

Bemidji Youth Hockey Association

Mite-6U/8U Parent Meeting
October 24th, 2022

Tonight's Meeting Agenda

- Mite Program Contacts
- BYHA Board
- HDC
- Volunteer ~ DIBS
- Fundraising
- Reps
- Coaches
- Communication
- BYHA Development Plan
- ADM/Cross Ice Model
- Locker Room Monitor
- Philosophy/Games
- Equipment
- Goalies
- Scheduling
- Rinks/Locations
- Baseline testing
- Q&A

Mite Program Contacts

- Mite Coordinator: Channing Boe
- 6U/8U Coordinator: Jackie Stoffel
- Age Rep Coordinator Amy Haskell
- Age Group Reps
 - 6U/8U: Lindsy Shanahan and Ericka Medberry
 - Termites: Kristin Wilcox and Janelle Peacock
 - Mite 1: Aimee Thul and Amy Gano
 - Mite 2: Rob Elliott & Miranda Carlson

BYHA Board Members

- President: Jenn Nelson
- Vice President: Travis Reierson
- Treasurer: Becky Adams
- Secretary Troy Strassburg
- At Large Bruce Bentfield
- At Large Jim Dewar
- At Large Derek Kringen
- At Large Casey Reierson
- At Large Brent Magnuson

BYHA Board

- Meets 2nd Wednesday of every month
- 6:00PM BCA Board Room
- ALL members are encouraged to attend
- Minutes posted on www.bemidjiyouthhockey.org

Hockey Development Committee

- Ben Kinne - HDC Chair / Coaching Education & Off-Ice Programming
- Bob Brink - HDC Co-Chair / Coaching Certification & Player Development
- Neil Huewe - Scheduling & PeeWee Coordinator
- Dan Byron - Goalie Coordinator
- Orlando Alamano - Goalie Coordinator
- Eric Carlson - Girls Coordinator
- Jackie Stoffel - Girls Coordinator
- Channing Boe - Mite Coordinator / Player Development
- Travis Winter BSU Liaison / Coaching Education & Practice Planning
- Pete Stahnke - BHS Boys Head Coach
- Mike Johnson - BHS Girls Head Coach
- Becky Adams - Board Member Representative

HDC Meetings

- Meets second Friday every month
- 6:30 A.M. BCA board room
- Anyone is welcome to attend
- Minutes are posted on BYHA website

Volunteers-DIBS



- BYHA is an ALL volunteer organization
- DIBS
- Angie Rogers-Elstad– DIBS Coordinator
- Please refer to DIBS Program Handout
- BCA is our rink
 - If something needs some attention, we need to fix it, clean it, or tell somebody about it

Fundraising

- Why do we have to fundraise?
- Raffle Tickets –
- Will be required to sell 20 Tickets at \$20 per ticket
- First year players are required to write a check for the amount of the raffle tickets \$500 which will be returned to them when the sold tickets stubs are handed in. (family max of 40 tickets)
- All ticket stubs **MUST** be accounted for according to Minnesota State Lottery Rules
- Raffle tickets will be handed out mid-November and need to be returned mid-January. Exact dates will be emailed at a later date. Drawing held in early February.

Coaches

- Boys Coordinator ~ Channing Boe
- Girls Coordinator ~ Jackie Stoffel
- 6U lead ~ Alex Owens
- 8U lead ~ Brandon Bonham
- Mite 2 lead ~ Channing Boe
- Mite 1 lead ~ Chris Conway
- Termite lead ~ Corey Rupp
- Assistants ~ too many to mention here☺ We could use all the help we can get.

- **BYHA Coaches Meeting**
- **@Hampton Inn-TBD ,
November 1st -6:00 PM**

Communications

- <https://www.bemidjiyouthhockey.org/>
- Mite/6U/8U Age Group Reps
- Need to be on email
- Sports Engine App
- Sports Engine Chat
- Other Resources
- <https://www.minnesotahockey.org/>
- <https://www.usahockey.com/>

BYHA Development Plan

- Implemented last year, looking to implement more things this year.
- Many Similarities to the ADM, but tailored to BYHA
- The BHYA Development Plan can be found on BYHA website:
<https://www.bemidjiyouthhockey.org>

