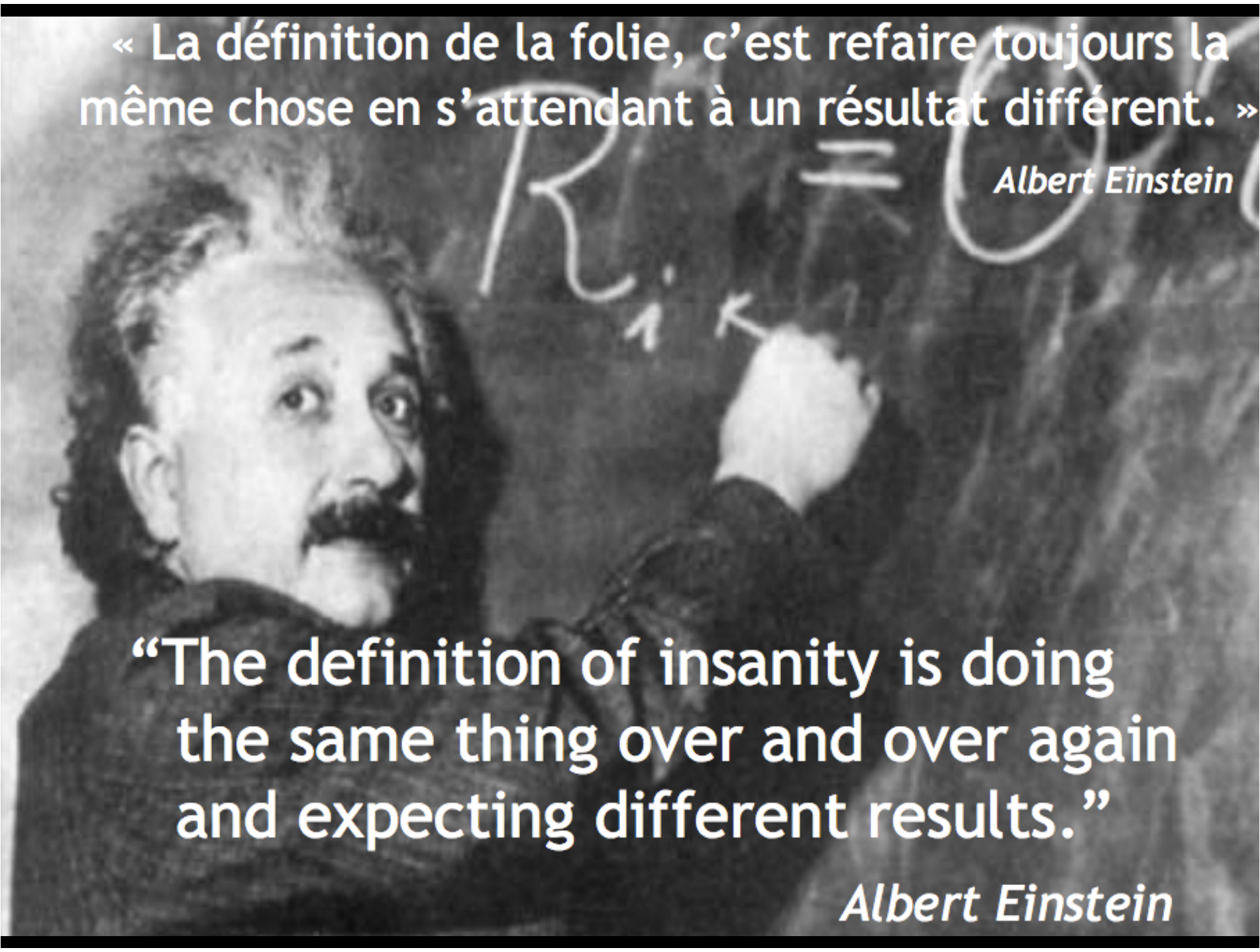


Discovery

Parent Presentation 2018



A black and white photograph of Albert Einstein. He is shown from the chest up, looking towards the camera with a slight smile. His right hand is raised, pointing towards a chalkboard. On the chalkboard, there are handwritten mathematical equations, including $R_{ik} = 0$ and $R_{ik} = 0$. The background is slightly blurred, focusing attention on Einstein and the chalkboard.

