mental, social, emotional and well-being
- Provide a safe and secure learning environment free of inappropriate behaviours, language and bullying in the dressing room, on the players bench and any other team function
- Create a sense of “Family” and “Team” between our players and coaching staff

### **2. PREPARING TO WIN BY THE “PERFECT PRACTICE” CONCEPT**

- Skills in practice will only be transferable to games if done at game speed
- Attention to detail in practices and game preparation
- Emphasize standards of performance
- Elevate the work ethic of every player and coach
- Make the players understand that the drive to improve in practice is just as important as the will to win in games

### **3. BE DEMANDING NOT DEMEANING**

- You get from people what you expect from them
- Let them know, that you know
- Make all players accountable
- Players must be responsible for their own learning and development

### **4. MAKE POSITIVE CONTACT WITH EACH PLAYER DURING PRACTICES AND GAMES**

- Before players care how much you know, they want to know how much you care
- Focus on what they are doing correct
- Provide necessary feedback when required
- Deal with all problems immediately
- Treat all players equally

### **5. BE ENERGETIC & ENTHUSIASTIC AT ALL TIMES**

- Privilege and responsibility
- Maintain perspective; remember this is not “win at all costs”
- Keep coaching no matter what the circumstances
- Always have FUN! FUN!



Ancaster Avalanche  
Minor Bantam AE



	A	B	C	D	E	F
1	<b>INCOME ITEMS</b>	<b>INCOME \$</b>		<b>BUDGETED EXPENSE ITEMS</b>	<b>EXPENSE \$</b>	<b>ACTUAL \$</b>
2						
3	Parent Payment (17 x \$1500)	25500		AMHL/OMHA Rep Fees	15000	
4	(3) \$500 Chq's - May, Aug, Sept			Power Skating - Darryl Sinclair, Kelly Reed etc.	2000	
5	Fundraising	0		Dryland training	0	
6	Sponsorship	0		Goalie training (10 sessions for each goalie - Grainger)	1100	
7				Shooting Clinics (3)	0	
8				Additional ice time purchased	500	
9				August Training Camp - 3 days (On-ice/dryland)	500	
10				Exhibition Game - Referee fees and ice	500	
11				Coaches Clothing - Ties and Shirts, Suits, Jackets	600	
12				Jerseys - 17 Practice Jerseys with Ancaster Crests	225	
13				Jerseys - 17 Names on Home and Away Jerseys	275	
14				Jerseys - Sponsor Tags	0	
15				Tournament Fees (3 tournaments at \$975 per)	3000	
16				Coaches hotel fees - non parent coaches	0	
17				Team Parties - Xmas, Year end, tournament pizza	1000	
18				Year end gifts for the players	500	
19				Year end gifts for the sponsors	0	
20				Practice materials - Pucks, Training items etc.	100	
21				Trainer Kit & Supplies	100	
22				Water Bottles and Carrier	0	
23				Miscellaneous items	100	
24						
25						
26				Note - All player clothing paid for by parents separately		
27						
28						
29						
30						
31						
32						
33						
34	<b>Total Income</b>	<b>25500</b>		<b>Total Expenses</b>	<b>25500</b>	
35						
36				<b>Any unused funds must be returned to the parents</b>		





## **2015/16 ANCASTER AV'S M. BANTAM AE SEASONAL PLAN**

### **APRIL – AUGUST:**

- Players/Coaches to study & memorize team handbook.
- Participate in team fundraising events.
- Plan team-building events ie. team pool/bbq party, street hockey etc.
- Players commit to some type of summer conditioning ie; other sports/team prgm.
- All players to participate in August training camp.

### **SEPTEMBER: (Start of season)**

- Off ice conditioning begins 2-3 times weekly (SST, Twist, THT, Team Trainer)
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs with TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending.
- AMHL – Mike Walsh hitting clinics.
- Early Bird Tournament: TBD
- Fun team event ie. Ti-cats game, team fundraising social night etc.

### **OCTOBER:**

- Off ice conditioning cont'd > 2-3 times weekly if possible.
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs with TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending AND Mike Walsh whenever available thru the season.
- Season Tournament: TBD
- Fun team event: attending a Ti-cats or NHL/AHL hcky game...etc.
- Game & Practices video taping begins > will be used as a learning tool.
- Games Stats begin will have various parents participation during the season.

**NOVEMBER:**

- Off ice conditioning cont'd > 2 times weekly if possible.
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs at practice or their locations confirmed w TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending.
- Season Tournament: TBD
- Fun team event: attending a Ti-cats or NHL/AHL hcky game...etc.
- Game & Practices video taped > will be used as a learning tool.
- Video review nights (1-2 times per month or more if required).
- Games Stats cont'd will have various parents participation during the season.