BYHA DEVELOPMENT PLAN

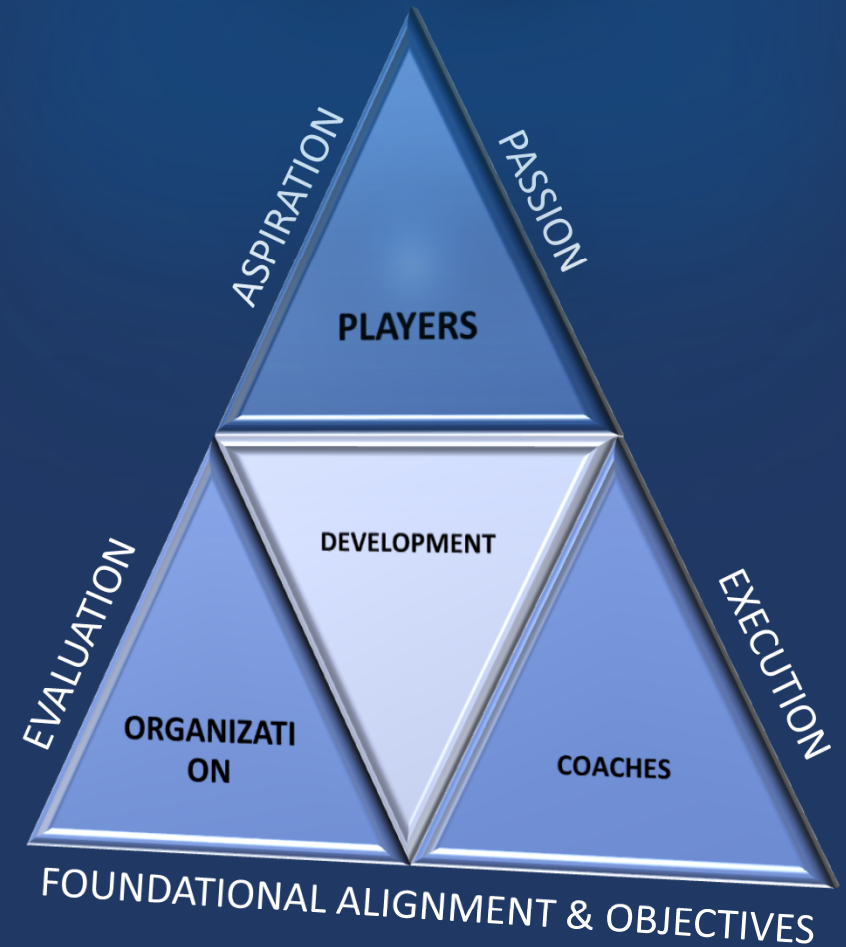
GOALS OF THE PLAN

1. Provide a Roadmap for development that can educate and integrate a focus to best maximize the growth and passion for each player every time they come to the rink.
2. Create a playercentric culture and long-term athletic development focus to provide the technical skills needed to help players succeed at the high school level and beyond.
3. Create a reference point for guidance in both season and practice planning for each specific stage of development.
4. Promote a culture of camaraderie that leads to organization, team and individual success.
5. Provide avenues for continued review of development throughout BYHA. Repeating a constant cycle of PLAN, EXECUTE, and REVIEW.