« La définition de la folie, c'est refaire toujours la même chose en s'attendant à un résultat différent. »

Albert Einstein

“The definition of insanity is doing the same thing over and over again and expecting different results.”

Albert Einstein



Canadian

Hockey



1. *BC Hockey*
2. *Hockey Alberta*
3. *Saskatchewan Hockey Association*
4. *Hockey Manitoba*
5. *Hockey Northwestern Ontario*
6. *Ontario Hockey Federation*

7. *Ottawa District Hockey Association*
8. *Hockey Quebec*
9. *Hockey New Brunswick*
10. *PEI Hockey Association*
11. *Hockey Newfoundland & Labrador*
12. *Hockey Nova Scotia*
13. *Hockey North*

Canadian Hockey League (CHL)

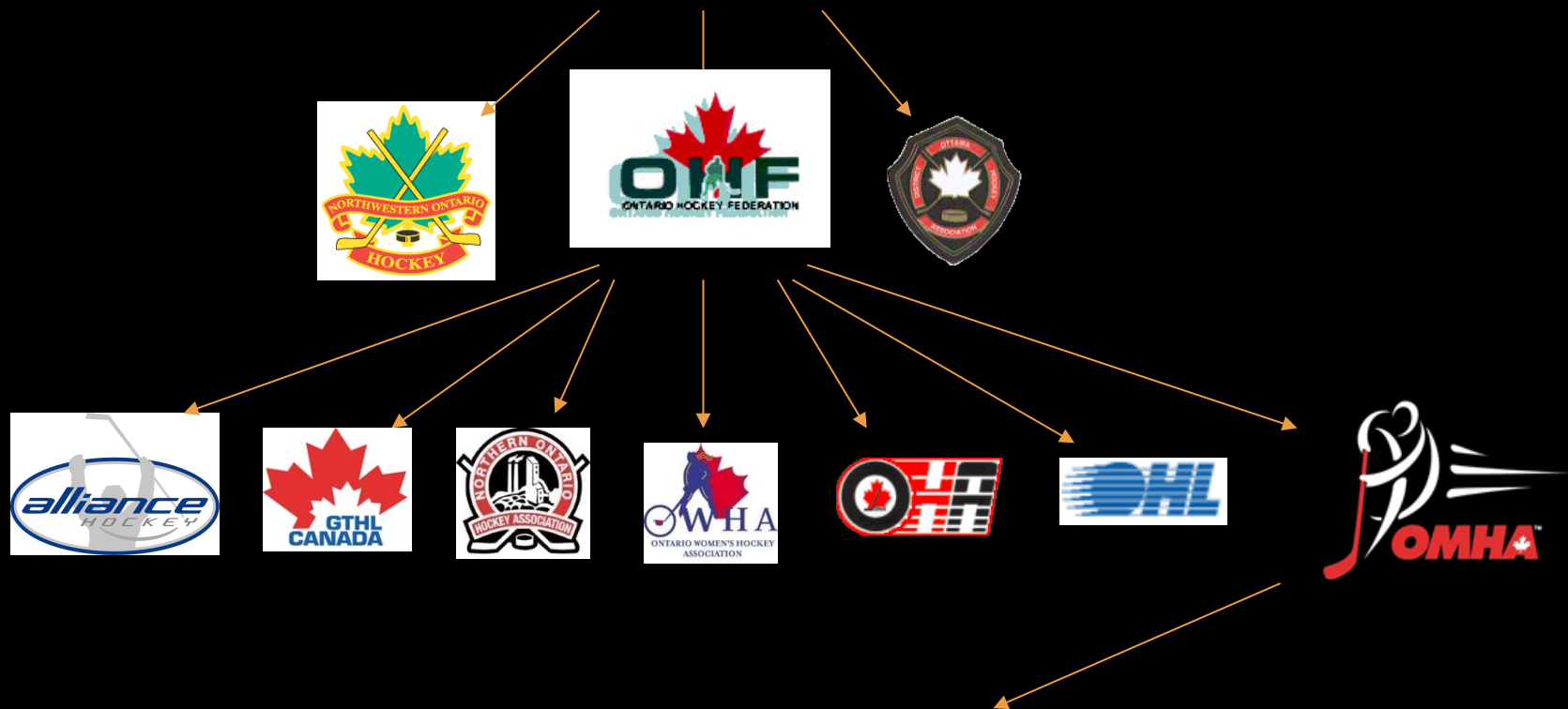
Hockey Canada Regional Centres



Ontario



Hockey