**DECEMBER:**

- Off ice conditioning cont'd > 2 times weekly if possible.
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs at practice or their locations confirmed w TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending.
- Season "Christmas" Tournament: TBD
- Fun team event: attending a Avs Jr B, NHL/AHL game or xmas charity cause.
- Game & Practices video taped > will be used as a learning tool.
- Video review nights (1-2 times per month or more if required).
- Games Stats cont'd will have various parents participation during the season

**JANUARY:**

- Off ice conditioning cont'd > 2 times weekly if possible.
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs at practice or their locations confirmed w TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending.
- Fun team event: attending a Avs Jr B, NHL/AHL hcky game...etc.
- PLAYDOWN Games & Practices video taped > will be used as a learning tool.
- Video review nights (1-2 times per month or more if required).

- Games Stats cont'd will have various parents participation during the season

### **FEBRUARY:**

- Off ice conditioning cont'd > 2 times weekly if possible.
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs at practice or their locations confirmed w TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending.
- Fun team event: attending a Avs Jr B, NHL/AHL hcky game...etc.
- Game & Practices video taped > will be used as a learning tool.
- Video review nights (1-2 times per month or more if required).
- Games Stats cont'd will have various parents participation during the season
- Will modify seasonal plan if required in playdowns.

### **MARCH:**

- Off ice conditioning cont'd > 2 times weekly if possible.
- Bantam Program Recommends the following Practice Time Allotment:
  - 40% Technical skills
  - 15% Individual tactics
  - 20% Team tactics
  - 15% Team play
  - 10% Strategy
- Weekly developmental programs at practice or their locations confirmed w TNT Hockey, Kelly Reed, Snipe Show, and Grainger Goaltending.
- Fun team event: attending a Avs Jr B, NHL/AHL hcky game...etc.
- Game & Practices video taped > will be used as a learning tool.
- Video review nights (1-2 times per month or more if required).
- Games Stats cont'd will have various parents participation during the season.
- Will modify seasonal plan if required in playdowns.

### **APRIL:**

- Tryouts for the next season begin.



## **PLAYER RULES AND ETHICS**

I will always do my best to positively represent my team, my family and the AMHL organization.

I will always demonstrate good sportsmanship by providing positive support for my teammates, coaches, opponents and officials at every game, practice, or other team activities.

I will always keep the safety and security of the team and coaching staff my first priority.

I will take pride in my work ethic and position as an Ancaster Avalanche.

I will demonstrate modesty in winning and dignity in losing, knowing that each provides positive contributions to being a good sport and maturing as a young man.

I will remember that coaches are there to help me and I will accept their decisions and show them respect at all times.

I will arrive/leave all games in my Avalanche apparel.

I will arrive at all practices a minimum of 45 minutes before the start. We will do our plyometric warm-up 35 minutes before the start and be ready in full uniform 15 minutes prior for the pre-practice meeting.

I will arrive to all games a minimum of 1 hour before game time. I get ready in my warm-up attire. Plyometric stretches will begin 45 minutes before game time. After pre-game warm-up, I will dress in full uniform and be ready 15 minutes before game time for the pre-game meeting. The 15-minute pre-game meeting is only for coaches and players.

Shower rule: after a game or practice, players are to walk through the room in boxers shorts with their towel and disrobe in the shower. After completing their shower they will put their boxers back on and return to get dressed. No fooling around of any kind will be tolerated in the dressing room or showers.

I will do my part off-ice by being committed to dry land training on my own as well as reading and learning this handbook to improve my understanding of the hockey concepts, both offensive and defensive systems and team expectations.

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**Player Signature**

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**Parent Signature**



## **PARENTS CODE OF ETHICS**

As a parent, you play a special role in contributing to the needs and development of your son and his teammates. Through your encouragement and good example, you can help assure that all players learn good sportsmanship and self-discipline. With your help, young players can learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat on and off the ice.

### **Support Your Child**

Support your child by giving encouragement and showing interest in their team. Help your child work toward skill improvement, good sportsmanship and learning the life-skills this amazing game has to offer. Teach your child that hard work and an honest effort are often more important than victory – that way your child will always be a winner despite the outcome of the game!

### **Always Be Positive**

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sport activities. See yourself as part of the team and supportive of the coaches. Always approach every situation professionally and positively. Remember the coaches always want what is best for your child and the team.

### **Remember That Your Child Wants to Have Fun**

Remember that your child is the one playing hockey, not you. It's very important to let children establish their own goals – to play the game for themselves. Take care not to impose your own standards and goals on them. Always allow your son an opportunity to approach you to discuss the game and make sure you keep them positive. Never be that parent whose child resents them because of those long drives home where the child has to hear how bad they did or how they could have done better.

### **Reinforce Positive Behaviour**

Positive reinforcement is the best way to help your child achieve their goals and overcome their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished. Remember failures and setbacks only make us stronger. You will never learn without failure.

### **Don't Be a Sideline Coach or Referee**

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth hockey experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines.

### **Be Punctual**

Expectation is to be on time for all on & off ice team events (especially practices & games), text or email Head Coach if you can't be.

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**Parent Signature**