

# NORTH VAN U15 A1



# REGIONAL PROGRAM

North Vancouver Minor Hockey Association's (NVMHA) U15 A1 Regional Program will provide players the opportunity to grow and excel in a competitive team environment with professional coaching, individual development, and increased exposure to help players reach future goals like playing higher-level hockey such as the CSHL, BCEHL, Junior, and Collegiate.

We strive to create an environment that will produce well-rounded hockey players, both on and off the ice. Education, leadership, respect, and strong work ethic describe our program philosophy.

The Team will play at the Tier 1 level of the Pacific Coast Amateur Hockey Association's (PCAHA) league and attend top-level tournaments (local and travel).

Athletes will be able to continue to live at home, play at the highest PCAHA level, enter the top minor hockey tournaments, attend their high school of choice in the region, and experience an affordable athlete-centric development-focused program.

Players can also choose to opt into the PEAK PERFORMANCE PROGRAM for the full development experience which works with the U15 A1 Regional team's weekly schedule.





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# VISION AND PRINCIPLES

## VISION

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To establish a comprehensive NVMHA U15 A1 Regional program under PCAHA that enhances the skill development, competitive spirit, and overall experience of U15 hockey players through structured training, competitive play, and community involvement. The program aims to create a competitive environment where athletes of similar skill levels can challenge each other, fostering growth and development.

## GUIDING PRINCIPLES

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The NVMHA U15 A1 Regional Program is built on a foundation of core principles that guide its implementation and ensure its success. These principles are designed to promote the holistic development of athletes, foster a positive and competitive environment, and engage the community in meaningful ways.

## PLAYER-CENTRED DEVELOPMENT

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### FOCUS ON INDIVIDUAL GROWTH

- Prioritize the development of each player's skills, confidence, and understanding of the game.
- Personalized Coaching: Provide tailored feedback and training to meet the unique needs and potential of each player.

### HIGH-QUALITY COACHING

#### Qualified Coaches

- Employ experienced and certified coaches who are committed to the development of athletes.

#### Continuous Coach Education

- Provide ongoing training and development opportunities for coaches to stay updated with the latest coaching methodologies and techniques.





## **STRUCTURED AND CONSISTENT TRAINING**

### **Regular Practice Schedule**

- Maintain a consistent practice schedule with multiple ice times per week to support continuous development.

### **Comprehensive Training**

- Include on-ice skills, dryland training, and mental conditioning in the training regimen.

### **Physical Well-Being**

- Emphasize physical fitness, injury prevention, and healthy lifestyle choices.

## **COMMUNITY AND PARENTAL INVOLVEMENT**

- Open communication: Foster transparent and regular communication between coaches, players, and parents.
- Community engagement: Facilitate community outreach programs and events to promote hockey and physical activity.
- Volunteer opportunities: Parents and community members will have opportunities to get involved and support the program.

## **ETHICS AND SPORTSMANSHIP**

### **Fair Play**

- Promote the values of fair play, integrity, and respect both on and off the ice.

### **Foster Teamwork and Leadership**

- Encourage a team-first mentality, emphasizing collaboration and mutual respect among teammates.
- Develop leadership qualities in players, preparing them to take on team leadership roles and future leads in hockey and beyond

### **Role Modelling**

- Encourage coaches, players, and parents to serve as positive role models in the hockey community.





## **SAFETY AND WELFARE**

### **Player Safety**

- Prioritize the safety and well-being of players during all activities, ensuring a safe and supportive environment.

### **Injury Management**

- Implement protocols for injury prevention, management, and recovery.

## **PATHWAY TO ELITE HOCKEY**

### **Talent Identification**

- Identify and nurture players, providing them with opportunities to advance to higher levels of competitive hockey.

### **Exposure and Opportunities**

- Facilitate exposure to scouts and higher-level programs through inter-province games and tournaments.
- Work to establish partnerships with the BCEHL, CSSHL, and Junior Hockey (WHL and Junior A)

## **CONTINUOUS IMPROVEMENT**

### **Feedback Mechanisms**

- Regularly collect and act on feedback from players, parents, and coaches to refine and improve the program.

