



## **WELCOME to the tryouts for the ANCASTER AVALANCHE BANTAM AA's 2015-16**

### **TRYOUTS**

**\*Note: All registrants are now expected to attend the first tryout on Sat. Apr. 25 @ 4pm @ Morgan Firestone Arena (unless attending a AAA tryout).**

Fifteen skaters and two goaltenders will be selected for this **TEAM**. Alternate Players (AP's) will also be identified. Player selection will be based on the collaborative observations and evaluations of AMHL Evaluators, Coach Appointed Evaluators, and the Head Coach. A player may be issued an OMHA Letter of Commitment at any time during the tryout process. However, this is likely to occur toward the end of the tryout process. Player participation beyond **Tryout #1 on Saturday, April 25 @ 4pm @ Morgan Firestone Arena** will be indicated by the presence of the player "**Tryout Identification Number – T.I.N.**" at:

<http://ancasterminorhockey.com/Teams/1352/TryoutList/>

We will endeavour to post player selection choices/T.I.N.'s by:

- Sat. Apr. 25 and Sun. Apr. 26 @ 9pm
- Mon. Apr. 27 and Tues. Apr. 28 @ 11:00pm (8:45pm and 8pm tryout times)
- Sat. May 2 and Sun. May 3 @ 9pm

Thank-you in advance for your time and effort! Good luck!

### **TEAM PLAN AND THE REP COMMITMENT**

Players are expected to demonstrate a high level of commitment, respect for others and self, and a **TEAM FIRST** attitude. This commitment will involve all, or most, of the following:

- **Financial**
  - Tryout and Registration Fee = \$610
  - Projected Rep Fee = \$1500 (6 cheques May 15 \$500, June 1 \$250, July 1 \$250, Sept. 1 \$250, Oct. 1 \$250)
  - Team Apparel = approx. \$150 - all players must have a minimum of warm-up pants/jacket, long-sleeve dry-fit shirt, dry-fit t-shirt.  
\*Note: team apparel from the previous season may be worn.

\*Note: This information is intended to give a general idea of financial expectations and is subject to change.

- **Time And Travel**

The team will play in the Tri-County (Bowen Division), which includes the following centres (based on 2014-15):

Ancaster, Brampton, Burlington, Caledon, Centre Wellington, Flamborough, Garden City (St. Catharines), Guelph, Halton Hills, Milton, Niagara Falls, Oakville, Orangeville, and Stoney Creek.

- 5-10 exhibition games
- 28 regular season games
- 3-4 Tournaments (TBD)
- 1-3 regular practices per week
- Development sessions for goalies and players
- Tri-County Playoffs – 8 games (based on a 5 team pool, double round robin)
- OMHA Quarter-finals up to 7 games, Semi-finals up to 7 games, Championship up to 7 games

## COACHING PHILOSOPHY

The focus of the Ancaster Avalanche Major Bantam AA's will be **player development, challenge and fun!** As the coach, I believe that true player development can be achieved through the following:

- **Player Commitment To A Good Work Ethic In Practices And Games.**

This is the most important factor to a player's development and growth in the game of hockey. When each player regularly shows up to practice committed to working hard on their technical and tactical skills throughout the season, the rewards are usually magnified during the games.

**“Each day he works hard to get better for tomorrow.”** - Quote from 2010-11 NHL All-Star Game commentators re: Martin St. Louis of the Tampa Bay Lightning

- **Basic Fundamentals/Technical Skills**

As we all know, hockey is the fastest and most dynamic sport in the world today. It is a sport, which requires split-second decision-making throughout the game. All the basic fundamentals (skating, puck control, passing, shooting and body control) need to be worked on throughout the season so that young players can **react** with **confidence** in **game situations**. In order for this to occur each skill must be **consistently practiced**, with a high volume of **repetition** in the proper **progressive sequence**.

- **Individual, Group, And Team Tactics**

The **Individual Tactics** that a player performs in the offensive and defensive zones to gain an advantage against opposing players, and the **Group Tactics**, where two or more players must read the situation and react to gain an advantage over the opposition (i.e. 2 on 1), are areas of the game that require sufficient attention at this age.

