

Squirt Coach Meeting (September 22)



- Leadership
- Players
- Coaches
- Teams/Levels
- Clinics
- Evaluations
- ACE Coordinator Update
- Power Skating & Goalie Coaches

Leadership



- Coaching
 - Bill Nolin, VP Youth Hockey
 - Peter Nelson, D3 Representative
 - Colin Landers, ACE Coordinator
 - Joel Laing, Goalie Coordinator
- Squirt Program
 - Laura Opsahl, Squirt Director
 - lopsahl@mplshockey.com
 - 952-201-1049
 - Jeremiah Lamont Squirt Co-Coordinator
 - jlamont@mplshockey.com
 - 612-735-6554
 - Chris Washick, Squirt Co-Coordinator
 - cwashick@mplshockey.com
 - 612-384-0502
 - Squirt Committee (~15 coaches, managers and parents of 1st and 2nd years)



Players (expecting 117)

- 106 skaters
 - 54 first year (coming up from Mite)
 - 59 second year (returning Squirt)
 - 7 from Park and Rec, other
- 14 goalies
 - 6 first year (4 full-time, 2 part-time)
 - 8 second year (6 full-time, 2 part-time)
- 120 registered as of 9/19 103% (116 in 2021)
 - One to three players may move down to mites who are registered for squirts due to age and/or not placing on A/B1



Coaches

- 19 with first year squirt players
- 23 with second year squirt players
- 1 with a first and second year squirt player
- 3 of 31 registered indicating squirts are not eligible to be on the ice as of 9/19
- DIBS
 - Head coach receives full association DIBS requirement
 - Head coach can distribute 48 hours to assistant coaches
 - Squirt association volunteer requirement is 12 hours
 - Co-head coach is treated as an assistant coach for DIBS purposes
- Coaches Corner [here](#)
- Storm Calendar [here](#)
- Coaching Workbook [here](#)
- Coaching Official Steps [here](#)
- Coaching Official Infographic [here](#)

Teams (planning for 8)



- Same distribution as last season
 - A
 - B1
 - B2 (3 teams)
 - C (3 teams)
- Based on projected numbers
 - 13 skaters per team (plus part time goalies)
 - 2 goalies per team (back up goalies, D3 trial)
 - 3-4 coaches per team



Clinics (September 10 - October 6)

- Grouped by last name (A-H, I-O, P-Z)
- 33 sessions x 4 coaches on the ice = we still need your help!
- Register as a coach, then sign up on [Google Sheet](#) (link will be e-mailed)
- Second year coaches, please sign up to lead a few
- Practice plans
- Coaches Clinic? - TBD
- D3 Coaches Meeting
 - November 14th (Brooklyn Park)

2021-22 Coaches Preseason Clinic Signup

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MPRB Update



We have been made aware by MPRB that they are currently working on training new staff. They expect to complete the training in the next month or so and there could be minor delays in scrapes, and that it is possible some rentals may have to be moved to different arenas (an ice time moved from Parade to Northeast or if two sessions start at 6 pm, delaying one to 6:15). As always please continue to demonstrate patience with the MPRB staff and if there become concerns or issues please let us know so we can address them with MPRB management. As or if we learn of anything we will notify you as soon as possible.



Evaluations (October 8 - 16)

- Darrin Hunter is coordinating evaluators
- Evaluators will use iPads and TeamGenius to record scores this year
- Kids need your help running things on the ice (4-6 coaches per group)
- Structure will be similar to last year
 - Open pool (everyone skates on either Sat 10/8 or Sun 10/9)
 - B2/C pool (must opt in, will likely start on Fri 10/14)
- Current skill level is the only consideration in player leveling
- B2/C team formation considerations (may not be complete until after MEA)
 - Siblings
 - Balanced rosters
 - Goalies
 - Coaches

ACE Coordinator Update



- Register to coach at <https://www.mplshockey.com/coaching> before being on the ice
- Watch for updated instructions within USAH and registration. Storm registration has less asks if you read.
- CEP is on a scheduled release, see <https://www.mplshockey.com/coaching> for the schedule and/or ical. Classes will be released as needed, space in classes may mean waiting for you.
- Preseason gsheets, if you are purple you owe something, see “Coaching Workbook”
https://docs.google.com/spreadsheets/d/1TqgWrP_uk9PQAPDS1aRSeJs6xuoYZAmVhA3ssHfJ9Bg/edit?usp=sharing
- The question "What do I have to do this year?" comes up frequently for new or new to traveling. This infographic should help lay the process down visually, <https://www.mplshockey.com/coaching-path>
- IceHockeySystems will be assigned to each team to share (Nolin/Lamberty)



Power Skating & Goalie Coaches

- Each team will have goalie and power skating coaches at 1-2 practices per month; will taper off at end of season
- Power Skating Coach (Katrina Stewart)
 - will run the skating warm up
 - will run a station; all players will rotate through
 - instead of an entire practice dedicated to power skating
- Goalie Coach (David Cole)
 - will continue to work with goalies and team's DGC while the team does skating warm up
 - will run a station with goalies and skaters designed more specifically around goalie drills; all players will rotate through
 - Make sure all team goalies are in pads when David is at practice
 - Allocate time at the start of practice to allow David to do his training/also please allocate a station during practice to him and he will run it
- Dryland Training
 - No formal program during season; teams welcome to plan their own Shed time
 - Looking to establish offseason program similar to current 12U pilot

Questions?