Simcoe and District Minor Hockey

OMHA

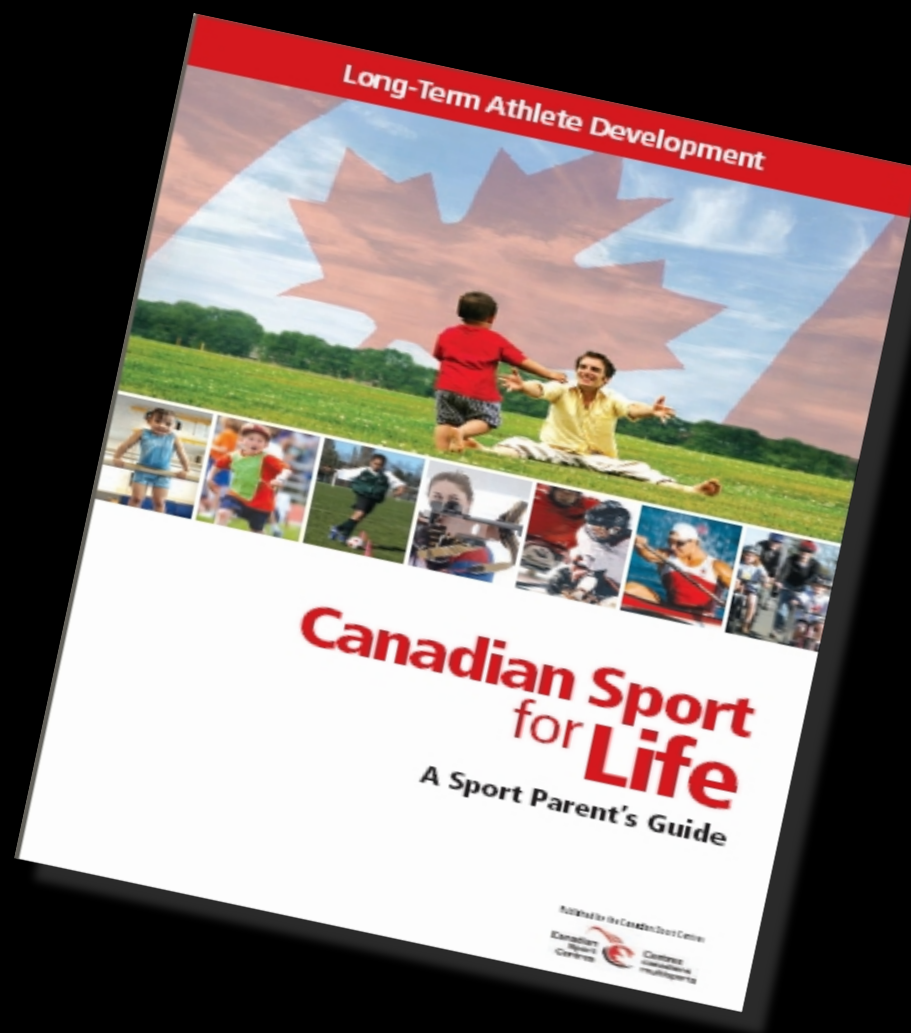
- ❖ *The OMHA is the largest minor hockey organization in the world*
- ❖ *The OMHA is an organization with over 220 member minor hockey associations.*
- ❖ *9,000 volunteers & 100,000 players*



S&DMHA

- ❖ *2018 – 2019 President – Martin Jefferson*
- ❖ *18 member executive board – all volunteers*
- ❖ *Approximately 360 participants in S&DMHA*
- ❖ *Pre-novice convenor is the executive member responsible participants 7 and under*
- ❖ *Mike Spencer is your pre novice convenor*
- ❖ *We will have about 120 participants in our programs to be split between Discovery, Initiation and Tykes*
- ❖ *As a parent you are a member of Simcoe and District Minor Hockey*