The understanding and development of **Team Tactics** is challenging for many players. However, I believe that players at this age are capable of building on previous experience to work towards a greater, age appropriate, understanding of their role in a **Team System**. This will be developed through the progression and repetition of systems drills, application in game-like situations, and communication with each player regarding his responsibilities in aspects of the game such as Defensive Zone Coverage, Offensive Zone Fore-check/Cycle, Neutral Zone Transition, Power Play, and Penalty Kill.

- **Building Self-Esteem Through Positive Reinforcement And Constructive Feedback**

As coaches, our goal is to build the self-esteem of each player by placing them in a position to improve and, therefore, experience a sense of success. Through our actions (behavior) and our words (communication) it is critical that we create a positive teaching/learning environment that will foster the overall growth and development of these young men.

- **Teamwork**

This season there will be an emphasis on the concept of **Teamwork** and the importance of individual player commitment and contributions toward the attainment **Team Goals**.

**Team: “A group of people working together for a common purpose.”**

- **Love Of The Game**

None of the above is possible without the players having a sense of purpose, **fun** and a **love of the game**. The players will be challenged, and perhaps at times asked to step outside of their comfort zone. **“Fun”** may be seen as a byproduct of **commitment, challenge, hard work, dedication**, and subsequent **growth** as a hockey player and as a person. At other times, **“Fun”** is simply about having a good time on, or off, the ice together as a **Team!** We will endeavor to experience all of the above and, therefore, nurture our **Team Success, the love of the game!**

## SUMMARY OF TEAM OBJECTIVES

The objectives for this team will be:

1. Improve individual skills;
2. Improve the understanding/application of hockey tactics (individual tactics, team tactics, team strategy) at an appropriate level;
3. Promote and practice a **TEAM** approach in everything that we do;
4. Work toward, individual and team **SMART** goals;
5. Recognize individual personalities and strengths;
6. Promote and practice the philosophy that success comes in many forms;
7. Promote and practice the philosophy of **SMART INTENSITY**
8. Ensure that the players have a rewarding experience and feel motivated to **CONTINUE PLAYING HOCKEY.**

## TEAM POLICIES

In order for the team to operate smoothly over the course of the season all parents, guardians and players will be expected to work within the following framework:

### Together Everyone Achieves More

- **Commitment and Notification of Absence(s)**

The Team Staff will recognize that health, family, and school, are top priorities. Also, the importance of social events (e.g. Grade 9 Night, school dances, birthday celebrations, etc.) will be acknowledged.

Having said that, each player is expected to demonstrate a **high level of commitment** to this **TEAM**. This includes **ACCOUNTABILITY** absences and lates. Please remember that many players are fighting for a position on this team and it is a privilege to be included on the roster.

- **Arrival Time for Games & Practices**

Be diligent in your preparation. For example, get adequate sleep, eat well, train (e.g. push-ups + sit-ups + pull-ups, squats/lunges, shoot pucks, speed work), equipment is in good repair and ready **BEFORE** you arrive at the rink.

**Regular Season Games:** Players are expected to have their equipment bag placed in the dressing room 45 minutes prior to the scheduled start time.

**Tournament Games:** Players are expected to have their equipment bag placed in the dressing room 60 minutes prior to the originally scheduled start time to allow for a possible early start time as per most tournament rules.

**Practices:** Players are expected to be in full equipment (except helmet and gloves) 10 minutes prior to the scheduled start time.

**Punctuality** and **preparedness** is a sign of **respect** – for teammates, coaches, and self. Players are expected to **notify** the **Coach** at their earliest opportunity if they are going to be **absent** (**minimum 24 hours** will be the guideline) or **late** (**minimum 24 hours** for **predictable** situations/previously scheduled appointments; **earliest opportunity** for **unpredictable**, en-route situations).