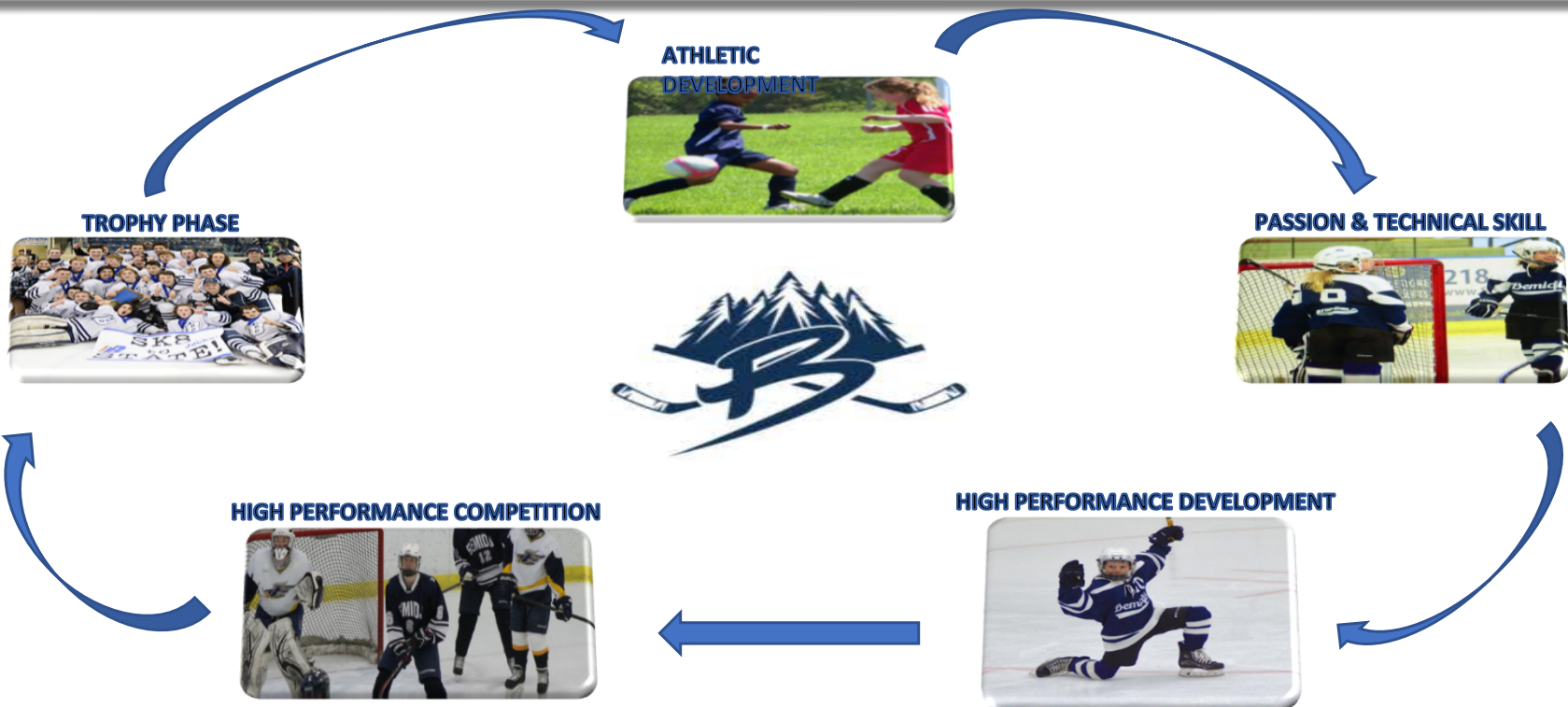
THE NORTH STAR

THE GUIDING LIGHT OF BYHA DEVELOPMENT

- Developed to define what the perfect Lumberjack hockey player looks like.
- Provides a guiding light of development from the BHS player through the heart of BYHA to the Termites.
- Input from past coaches, people connected to the program, and hockey professionals with connections to Bemidji.
- Used former BHS greats as inspiration and visuals in development of “The North Star”
- The Stakeholders of Development. Players, Organization, and Coaches must align with the light of the North Star as a guide to development. The developmental pyramid will fall apart if stakeholders do not align.



THE NORTH STAR PHASES OF DEVELOPMENT



BYHA – Termites/6U – FUNdamentals 1

AGE GROUP	TRAINING / COMPETITION RATIO	TRAINING VOLUME	# OF PRACTICES	# OF COMPETITIONS	TOTAL # OF ICE SESSIONS	OFF-ICE TRAINING	TEAM STRUCTURE	COMPETITION FORMAT
5 - 6	100% Training	3 Times / week	40 - 55	No formal competition.	40-50	1 skill session per month with fun games/races	*Players are divided by like abilities for practice *Teams are divided equally for games	Cross-ice games ¼ ice games or 1/3 ice. Can mix it up

GUIDING PRINCIPLES:

- **Carnival atmosphere.**
- Make the First impression of hockey a positive one for players and parents.
- Create a Passion for hockey with a FUN, positive, and engaging environment.
- Promote self-confidence with developing Fundamental Movement, Basic Skills, and Motor Skills
- Invite players of all abilities to learn, develop, and grow at their own pace in a safe environment
- Play Games mostly in modified forms: cross-ice. In-house.
- Sensitivity to burnout. Flexibility on

PRACTICE PLAN EMPHASIS:

- Development through combination of structured and unstructured play in a Fun and positive team environment.
- Blending skills with enjoyment (races, small games, props, balls, fun equipment) Lots of games that encourages competition.
- Station based practices; length 35-40 minutes with 20 minutes cross ice games or 2 practices with a game day. Can mix this up. Can mix in ¼ ice games.
- Introduce and development of foundational skills:
 - Fundamental Movement
 - Skating, Jumping, Twisting, and turning
 - Basic Skills
 - Shooting, Puck Control, Passing & Receiving.
 - Motor Skills
 - ABC's (Agility, Balance, Co-ordination)

