



TWIN VALLEY YOUTH HOCKEY

2007 – 2008

Girl's U12 Team

Parents and Players Guide



TWIN VALLEY YOUTH HOCKEY

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TEAM OBJECTIVES

1. To have fun!
2. To develop each players sense of team and teamwork.
3. To learn the game of hockey.
4. To develop each player's individual skills.

SEASON PLAN

OVERVIEW

We have some challenges ahead of us in this first year of girl's hockey at Twin Valley. We have a good number of players and families that have no experience with Hockey. This is a good thing (actually a GREAT thing) and we must plan for it to ensure that all have a rewarding experience. We will try to start a little earlier than normal this season to meet the challenges.

Because of this, we have some short term objectives:

1. Get the newer players up "on their feet" - to do this we will try to schedule some ice sessions in September and October. These sessions will involve the whole team as the more experienced players can always benefit from more learning and they can develop their leadership skills by helping the newer players. We will also emphasize that we do everything as a team.
2. Get the newer players familiar with the game of hockey – to do this we will schedule off-ice sessions beginning in September. These sessions will involve the whole team as the more experienced players can always benefit from more learning and they can develop their leadership skills by helping the newer players. We will also emphasize that we do everything as a team. The details on what these sessions will entail follows.
3. Help the newer players get equipped. A challenge to ice hockey is the amount of equipment required to make it an enjoyable experience. To do this we will provide equipment checklists and work to borrow or find low cost solutions to getting the girls outfitted. The only piece of equipment that we will recommend spending on is skates. Hockey is skating - skating is hard work - decent skates that fit well are required.

PRE-SEASON

1. **Parents - Players kickoff meeting**
 - a. **Introductions**
 - b. **Season objectives**
 - c. **Season plan**
 - d. **Equipment**
 - e. **Costs**
2. **Off Ice Sessions – Starting September**
 - a. **Teamwork games – motivation (stories of women hockey players)**
 - b. **Off Ice Stick and puck skills**
 - c. **Light conditioning – short sprints – squats – stretching**
 - d. **Rules of game / positions**
 - e. **Street / floor hockey games**
3. **Skating Warm Up Sessions – schedule to be determined**
 - a. **Basic skating skills – edge of skates drills – 35 minutes**
 - b. **Skating games (tag, red rover) – 15 minutes**
 - c. **Stick and puck work - 10 minutes**

IN-SEASON

1. **Practice – generally two times per week at the KUA rink – Starting mid – November**
 - a. **Please plan to arrive at practices at least 30 minutes prior to start time**
 - b. **General practice plan**
 - i. **Warm-up and skating drills**
 - ii. **Stick handling and shooting drills**
 - iii. **Individual game skills (positioning, one on one)**
 - iv. **Team strategies and skills**
 - v. **Off – ice discussion and wrap up – 10 minutes after end of ice time**
2. **Away Games – generally on Saturdays – Starting mid – late November**
 - a. **Plan to arrive at away games one hour prior to start time**
 - b. **30 minutes prior to game is coaches - players time, please no parents in locker room**
 - c. **5 Minutes before game is Players time to focus – coaches are silent**
3. **Home Games – generally on Sundays at the KUA rink.**
 - a. **Plan to arrive 45 minutes before start time.**
 - b. **30 minutes prior to game is coaches - players time, please no parents in locker room**

- c. 5 Minutes before game is Players time to focus – coaches are silent
4. Captians, Assistants
 - a. At 12 and under, it is customary to appoint a team captain and two assistants.
 - b. The coaches will choose as team elections are often about popularity and not about leadership or skills.
 - c. There will be a new captain and assistants each month based on effort and leadership displayed.

LEAGUE AND GAMES

1. We will try to register this team as a part of USA Hockey in the Granite State League (aka GSL)
2. It will be placed in the 12 and Under (aka U12) Girls division.
3. There are typically multiple skill tiers – this first year we will likely play in the lowest tier – but the competition is usually very good.

TOURNAMENTS

1. We will try to attend at least one tournament this season. Hopefully it will be the finals tournament for our tier in the GSL
2. If we think we will not qualify, we will find an invitational tournament to participate in.
3. A tournament usually involves a weekend (Friday evening, Saturday and Sunday if we make the final games) and may involve a hotel stay. (YAY!! – Swimming Pool!)

COACHING

1. Jason Huett – Head Coach – Experience Teaching Learn To Play, Learn To Skate, Initiation, Adult Learn To Play Hockey. Baseball / T-Ball Coach for four years. Currently certified at USA Hockey Level 1 – will be certified to level III by start of 2007 season.
2. Shawn Courtemanche - Assistant Coach – Experience teaching Learn To Play, Learn To Skate, Initiation. Experienced Baseball/Softball coach. Will e certified to USA Hockey Level II by start of 2007 season.
3. Elizabeth Church – Assistant Coach - Will be certified to USA Hockey Level II by start of 2007 season.
4. Cindy Huett – Assistant Coach – Will be certified to USA Hockey Level II by start of 2007 season.