Players are encouraged to **arrive early**. This allows time for the players to interact in a relaxed and informal manner prior to the start of the pre-game/practice routine. The Coaches will also require this time for pre-game/practice warm ups, and chalk talks. We all need to be **pulling in the same direction**, which includes relying on each other to be **present, punctual, and prepared**.

### **PRE-GAME/PRACTICE ROUTINE GUIDELINES**

- **Games**

Place bag in dressing room, view the line-up chart:	45 minutes prior to game time
Dry-Land Warm-up/Team Building Activities:	40 minutes prior to game time
Put on equipment:	25 minutes prior to game time
Strategies and Tactics Review:	10 minutes prior to game time
Player talk/focus/cheer:	5 minutes prior to game time

- **Practices**

Players in full equipment (except helmet and gloves): 10 minutes prior to practice  
Review of previous game/practice and drills intro.

**NOTE:** Depending on who, if anyone, is on the ice before us our practice us we may forego a flood. Therefore, practice will begin whenever possible at the scheduled time, NOT after the Zamboni. Please plan accordingly.

### **PARENT AND PLAYER CONDUCT AND EXPECTATIONS**

Players, parents/guardians and all others related to team members are expected to demonstrate positive and supportive behaviour at all times within the **TEAM** environment. Inappropriate conduct by players and/or parents/guardians will not be tolerated and will not undermine the goals of this **TEAM**. Please be respectful of the **TEAM** expectations and this will be a very rewarding for season for everyone.

Players are expected to:

- Represent the **TEAM** in a positive manner at all times.
- Follow **Hockey Canada's Fair Play Code for Players** (copy enclosed).
- Follow the Ontario Minor Hockey Association (OMHA) Code of Conduct.
- Conduct themselves in a safe and respectful manner in the dressing room.
- Resolve disagreements/conflicts in a respectful manner with the support of the team staff as necessary.

- Demonstrate respect and active listening during times of instruction and constructive feedback (e.g. pre/post-game/practice chalk talks, on-ice instruction).
- After each practice and game the players are expected to leave a clean dressing room. All tape, drink containers, wrappers etc. are to be put into a garbage container.

## **PARENT CONDUCT AND EXPECTATIONS**

During all **TEAM** functions a parent, guardian or designate must be either present or immediately accessible by phone. Parents, guardians or designates are expected to follow the Hockey Canada's Fair Play Code for Parents (copy enclosed).

Parents, guardians or designates are also expected to follow the AMHL Constitution By-laws Code of Conduct. (copy enclosed).

The player's dressing room, benches and penalty box areas are **OFF LIMITS** to parents unless a Coach or Trainer has requested your assistance. Please allow the Coaches to do their jobs without unwanted interference or distractions.

**COMMUNICATION** is important and welcome. However, parents **MUST** observe the **24-HOUR RULE** when feeling frustrated or upset. This time allows time for a better thought process, which can help, resolve, rather than exacerbate, a situation.

## **FAIR PLAY CODE FOR 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 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 / event.
- 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 competition.
- 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 official's judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's hockey activities.
- I will respect and show appreciation for the volunteer coaches who give their time to provide hockey experiences for my child.

## **FAIR PLAY CODE FOR 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 respect my opponents.
- I will control my temper – fighting and mouthing off can spoil the activity for everyone.
- 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.

## **FAIR PLAY CODE FOR COACHES**

- We will be reasonable when scheduling games and practices.
- We will teach our players to play fairly and to respect the rules, officials and opponents.
- We will ensure that all players get equal instruction, support and playing time.
- We will not ridicule or yell at our players for making mistakes or for performing poorly.
- We will remember that players play for the fun and must be encouraged to have confidence in themselves.
- We will make sure that equipment and facilities are safe and match the players' ages and abilities.
- We will remember that participants need a coach they can respect. We will be generous with praise and set a good example.
- We will obtain proper training and continue to upgrade our coaching skills.
- We will work in cooperation with officials for the benefit of the game.
- We will promote the Ontario Women's Hockey Association values of fair play, fun, excellence, good citizenship, integrity, honesty and equity.
- We will promote having fun through the development of good work ethics, discipline and respect.
- We will have an open door policy to players and parents in order to maintain a fun and enjoyable hockey environment.

