



OMGHA JUNIOR GOLD

TRYOUT INFORMATION

2023 - 2024

WELCOME TO OMGHA BANTAM HOCKEY!

OMGHA MISSION

The members of OMGHA will strive to provide a positive environment that promotes the development of hockey skills, good sportsmanship, competitive play, and fun for all players.

OMGHA GOALS

Our goals as members of OMGHA are as follows:

- To provide a quality program at a reasonable cost
- Quality training for all players
Consistent skill development
- Positive community representation
Promote personal growth and positive attitudes
- Fun for all

WEBSITE

OMGHA JUNIOR GOLD

Our hope is this document will answer major questions regarding registration, costs, tryout process, team formation and travel player expectations.

There is a lot that goes into planning for a new travel season – both from an association and family standpoint. If your family has any questions, please do not hesitate to reach out to our OMGHA Board members who are here to help.

VP of Boys Traveling, Jason Rogowski- Vptraveling1@omgha.com

Junior Gold Director – Dmargenau@aol.com

Registrar, Deanna Henry - Registrar@omgha.com



10 HABITS ALL PLAYERS ARE CAPABLE OF

1. Being on time
2. Work ethic
3. Putting in effort
4. Being positive
5. Being passionate
6. Being teachable
7. Being prepared
8. Doing extra
9. Being supportive
10. Being kind

OMGHA COACHING FOCUS POINTS

- Coach all players to their ability
- Engaged coaching staff
- Explain the 'how' and the 'why'
- Active practices
- Fun for all

WEBSITE

www.admkids.com

OMGHA PLAYER REGISTRATION

2023-24 Age Eligibility Classifications

Junior Gold 06/01/2004 - 05/31/2008

Junior Gold 16 06/01/2006 – 05/31/08

Must be attending high school

Click [here](#) for 2023 - 2024 registration information.

Registration and Team Fees

The OMGHA Hockey Association registration fee covers the costs of jerseys/socks, tryouts, practice ice (up to a budgeted amount per level), games, tournaments, Junior Gold High School League (JGHSL) fees and the administrative costs of the Association.

Costs for the travel season are broken into two items: **player fees** and **roster fees**.

The Junior Gold Travel team **player fee** for the season is \$1,600.

After tryouts and team placements are made, certain teams may also have a Roster Fee to cover the cost for their additional ice time and tournaments. This fee will be collected via check at the first team meeting. The goal of the payment process is to create transparency to costs prior to the season and to prevent confusion/create efficiencies around collection of subsidy payments.

Complete details on 2023 - 2024 player and rosters fees can be found [here](#).

In addition to the player and roster fees, it is important to understand that each travel hockey team may also create a team fund to cover additional team costs such as team parties/banquets, additional practice ice/scrimmages, player gift's, coach's gifts, etc.

Other costs such as equipment, away tournament hotel rooms, team apparel, etc. will be incurred directly by you.



OMGHA PLAYER TEAM EXPECTATIONS

OMGHA's goal is to ensure all OMGHA children who want to play hockey can do so. Considering the total cost of travel hockey, if you believe you are going to have difficulty affording hockey this season, we strongly encourage you to consider [applying for a scholarship](#) for the registration fee to bring down the total cost of hockey or develop payment plans that will work with your financial situation.

Time Commitment: At the Junior Gold level, average weekly ice time will consist of an average of 3-4 ice sessions plus team per week.

Attendance: Players are expected to be at practices and games. Coaches put in a lot of time to appropriately plan practices and game lineups to maximize player development based on a full team. Please communicate with your head coach and manager if your player will be absent.

Metro Area Tournaments: Teams at the Junior Gold level will have up to three local tournaments. Some teams may qualify for Junior Gold Playoffs and MN Hockey State tournaments at the end of the year as well.

Parent Volunteer Duties: As a parent, you will be relied on by your team to volunteer services for a variety of team needs. This ranges from locker room parent, clock/scoring/penalty box duties, dryland coordinator, tournament volunteer roles, and year-end party coordination. The support of the families on the team are critical to a successful and enjoyable season for the players. Don't be shy. Raise your hand to help, there's always someone available to help you learn something new at the rink.

DIBS: OMGHA does NOT require Junior Gold families to complete volunteer hours.



OMGHA PRESEASON DEVELOPMENT CLINICS

OMGHA offers preseason Junior Gold Camp skaters and goalies to help them prepare for tryouts and the upcoming season. The goal of this program will be focused on getting back to association hockey through great training run by our experienced skills team. The sessions will be setup to follow age-appropriate training with groups that are age and ability based to allow for maximum skill and confidence development in the game of hockey.

The Junior Gold Camp consists of seven practices skill session and four 3v3 games at Velocity Ice Center.