EQUIPMENT

Note: for those items with a “recommended color”, if you already have the equipment on a different color – do not go and buy new. If you are going to buy new for other reasons, please try to obtain the recommended color for uniformity.

- a. **Helmet With Face Guard**
Protects the head and face from injury due to contact or fall. Must be HECC certified (look for label on back of helmet).
Average Price: 50.00 Used is fine if not over 3 years old – safety.
Recommended color: Black.
- b. **Mouth Guard**
Protects from concussion caused by teeth coming together during a fall. It does not protect the teeth as is commonly thought, the face guard on the helmet suffices for protecting the teeth.
Average price: 5.00 Used? Yuck!
- c. **Gloves**
Protects the hands from incidental stick contact.
Average price: 30.00 Used is just fine – make sure palms are intact.
Recommended color: Black.
- d. **Hockey Pants**
Protects the hips, thighs and tailbone from injury due to contact or fall.
Average price: 40.00 Used is fine.
Recommended color: Black
- e. **Hockey Socks**
Covers the shin pads and makes it easier to get off the ice after a fall. Practice socks are recommended in addition to game socks – see a coach if you don’t want to buy practice socks – we can help out.
Average price: 12.00 Used is fine – please no large holes in game socks.
Recommended color: Home – white with black and red stripe. Away – Black with white and red stripe.
- f. **Hockey Sock Garter / Combination Athletic Supporter**
Provides protection for the crotch and many models double as a device to hold the socks up.
Average price: 15.00 Used is fine if just a garter – for Athletic protection – buy new.
- g. **Elbow Pads**
Protects the elbows from injury due to fall.
Average price: 15.00 Used is fine.
- h. **Shin Pads**
Protects the shins from stick and puck contact and knees from a fall.
Average price: 20.00 Used is fine.
- i. **Shoulder Pads**
Protects the shoulders from incidental contact.
Average price: 30.00 Used is fine.



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- j. Skates
Well – you kinda need these to get around. Please do not buy them “big” to get a few seasons. Fit is paramount. If you are going to spend in any area – this is the area – everything else you should buy as cheaply as possible. NO FIGURE SKATES or recreational skates – rec skates LOOK like hockey skates but lack required protection from pucks.
Average price: 80.00 Some people prefer used, others new – keep in mind that fit is the key.
- k. Bag
Does NOT have to be a hockey bag – just big enough to carry everything except the stick.
Recommend one with wheels so YOU don’t have to carry the bag all the time.
Average price: 45.00 Used is fine and recommended.
- l. Tape
You will need a roll of black tape for the stick blade. A roll of white tape for the stick handle. Some people like to use clear tape to hold the shin pads in place. All should be “hockey” tape. Other tape is generally unsuitable.
- m. Stick
Avoid the pressure to buy a high –end composite stick. A nice wood stick will do just fine.
Do not buy long to get multiple seasons, this will hurt skating skill development. And NO defensemen DO NOT need a long stick – at least not until they are playing in high school. Again – A LONG STICK HURTS SKATING DEVELOPMENT. We will likely be cutting sticks to proper length at beginning of season, so if you buy her an expensive stick – be prepared for this.
Average price: 20.00 Used is fine – remember not too long.

DO NOT LET THE EXPENSE DETER YOU – SEE A COACH IF YOU ARE HAVING TROUBLE EQUIPPING – we can generally find something you can borrow or buy used very cheaply.

Stateline Sports Offers Package Deals As Follows:

Package One (Youth sizes) - \$165.00

Includes:

Helmet with face guard
Skates
Shin Guards
Elbow Pads
Gloves
Shoulder Pads
Pants
Neckguard

If skates aren’t needed – price is \$130.00

Package two (Larger Sizes) – \$210.00

Includes same as package one.

If skates aren’t needed – 170.00



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TEAM CONTRACT

As Coaches, We Promise To:

1. Treat each of you with respect.
2. Find ways for the team to have fun no matter what we are doing!
3. Teach the rules and skills needed to play ice hockey.
4. Be prepared for practices and games.
5. To always tell you if you are doing things right or wrong right away so that we can celebrate our achievements and work on our shortcomings.

As A Player, I promise to:

1. Treat all players, coaches and officials with respect.
2. Give my very best effort in all team activities, even if I am tired or frustrated or disappointed.
3. Tell my team mates when they have done something well and keep it to myself when they have not.
4. Listen to the coaches at all times. When the coaches speak, I will stop talking and listen.
5. Be on time for all team activities. This means I will arrive early enough to be dressed and prepared so that I do not hold up my team. This shows my respect for the whole team.
6. Never speak badly about another player or coach to anyone.
7. Accept team assignments without complaining. This means that if I am asked to play a position I do not like or am uncomfortable with, I will do so gladly because I know my coaches are trying to teach me something new.
8. Take responsibility for my own equipment. Making sure I have everything ready for games and practices.
9. Thank my family after every game and practice for allowing me the opportunity to be part of the team.
10. Ask my family to cheer me on in a positive way and to not coach me from the stands.

Print Player name: _____

Player signature: _____

Coach's signature: _____

Coach's signature: _____

Coach's signature: _____