### **Adaptive Program**

- Stay flexible and open to changes that enhance the overall effectiveness and success of the program.





# PLAYER DEVELOPMENT

## TEAM PRACTICES

- 2 times per week.
- 1.0 to 1.5 hours per practice.

## SKILLS, DRYLAND AND MENTAL PERFORMANCE SESSIONS

- Goalie Skill Sessions: Focused on goaltending skills, positioning, and reflexes.
- Player Skill Development Sessions: Drills designed and implemented that target specific individual and team skills that progressively challenge players.
- Physical Conditioning: Age-appropriate strength, endurance, and flexibility exercises.
- Mental Skills: Focus, concentration, and dealing with game pressure.

## GAME PLAY

### League Games

- Weekly games against other teams within the PCAHA to foster competitive play.
- Typically one (1) Home and one (1) Away Game weekly, plus tournaments and additional exhibition games.

### Tournaments and showcases

- Participation in local and regional tournaments to provide high-level competition and exposure.

League Rules, Regulations, and Disciplinary Processes will follow Hockey Canada, BC Hockey, and PCAHA established guidelines.





# COACHING STAFF

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## Head Coaches

- Qualifications: Must have relevant coaching certifications.
  - Experience: Previous experience in coaching high level hockey and a strong understanding of player development.
  - Responsibilities: Overseeing team training, game strategy, player development, and performance evaluations.
  - Coach Qualifications: Will follow the BC Hockey Guidelines and can be found here.

## Assistant Coaches

- Qualifications: Preference will be given to former players or aspiring coaches with a strong hockey background.
  - Responsibilities: Assist head coach in training sessions, game preparations, and individual player development.
  - Coach Qualifications: Will follow the BC Hockey Guidelines and can be found here.

## Specialized Coaches

### Goalie Coach

- Focused on the development of goalies, offering specialized drills and skill development sessions.

### Skill Development Coach

- Will enhance the technical and tactical development of young hockey players through dedicated skill sessions tailored to the athlete and team objectives.

### Fitness Trainer

- Designs and implements conditioning programs tailored to hockey players, focusing on strength, endurance, and injury prevention.





# EVALUATION OVERVIEW

## PURPOSE

- To establish a comprehensive and standardized process for player evaluations during the spring and summer months.

## GUIDING PRINCIPLES

### Development-Focused:

Prioritize long-term player development over short-term results.

### Objective and Fair:

- Ensure evaluations and tryouts are unbiased and consistent, using standardized, observable hockey-specific skills and behaviours.

### Transparent and Collaborative:

- Openly communicate the entire process and criteria to all stakeholders.

### Individualized:

- Recognize each player's unique strengths and areas for improvement, tailoring feedback and development opportunities accordingly.

## IDENTIFICATION & DEVELOPMENT CAMP (ID CAMP) PROCESS:

### Announcement and Registration (February to early April):

- Identification skates and development camp details will be shared on nvmha.com and social media, including dates, times, location, fees, and eligibility requirements.
- Interested players will need to register for the April/May sessions and be Hockey Canada Registered (HCR). If a player is registered with a minor hockey association (e.g., NVMHA) then they are registered with Hockey Canada.

### Information Sharing:

- NVMHA will host an information meeting for prospective families on NVMHA's U15 A1 Regional Program.
- Registered players can expect to receive confirmation emails with a detailed schedule, FAQ, code of conduct, and ID Camp information overview by mid-April.

## Phase One (April 2025)

### Day 1: Contact Clinic and Skills Practice

- All participants will take part in a contact clinic.
- Focus on individual skill assessment through drills for skating, puck handling, passing, and shooting.
- Evaluators observe and score each player based on standardized criteria.





## **Days 2 and 3: Game Play Scrimmages**

- Assess players in a more dynamic setting, focusing on game-sense, decision-making, and compete level.
- Evaluators continue to observe and score.
- Evaluate players in game situations, focusing on hockey IQ, team play, and positional play.
- Evaluators finalize scores and notes.