## **PLAYER AND PARENT SUPPORT POLICY**

### **Player Support Guidelines:**

1. Verbal support from the Coach(s) to the player(s).
2. Verbal support from the Coach(s) to the player(s) and his parent/guardian.
3. Ice-time related strategies (e.g. benched 1-3 shifts, 1 period, 1 game, 3 games).
4. Released from the **TEAM**

### **Parent/Guardian Support Guidelines:**

1. Verbal communication with the Coach
2. Written communication with the Coach
3. Mandatory meeting with the AMHL Executive; behaviour contract
4. Released from **TEAM**.

\*Note: The Team Staff reserves the right to proceed directly to a mandatory meeting between the parent(s)/guardian(s) in question and the AMHL.

## **SOCIAL NETWORKING POLICY**

SOCIAL NETWORKING is defined as communicating through on-line communities of people such as, but not limited to, Facebook, Twitter, You Tube, blogging, etc.

The prevalence of SOCIAL NETWORKING is acknowledged. However, it is also recognized that inappropriate, unsupervised conduct may be detrimental to the welfare of the AMHL, and the future of AMHL players.

Our **TEAM** will hold the Parent/Guardians, Players, Executive Members, Managers, Coaches, Trainers, Players, Scouts, Support Staff, on/off-ice Officials and others who participate in SOCIAL NETWORKING to the same standards as with all forms of media.

Inappropriate behaviour over SOCIAL NETWORKING media will not be tolerated and will result in progressive disciplinary action including a verbal warning and notification of the Executive, practice and game suspension, indefinite suspension.

\*\*\*Note: Perpetrator intent and victim impact may differ in each case, and the AMHL reserves the right to escalate the process to automatic suspension immediately

## **DRESSING ROOM POLICY**

1) Dressing rooms will be off-limits to all parent/guardians, siblings, and all others related to the players.

2) Players will conduct themselves in a safe and respectful manner, at all times, in the dressing room. Disrespectful and/or unsafe behaviour will not be tolerated. A player may lose the privilege of using the dressing room for a period of time as determined by the Team Staff. This may result in the players' inability to participate in the practice or game taking place at that time.

3) Males coaches may enter the dressing room but there must be a minimum of two (2) adults presents in order to do so. A female Team Staff member may enter the dressing room approximately 10 minutes prior to official game or practice times to help conduct pre-event talks, and for approximately 10 minutes after the players have re-entered the dressing room after a game or practice to conduct post-event discussions. During these two periods, a minimum of one adult male should be present in the dressing room as per above.

4) In the event that a player arrives in the dressing room during the 10-minute pre-game period he is not to commence dressing until all female coaches have left the room for the start of the game or practice.

6) The only exception to the above will be in the event of a medical emergency as determined by and at the sole discretion of a qualified trainer or medical practitioner.

7) The use of cell phones and personal digital assistants (PDA's) is prohibited in all dressing rooms except when being used to deal with a medical emergency as determined by and at the sole discretion of a qualified trainer or medical practitioner.

### **TEAM STAFF**

We will require the following Team Staff positions to be filled by parent/guardian volunteers: **Assistant Coach(s), Team Manager, Trainer, Back-up Trainer, Fundraising Lead Person, Social Events Lead Person.**

Upon the **conclusion** of the **try-out** process, we will look to fill these positions. Please note that the AMHL will reimburse coaches and trainers for required certification courses. A police background check will also be required.

**\*Note:** There will be **no Parent Liaison** position this season. Concerns may be communicated directly to the AMHL Executive or myself. This is the growing trend in minor hockey and may be more conducive to the direct and accurate communication of legitimate concerns and, ultimately, resolution between the primary parties involved.

Thank-you in advance for your interest and **TEAM** support,

**Chad Gibbs**