Players who are trying out for the High school teams and participating in the High School Captains may also participate in the Junior Gold Camp.

OMGHA Coaches and skills committee members strongly encourage participation for all players, especially if a player hasn't been on skates much – or at all – following the completion of the prior winter season.

Registration for the Junior Gold Camp can be found on the OMGHA Junior Gold page



OMGHA JUNIOR GOLD TRYOUTS

Junior Gold Tryouts will consist of three skater and goalie sessions. The objective of the tryouts is to place players on the appropriate team based on their skills.

Player Tryout Jersey

All players will be provided with a reversible tryout jersey and tryout number at check-in. This jersey should be worn to each session by your player. The tryout jerseys must be returned the last night of tryouts. Failure to return the tryout jersey will result in a \$50 fine to be paid by December 31st of the season.

Tryout Attire

Players should wear either black or white hockey socks, with no mismatched pairs. OMGHA hockey socks are also an approved alternative. No stickers will be allowed on helmets; please have them removed prior to attending your first session.

Please see the Junior Gold tryout schedule on the OMGHA website at the following link:

[OMGHA Junior Gold Tryout Info](#)



OMGHA JUNIOR GOLD TRYOUTS

Daily Tryout Session Assignments

Daily session assignments will be posted to the **OMGHA website** the night before each tryout day. It is your responsibility to monitor the website and understand which session you must attend based on the session your players tryout jersey number is listed. Junior Gold Tryouts are open.

1. Tryout jersey numbers will be assigned at check-in on Day 1. Use this number all week when looking for session assignments.
2. Tryout jerseys are reversible – black and grey. Jersey color will be noted on each days posting.
3. A PDF will be placed on the Junior Gold tryout page, like below, detailing daily assignments.



OMGHA PLAYER EVALUATION

During each tryout session a panel of independent evaluators will score skaters on a preset scale, following a common scoring structure. Evaluators are chosen for their hockey knowledge and are trained on the process to consistently evaluate the participants. Evaluators look for complete hockey players with strengths balanced across: Skills, Hockey Sense, Body Language and positive contribution to team play.

Scores from each evaluator are recorded, averaged and used for subsequent tier assignment and final team selection. Keep in mind that scores from each session are added together to create a final score for final team selection. In addition, each player can move up or down based on each night's performance. Therefore – each session matters.

Scoring

Skaters will be scored on a scale of 1 through 7 during each drill and scrimmage session. The higher number equates to a better score. For example, a player receiving a score of 5 completed the drill more proficiently with what the evaluators are looking for compared to a player who scored a 2. Daily scores will be weighted equally.

In general, evaluators will be looking for a combination of skill proficiency during individual sessions to appropriately group skaters for scrimmages days. During the scrimmages evaluators are looking for overall hockey knowledge, quickness, playing with and without the puck, hustle, teamwork and ability to move the puck. Goalie evaluators are looking for quickness, ability to track the puck, overall positioning, rebound control, footwork, and ability to use both stick and glove while never giving up on the play.

Player Tryout Absence

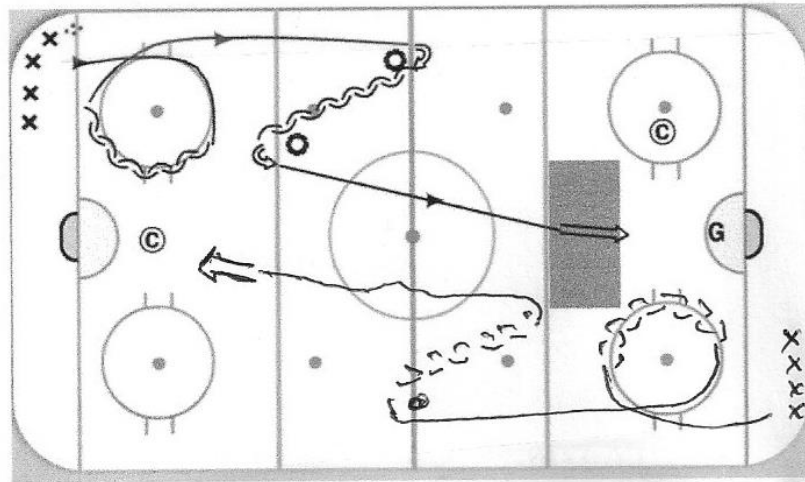
If you are too sick or injured to participate in tryouts, a parent is responsible for contacting the Level Director Dave Margenau *BEFORE* tryouts begin. See [OMGHA handbook](#) for Injury and Sickness policy.



OMGHA JUNIOR GOLD PLAYER EVALUATION

Day 1 – Drills

Drill #1: *Crossover, Transition, Shot (15%)* Players start with the puck in corner, forward and backward crossovers on circle, skate to red line, backward to blueline, forward to top of circle and shoot on goal.