www.canadiansportforlife.ca





HOCKEY CANADA LONG TERM PLAYER DEVELOPMENT PLAN

HOCKEY FOR LIFE, HOCKEY FOR EXCELLENCE



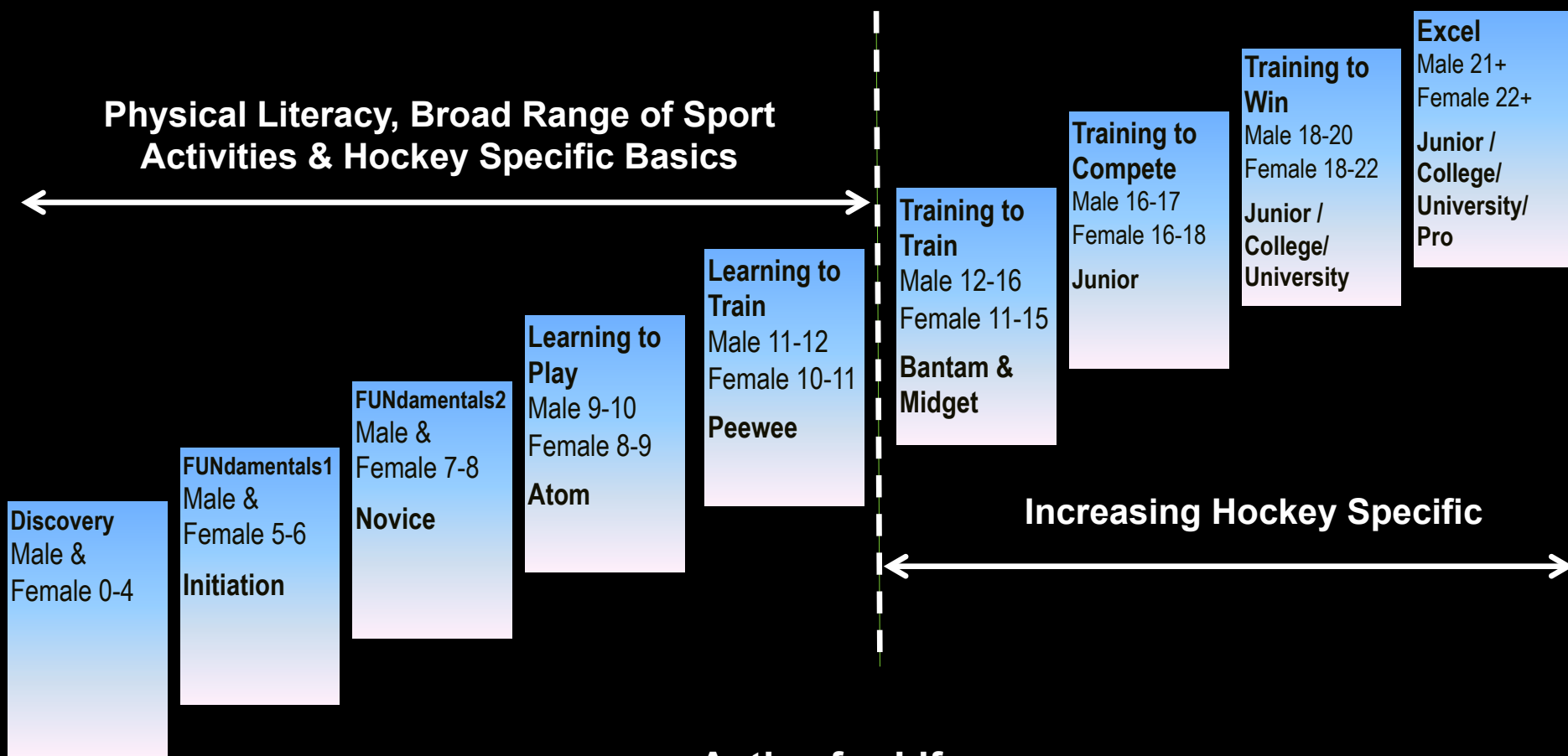
Long-Term Player Development Programming Goals

Minor Hockey Association's success from a coaching / player standpoint will be based on 3 main elements:

1. Enjoyment of players coming to the rink everyday
2. Improvement of players' skills
3. Developing players to play at the next level



Long-Term Player Development



Active for Life



Discovery	FUNdamentals	
Under 5 (Discovery Program)	Under 7 (Initiation Program)	Under 9 (Tyke / Novice)
General Objectives	General Objectives	General Objectives
No Hockey Training	Develop fundamental movement skills and motor skills in a safe and fun environment	Develop fundamental movement skills and motor skills in a safe and fun environment
running, gliding, jumping, kicking, catching, skating	Guiding Principles	Guiding Principles
	Make the first impressions of hockey a positive one. Play / games exist mostly in modified form	Primarily modified games introducing formalized games later in season. Some streaming of the players



Who Are Our Volunteers

- ❖ *Parents / Grandparents / Guardians*
- ❖ *Students*
- ❖ *Former players*
- ❖ *Others?*

We need your help!