## **Athlete Notification and Feedback:**

- Athletes are provided feedback from the evaluation process.

## **Phase Two (May to June 2025)**

### **Working Group**

- Athletes will be notified of potential team placement after the intra-squad games. Minimum of 23 skaters and 3 or 4 goalies will move on from ID Camp to May working group ice times. A minimum of six players will be offered a position on the team after ID Camp is complete.

### **Evaluation Criteria**

- Skating, puck handling, passing, shooting, game sense, physicality, attitude, and effort.
- Utilize a standardized scoring system (e.g., 1-5) for each criterion.
- Combine quantitative metrics with qualitative assessments.
- Team Genius Software will be used for athlete feedback and streamlined scoring procedures.

### **Transparency and Communication**

- Clearly communicate the team formation process to all stakeholders, including players, families, coaches, and NVMHA Board of Directors

### **Additional Considerations and Late ID Camp Requests:**

- Special Circumstances: Address special circumstances or requests on a case-by-case basis, considering factors such as medical needs, unique player situations, or exceptional circumstances that may impact team placement.
- Late requests will be considered on a case-by-case basis. All late camp players must pay the full ID Camp fee in order to be eligible to participate.





## SEASON SCHEDULE

### Pre-Season: Initial Assessments (April to June 2025)

#### Training Camp (May)

- Initial skill assessments
- Scrimmages
- Potential Exhibition Games

### Rep Tryouts: All U15 Rep Player Tryouts (August to September)

- Refer to [nvmha.com/rep-program](http://nvmha.com/rep-program) for full details
- Third week of August: WHL Combine (Skills)
- Late August: Phase 1A and 1B game evaluations
- After Labour Day: Phase 2 - working group evaluations

### Regular Season (September to mid-February)

- League Games
  - Competitive games against the other zones, fostering regular competitive play.

### Playoffs

- (mid-February to end of March) (Follows BC Hockey Championship Schedule)
- Playoffs: Structured based on regular season standings, culminating in the BC Hockey Championships.

### Post-Season & Evaluations

- End of Season Review
  - Individualized player performance reports created and shared.
  - One-on-one players meetings with coaching staff to debrief on season and review report details.

## PLAYER WELFARE

- Health and Safety
  - Injury Prevention Programs: Exercises and education on injury prevention techniques and practices.
  - Concussion Baseline Testing

## PERFORMANCE MONITORING AND FEEDBACK

### Player Assessments

- Regular Evaluations: Conducted throughout the season to monitor skill development and performance.
- Individual Feedback: Providing players with constructive feedback and areas for improvement.
- Key Assessment Dates
  - Tryout Phase
  - Before Winter Break
  - End of season





## **Team Performance**

- Statistical Analysis: Tracking team performance metrics such as win/loss records, goals scored/conceded, and player statistics. To utilize this, teams must be committed to filming each game.
- Team Meetings: Regular discussions on goals, strategies and team progress.

## **Continuous Improvement**

- Program Reviews: Periodic reviews of the program structure and content to ensure it meets the needs of players and association's goals.
- Surveys: Collecting feedback from players, parents, and coaches to identify areas for enhancement.

# **FAMILY INVOLVEMENT & COMMUNITY**

## **PARENT ENGAGEMENT**

- Regular Updates from Coaches, Team Manager and NVMHA
  - Scheduled meetings to keep parents informed about program developments, player progress, and upcoming events.

## **VOLUNTEERING**

- Parents play an important role in helping the team operate throughout the season (e.g., team manager, scorekeeper, Hockey Canada Safety Person, game videographer)
- Additionally, they can help to bring other opportunities to enhance the team's experience. Such as volunteering to help organize games, tournaments, and fundraising activities.

## **COMMUNITY GIVING**

- Participation in community service and charitable events and activities to support one of NVMHA's pillars of community giving.