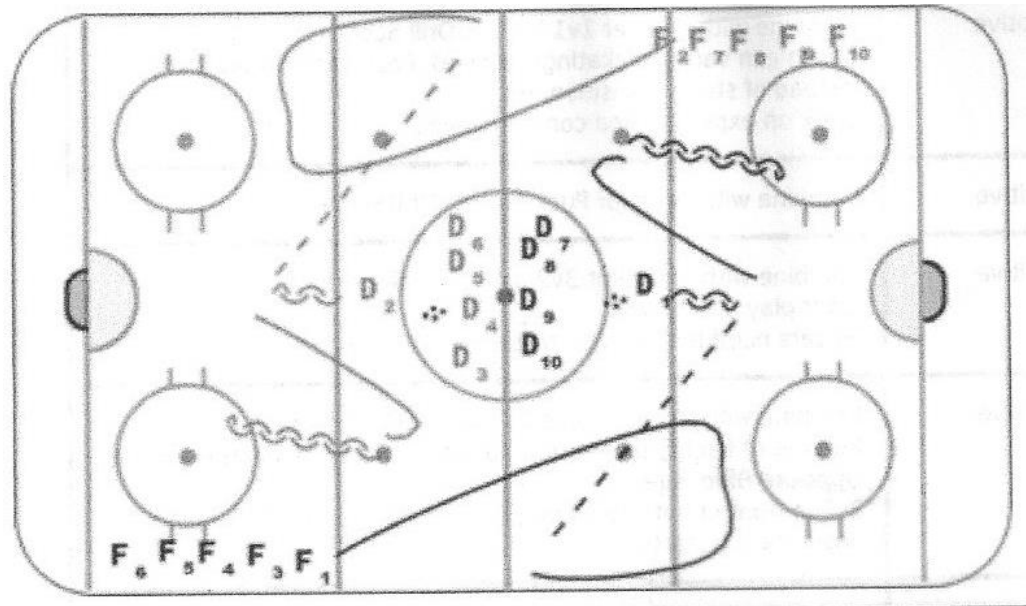
Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill do not panic just retrieve the puck and complete the drill as outlined.



OMGHA BANTAM PLAYER EVALUATION

Day 1 – Drills

Drill #2: Plunger 1v1 (15%) – D11 starts in the center ice circle, skates backwards with the puck below the blueline. F1 starts on the far wall skates forward to the blueline to support and get pass. D1 passes to F1. D1 gaps up to play 1v1 from F2 on other side.



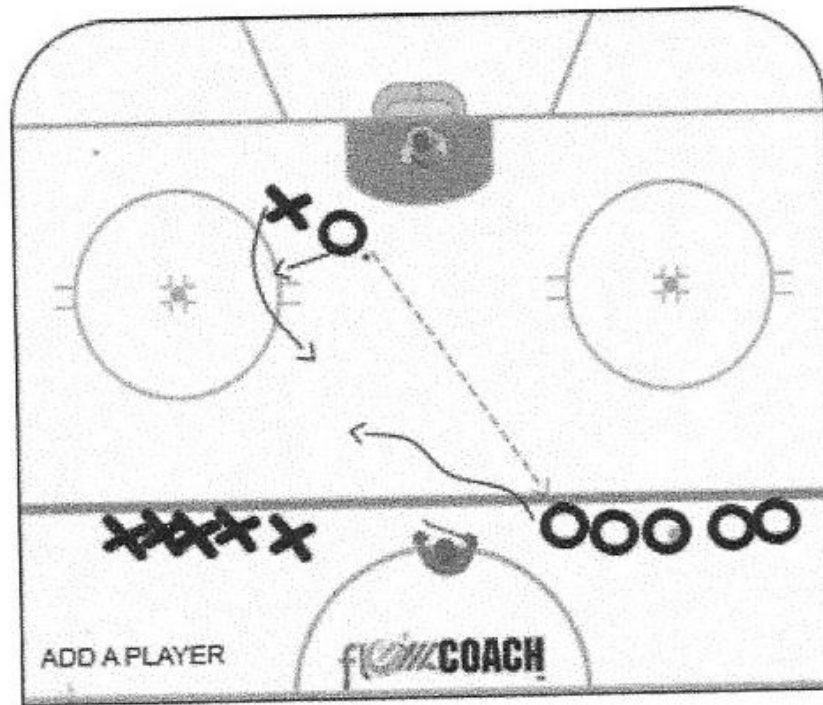
Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill do not panic just retrieve the puck and complete the drill as outlined.