Please volunteer

Simcoe will pay for all clinics



What to Expect

- ❖ *First coach on the ice will close all doors and check for safety then help get participants on the ice*
- ❖ *“Be Prepared”, “Give Encouragement”, “Be Understanding”, “Have Patience”, “Have Fun”*
- ❖ *Try not to use the skate aids, they will disappear after a couple of ice sessions.*
- ❖ *Equipment?*
- ❖ *Parents / Guardians on ice? Insurance?*



Typical Session - Station One

ACTIVITIES WITH A PARACHUTE

- ❖ *With a parachute in the faceoff circle have each player hold onto a handle or side*
- ❖ *Start on knees at first, and get participants work together to lift the parachute over their heads.*
- ❖ *Then try to get participants to stand. Have assistants help them*
- ❖ *Place a ball in the middle of the parachute and have players raise the chute together and lower it quickly to throw the ball into the air. Repeat several times.*
- ❖ *Have players skate in a circle holding onto the parachute. This one may be difficult.*
- ❖ *Select one player at a time to skate across the circle while the other players raise and lower the parachute.*



Typical Session - Station Two

DOGGIES, FROGGIES AND DUCKS

(coaches, assistants and parent helpers are to help)

- ❖ Have participants get on all fours without sticks or skate aids. Everyone barks like a dog. (Doggie)
- ❖ Have participants put one skate outside their hands then the other like a frog. Froggies say ribit.
- ❖ Next participants push themselves up and stand with their feet in a “V” like a duck and knees bent (quack).
- ❖ Fall down, roll over and repeat getting up
- ❖ Demonstrate how to get up using stick
 - ❖ Holding of stick from end
 - ❖ One knee up
 - ❖ Stick on ice pointing away from raised knee
 - ❖ Push up into “hockey stance



Typical Session - Station Three

FUN WITH BALLS

- ❖ *Give each participant a ball and have them hold it with 2 hands*
- ❖ *Instruct them to toss the ball in the air and catch it*
- ❖ *Start off with small tosses then encourage them to toss it higher*
- ❖ *Have them toss in to a partner*
- ❖ *Place the ball in front of the skates. Have the participant bend over and move the ball along with the hands.*
- ❖ *Have the participant move the ball forward with the inside of the skates.*
- ❖ *Have participants toss the ball in the air and catch it.*

USING BASKETBALL NETS

- ❖ *Using child sized basketball nets have participants put balls through the hoops*
- ❖ *Challenge them to do it from further distances.*



Parents

- ❖ *Bring a drink bottle for your child with juice or water*
- ❖ *If they get tired – let them have a break on the players bench*
- ❖ *If during a practice you are helping with your child on the bench, close the door to the ice surface.*
- ❖ *Don't force them, 50 minutes can be a long time, especially at the beginning of the season*
- ❖ *In our programs there is lots of repetition, don't worry about "missing something"*



Harassment / Abuse / Bullying

- ❖ *Coaches / Player*
- ❖ *Player / Player*
- ❖ *Parent / Player*
- ❖ *Parent / Coach*
- ❖ *Official*



Respect in the OMHA



- Currently, all Team Officials are required to complete the **Respect in Sport Activity Leader Program** or **Speak Out!** Certification, which includes education in the areas of risk management, bullying, harassment and abuse prevention.
- In addition to Team Officials, as of 2015, this will require **On-ice Volunteers, On-Ice Officials** and **Parents** to take the appropriate 'Respect' education.



Normal Ice

- ❖ *Saturday 09:00 Talbot: Discovery*
- ❖ *May change when ice is lost due to special events*



Parents: Think About

- ❖ *What do I want my child to get out of their hockey experience, this year and in the future?*
- ❖ *What can I do to ensure this experience is a positive one?*



For More Info

OMHA Web Site:
www.omha.net

Hockey Canada Web Site:
www.hockeycanada.ca

Canada Sport For Life
<http://canadiansportforlife.ca/>



*Welcome
to
Minor Hockey*