## **FUNDING**

Registration Fees: Collected from participants to cover program costs

- Fundraising Events
- Grants: Applying for grants from sports organizations and government bodies to support the programs

## **SPONSORSHIP - TEAM FUNDRAISING**

- Local Businesses: Look at securing sponsorships from businesses to provide financial support and resources.
- Partnerships for equipment and apparel, often involving branding opportunities.





# PROGRAM COMPONENTS

## Program Fees

### NVMHA Player Registration, included:

- Carding Fees
- Ice Time
- Coaching Staff compensation
- Dryland and Skill Development
- Showcase Expenses
- Tournaments
- Administrative and Miscellaneous Expenses
- Jerseys and Apparel

### Sample weekly schedule (includes Peak)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30 - 2:45 PM	***STUDY BLOCK	PEAK PRACTICE	PEAK PRACTICE	OPEN ICE	***STUDY BLOCK
3:00 - 4:00 PM		*OFF ICE TRAINING	*OFF ICE TRAINING	**VIDEO REVIEW	
EVENING	TEAM PRACTICE			TEAM PRACTICE	

GAMES WILL BE POTENTIALLY SCHEDULED ON ANY WEEKNIGHT or WEEKEND

\*Off-Ice high performance training will take place before or after ice each day.

\*\*Video review will be held every other week

\*\*\*On non-Peak days without NVMHA supervision, athletes are encouraged to use this time for study.

## IMPLEMENTATION TIMELINE

### Initial Planning (January to March)

#### Staff Recruitment:

- Recruit head coaches, assistant coaches, and administrative staff.

#### Facility Agreements

- Secure agreements with community ice rinks, associations and private facilities.

#### Equipment Suppliers:

- establish partnerships with equipment suppliers for player gear.





## **Player ID Camp Evaluations and Working Group Formation (May to End of June)**

### **Announcement**

- Publicize ID Camp through various communication channels.

### **Evaluations**

- Conduct open ID Camp and evaluate players based on defined criteria.

### **Pre-Season Preparation (August to September)**

- Training Camp: Initiate pre-season training to assess and develop player skills.
- Exhibition games vs other MHA teams
- Team Building: Organize activities to build team cohesion and foster a positive environment.
- Team Meeting: Conduct sessions to introduce players and parents to program goals and expectations.

### **Communication Channels**

- NVMHA website and Teamsnap: A centralized hub for information, schedules, announcements, and resources.
  - PCAHA website and Spordle for schedules
- Social Media
  - Platforms like Facebook and Instagram for regular updates, engagement, and community building.
- NVMHA Newsletters
  - Inclusion in newsletters featuring highlights, player spotlights, and upcoming events as applicable.
- Reporting and Documentation
  - Record-Keeping: Maintain accurate records, documentation, and reports related to program activities, finances, and performance metrics.
  - Reporting: Provide regular updates NVMHA Board of Directors and other stakeholders on program progress, achievements, and challenges.
  - Transparency: Ensure transparency and accountability in all aspects of program administration, including financial management, decision-making processes, and communication with stakeholders.







# PROGRAM COMPARISON

WEEKLY SCHEDULE	NVMHA (PEAK & REGIONAL)	NSWC	ZONE	ACADEMY
<b>Team Practices</b>	2.5 hours (1.25 x 2)	2.5 hours (1.25 x 2)	3.75 hours (1.25 x 3)	5 hours (1 x 5)
<b>PEAK Skills Ice</b>	2.5 - 3.75 hours	3 hours	1.25 hours	N/A
<b>Open Ice</b>	Yes	Yes	No	No
<b>Off-Ice Training Hours</b>	2-3 hours	2 hours	3 hours	2 hours
<b>Games</b>	2 x 1.5-2 Hour League Games	?	2 x 2.5 Hour League Games	2 x 2.5 Hour League Games
<b>Total Ice Time</b>	8-10.75 hours	5.5 hours	10 hours	10 hours
<b>Estimated Price</b>	\$10,000	\$20,000	\$15,000	\$25,000

*All information in this table is based on the most recently available data and will be updated as new data becomes available*