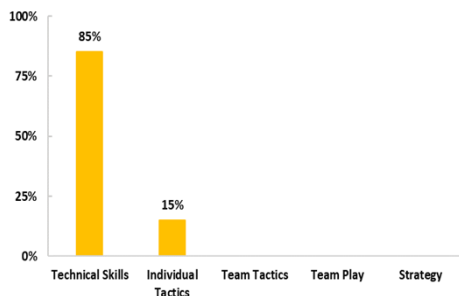
PSYCHOLOGICAL EMPHASIS

- Learn to Listen and follow simple instructions
- Focus and encourage participation by all players.
- Provide activities that:
 - Fun, positive, and motivating
 - Build confidence through high rate of success.
 - Promote individual and group participation
 - Introduce simple rules and sport ethics (fair Play)

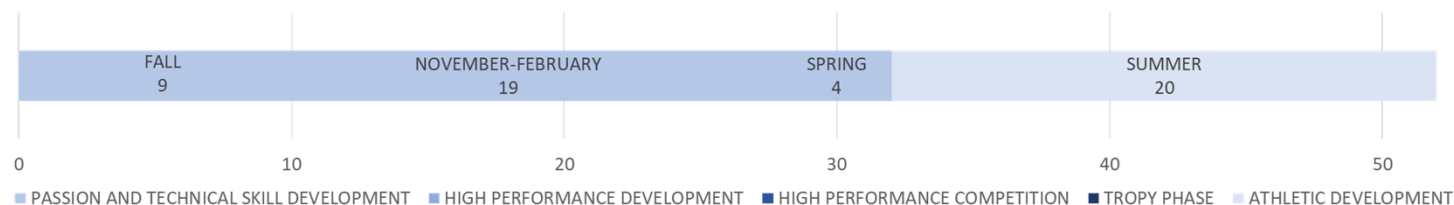
GOALS:

1. Have FUN. Everyone leaves with a smile!
2. Build a passion and love for game.
3. Development of foundational skills
4. Participation in many sports/activities encouraged. Athletic Development.

FUNdamentals 1: Termites/6U



DEVELOPMENT PHASES
Approximate # of weeks



American Developmental Model (ADM)

- Focus on skill development and small area games.
- Best utilizes ice and development for kids.
- Focus on pairing with “Like” skill levels.
- Core hockey skills at a young age: skating, passing, shooting, puck handling
- Small games create a lot of puck touches and skill development

8U HOCKEY

getting more of what's **good.**

////////// PUCK TOUCHES //////////

CROSS-ICE  **2x**
 LARGER ICE  **MORE**

////////// PASS ATTEMPTS //////////

CROSS-ICE  **2x**
 LARGER ICE  **MORE**

////////// SHOT ATTEMPTS //////////

CROSS-ICE  **6x**
 LARGER ICE  **MORE**

////////// PASSES RECEIVED //////////

CROSS-ICE  **5x**
 LARGER ICE  **MORE**

////////// PUCK BATTLES //////////

CROSS-ICE  **2x**
 LARGER ICE  **MORE**

////////// CHANGES OF DIRECTION //////////

CROSS-ICE  **2x**
 LARGER ICE  **MORE**

////////// GOALIE SHOTS/MINUTE //////////

CROSS-ICE  **4x**
 LARGER ICE  **MORE**

"THE ADM AND ITS LADDER OF DEVELOPMENT IS THE BEST PROGRAM FOR EVERY SINGLE KID PLAYING THE SPORT, REGARDLESS OF ABILITY LEVEL."
 - DAN BYLSMA, BUFFALO SABRES

"WHAT SIMULATES TODAY'S GAME AT THE HIGHEST LEVEL IS PLAYING THE GAME IN SMALL SPACES."
 - TOM ANASTOS, MICHIGAN STATE

"WE SHOULD ALWAYS STRIVE TO DO THE RIGHT THING FOR KIDS, AND THE ADM DOES THAT."
 - RON WILSON, TEAM USA

"IN A WORLD WHERE YOUTH SPORTS ARE UNDER SCRUTINY BECAUSE OF SPECIALIZATION, POLITICS, OR PARENTAL ISSUES, USA HOCKEY'S ADM IS THE SOLUTION."
 - MEGHAN DUGGAN, TEAM USA

////////// ADM SUPPORTERS //////////



Athletic Development



what people think
it looks like



what it really
looks like

Locker Room Monitor Policy

- Article 3.07 LOCKER ROOM MONITORING November 10, 2010 DISTRICT 16 POLICIES FOR TEAM LOCKER ROOM MONITORING Background: In June 2010 the USA Hockey Board of Directors adopted a policy mandating locker room monitoring for all USA Hockey youth teams, including teams of all USA Hockey affiliates. The rule simply provides that teams “...have at least one responsible adult present directly monitoring the locker room during all team events....” USA Hockey 2010-11 Annual Guide, p. 35.