OMGHA BANTAM PLAYER EVALUATION

Day 1 – Drills

Drill #3: *Add a Player Small Area Game both Ends (30%)* . Players on the blueline in two teams. Coach spots the for a 1v1 battle. Which ever player wins the race can pass to their team to create a 2v1. Coach can release a 4th player for the defending team after 3 – 4 seconds to create a 2v2. Either team can pass to their team to create a 3v2. Again the coach can release a player to create a 3v3. The player that receives the pass to join on the offense must take the first shot. Play continues until a team scores or coach ends play.



OMGHA BANTAM PLAYER EVALUATION

Day 1 – 4v4 Scrimmage – Full Ice

4 on 4 (40%) scrimmaging will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out ever 45 seconds. Goalies will rotate on and off the ice in a pre-determined rotation schedule.

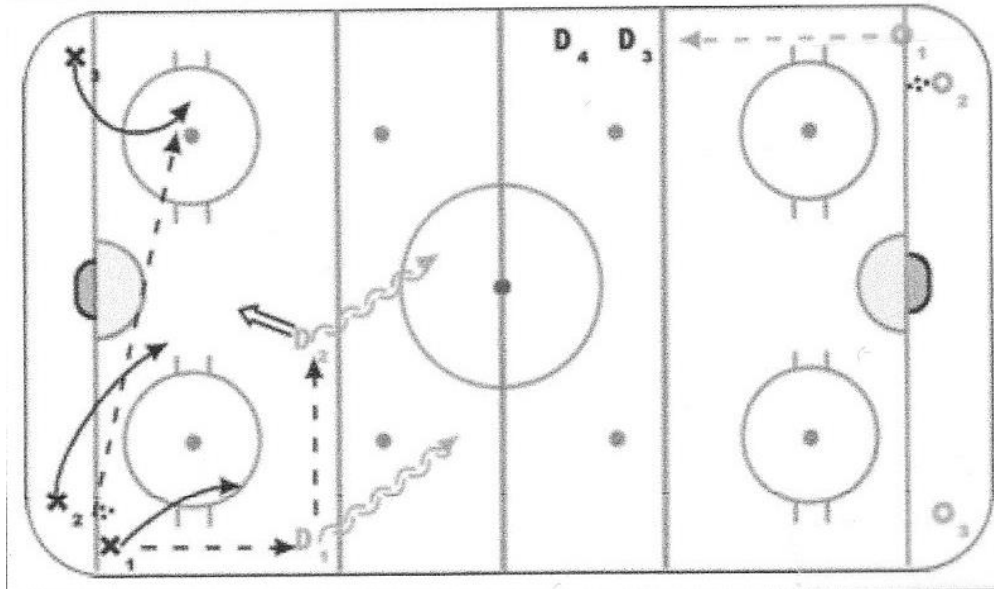


OMGHA JUNIOR GOLD PLAYER EVALUATION

Day 2 – Drills

Drill #1: Slapshot 3v2 (15%) On the whistle, X1 pass to D, X1, X2 and X3 go to net, D to D pass and shot. After the shot, 3 X's get the puck from X in the corner and attack 3v2. Play it out on the other end. After playing it out, whistle, 2 D step out from blueline get a pass from O1 in corner, X's and D stay in front of the net for screen/tip/rebound. Let it play out, while the 3 O's start a 3v2 going the other way.

Note: Players will get multiple reps at each drill station. If a player loses the puck or falls during a drill do not panic just retrieve the puck and complete the drill as outlined.



OMGHA JUNIOR GOLD PLAYER EVALUATION

Day 2 – 4v4 and 5v5 Scrimmage – Full Ice

4 on 4 (45%) and 5 on 5 (40%) scrimmaging - on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Goalies will rotate on and off the ice in a pre-determined rotation schedule.



OMGHA JUNIOR GOLD PLAYER EVALUATION

Day 3 –5v5 Scrimmage – Full Ice

5 on 5 scrimmaging (100%) will take place on full sheet of ice with goalies in each net. Both skaters and goalies will be evaluated. Players will rotate in and out based on a pre-determined rotation schedule. Goalies will rotate on and off the ice in a pre-determined rotation schedule.



OMGHA BANTAM TEAM FORMATION

After all tryouts have been completed and evaluators scores finalized, team formation will occur. We are planning for 3 teams at the Bantam level.

- **Junior Gold A**
- **Junior Gold B**
- **Junior Gold 16 (Birthdate 6/1/2006 – 5/31/2008)**

Tryout Scores will be used to determine teams. Team selections will be made in accordance with OMGHA tryout policy and are final. After team selections are complete, you will be able to check the OMGHA website to find your team assignment for the season.

You will also be contacted by coaches and/or managers providing information regarding team assignment and date of first practice or team meeting.