Other:

- Bullying will not be tolerated
- 24 Hour rule: no contact with a coach w/in 24 hours after a game or a roster is announced
- **ALL COACHES & REPS ARE VOLUNTEERS;** please be respectful of that

Team Structures

- Termite (no travel) BSU Intermission games Scheduled
Friday- 1/20, Saturday- 1/21, Saturday- 2/4
- (6U) (no travel) BSU Intermission games?
- Mite 1 (up to 2 jamborees if similar skilled events are located) typical Bagley/Park Rapids
- 8U - 5-10 games, plus 2 jamborees
- Mite 2 - 12-15 games-Depending on travel, Ice availability, other communities and their youth hockey policies. Some home games & some away

Girls 6U/8U

- Primarily 1st and 2nd year players, also based on skill
- 3 days per week
- ADM practice plans
- 6 stations, kids rotate every 5-6 minutes
- Kids placed in similar skilled groups
- Saturday cross-ice games start at coach's discretion
- Cross-ice/small games allow for more puck touches
- No travel permitted for 6U
- Main focus is to have fun and learn core

Termites

- Primarily 1st and 2nd year players, also based on skill
- 3 days per week
- 1-2 times a month, dryland and stick handling after sat practices
- ADM practice plans
- 6 stations, kids rotate every 5-6 minutes
- Kids placed in similar skilled groups
- Jersey's handed out after two weeks
- Saturday cross-ice games start at coach's discretion
- Cross-ice/small games allow for more puck touches
- No travel permitted
- Main focus is to have fun and learn core hockey skills
- BSU Intermission

Mite 1

- Primarily 3rd year players but also based on skill
- Practice 3 days per week, ADM
- 2-3 times a month, dryland and stick handling after sat practices
- Kids placed in similar skilled groups
- In-house league starts in late November (Saturday mornings)
- Allowed up to 6 games (2 jamborees depending on availability)
- Goalie rotation
- Jersey's handed out after two weeks

Mite 2/8U

- Primarily 4th year players, most advanced
- Practice 3 days per week, ADM
- 2-3 times a month, dryland and stick handling after sat practices
- Kids placed in similar skilled groups
- In-house league starts late November
- Allowed up to 12 games (two out of town jamborees included)
- 3 travel teams: one advanced and two equal teams
- Similar skilled competition
- Goalie rotation
- Jerseys handed out after 2 weeks

Equipment

Hockey Equipment Checklist for Kids



Goalies

- Mite 1 & 2 games & practices have goalies
- Mite 1 & 2 players each assigned a week
 - No player will be forced to play goalie (maybe☺)
 - Mite 2 players may be chosen at coaches discretion
- Mite 1& 2 goalie schedule TBD by coaches
 - Practice with goalie equipment the Mon & Wed prior to Saturday game
 - Give equipment to next week's goalie after Saturday's game.

Team Selection

- Mite 1 & 2 -Will draft equal in-house teams to start half-ice games in late November
- Termites – Will not have permanent team but rather divide by skill and play cross-ice games each Saturday.

Baseline Testing

- Basic skills testing, with timing equipment
- The entire organization will be going through these tests
- We will test at the start of the season and at the end of season
- Data will be used to track improvement and will help provide feedback for players at the end of season.

Rink Locations

- Bemidji Community Arena
 - Sanford Power Rink (SPR)
 - First National Bank Rink (FNB)
- Nymore (NA)
- 3 outdoor sheets of ice
 - City rink across from Neilson-Reise
 - Nymore
 - Nary

Scheduling

- See Bemidji Youth Hockey Website Calendar for complete schedule
- Typical Week:
 - Termite/6U-8U ~ Monday 4:00-5:00-Nymore Rink (NA)
 - Wednesday 5:15-6:15-NA
 - Saturday 8:00-9:00-NA/BCA
- Mite 1 ~ Tuesday 4:00-5:00-NA
- Thursday 5:15-6:15-NA
- Saturday 9:15-10:15-NA/BCA
- Mite 2 ~ Tuesday 5:15-6:15-NA
- Thursday: 4:00-5:00-NA
- Saturday: 10:30-11:30-NA/BCA

Thank you for coming!



BEMIDJI
YOUTH HOCKEY

See you on the ice!

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