

2023 – 2024

Anoka-Rogers Girls Co-op

TRYOUT PACKET

For Traveling Team Hockey



Tryout Selection Process

The following tryout selection process will be used for teams authorized by the AAHA & RYHA Boards prior to the start of tryouts.

I. PLAYER PARTICIPATION & MOVEMENT POLICY

Player Movement & Advancement:

The Board of Directors believes that players should generally play on teams as defined by the Minnesota Hockey age groups. Once tryouts have started at the player's chosen level, they are required to stay in the pool they have selected to try out for that season unless noted otherwise in the policies below.

Playing with Peer Grade:

For the player who is not eligible for the level of their “peer grade” per the birth date parameters, they will have the opportunity to play up a level should they choose, provided their birth date is within one year of the cutoff date mandated by Minnesota Hockey. This affects young players relative to their grade. Players not eligible per their birth date, but entering:

- 4th Grade: may play U10
- 6th Grade: may play U12
- 8th Grade: may play U15

These players will have the opportunity to move-up a level, should they choose to when they register. Playing with a child's Peer Grade is not subject to AAHA & RYHA Co-op Board approval, but parents may be required to produce verification of the child's school grade if requested.

Skills-based move ups:

Mite/U8 to U10:

A skater at the A or B Mite youth level or U8 girls team who exhibits exceptional skills may be invited to try out for the U10 traveling teams, following the criteria listed below:

- The skater or goaltender must be within 1 year of U10 eligibility, based on age or grade
- There is room on the team for the skater/goalie. A full team is defined as 13-15 skaters and 2 goalies.
- The skater/goalie can land anywhere within the team tryout ranking to make a team.

All skaters and goalies (Anoka ONLY) will be required to pay a tryout fee which includes six pre-skate ice hours and three hours of independently evaluated tryout hours. The co-op voting team will discuss and approve all move-ups based on numbers, prior year team/level, and discussions with prior year coaches.

U10 to U12:

Players in their final year of U10 eligibility by age that have played at least one year at the A level will be eligible to try out for U12.

- There is room on the team for the skater/goalie. A full team is defined as 15 skaters and 2 goalies.
- The skater/goalie can land anywhere within the team tryout ranking to make a team.

U12 to U15:

Players in their final year of U12 eligibility by age that have played at least one year at the A level will be eligible to try out for U15.

- There is room on the team for the skater/goalie. A full team is defined as 15 skaters and 2 goalies.
- The skater/goalie can land anywhere within the team tryout ranking to make a team.

U15:

In the Absence of a U15 team, those players who would have skated U15 are eligible to tryout and play another year of U12.

Per Minnesota Hockey:

For the 2022-23 and 2023-24 seasons, the following rules will be in effect.

Any 13-year-old girls (June 1, 2009-May 31, 2010 for 2022-23) whose association does not offer a 15 & Under team would be eligible for a play-down exception with these requirements:

- All teams with 13-year-olds must participate at the 12U A level. *Note: Associations may petition for an exception to this rule, which would be determined by a three-person committee consisting of the appropriate District Director, the VP Gold Region and VP Maroon Region.*
- All teams must adhere to the Minnesota Hockey rule of 2/3 of players on the team being from the designated age classification. No more than 1/3 of players on a team may be play-ups or play-downs.
- Every player must complete the USA Hockey play-down request form and receive an approval letter.

Other Player Movement

Once a player begins the tryouts selection process, it is understood that the player will have declared their intent to play that season at the level they have chosen regardless of the outcome of tryouts, unless noted above. A player may be moved after the start of tryouts only for extreme reasons; regardless if the move is up, down, lateral, or across youth & girls divisions.

Once selected to a team, the Parent(s), both coaches involved, and the AAHA and RYHA Executive

Boards & Girls Directors must all agree to the move.

- Any persons requesting approval to play at an older level not covered in the grade level policy above or the Mite/U8 policy below must submit the request in writing or email at a minimum of 10 days prior to September 28th at 8:00 pm to the Tryout Director (Anoka) or Level Director (Rogers).
- All move-up requests are subject to final approval by the AAHA & RYHA's Boards

Required Uniform

Skaters must use home socks (white), no exceptions without prior approval. No bright colored laces or stick tape colors will be permitted. Skaters and goalies will be required to wear the tryout jersey given to them at check in. Skaters will not be allowed on the ice until they are in proper uniform. There may be exceptions to goalies due to size and fit of jerseys, however this must be approved by the tryout director before the goalie steps on the ice. Black and maroon helmets, gloves, and breezers will be considered acceptable uniform attire.

To maximize ice time, skaters should be at the arena 45 minutes early and be ready to skate at least 10 minutes before the scheduled session. PARENTS, THIS IS YOUR RESPONSIBILITY. The proceeding session may be completed early. Detailed restrictions on timing, home dressing and other measures will be shared prior to tryouts.

Tryout Process

Using a random schedule, skaters will be divided into groups for each scrimmage session. These groups will be posted online through the association's website prior to tryouts. Each skater will participate in all independently judged sessions. These may consist of skills, small area games, and scrimmages. For 2023-2024, these sessions will consist of four/five full ice 4vs4 or 5vs5 sessions for all age groups. Each group will be broken down into lines of four/five skaters. These lines will skate together for 60-second shifts. The lines are changed by random so each skater is skating with and against new skaters for subsequent shifts. Each player will be randomly selected to play an assigned position (e.g. forward or defense). Each player will skate approximately the same number of times at each position (e.g. 6 times at forward, 6 times at defense). Each judge will evaluate each player over the course of the hour and each judge will give three scores per player over the hour session.

If a player elects to not be part of the tryout process, the skater will be automatically placed on the lowest level team. In the event a Rogers' skater/goalie elects to not tryout, a request must be submitted in writing to the Girls Director (registration fee will not be adjusted).

II. TRYOUT SCORING

Each skater will receive three scores comprised of impressions from all of the following hockey player qualities. (the "whole package", no one skill is more valuable). Each player will be graded from 1 to 9

with 1 being the lowest. Judges will base the player's scores on the following (but not limited to) skills:

1. Offensive Skills to be evaluated are as follows:

- a) Skating (forward, backward and lateral mobility)
- b) Positional Play (what does the player do without the puck)
- c) Shooting
- d) Puck Handling
- e) Play-making
- f) Passing

2. Defensive Skills to be evaluated are as follows:

- a) Skating (forwards, backwards and lateral mobility – backward and lateral mobility is especially important for defense)
- b) Positional Play (reading the play and reacting to it)
- c) Angling
- d) Back-checking

3. Attributes which affect both offensive and defensive skills:

- a) Competitiveness
- b) Desire / Attitude on Ice / Team Play
- c) Hustle / Persistence / Perseverance
- d) Aggressiveness / Giving and Taking Body Contact / Body Checks (Bantam only)
- e) Unselfish and team play characteristics

Evaluators and coaches are instructed to deduct points from players' score for any penalties they believe are flagrant.

At the end of the three independently judged sessions, skaters will be ranked from highest to lowest total scoring points and the top players, depending on the number of teams authorized by the AAHA & RYHA Co-op Boards, will participate in up to 4 additional hours of coach's tryouts. The tiebreaker system established in the "Notes" section will be used to break all ties.

Tryout Absence Procedures:

Besides being absent for a family emergency or medical issue, there is zero tolerance for a player missing a tryout session. If a player misses their allotted tryout time, they will receive a zero for that session. If a player leaves halfway through a tryout session (with the exception of illness, injury or family emergency), their previous scoring will remain, however all future shifts for that session will be scored a zero. In the event of an unavoidable absence, the RYHA Tryout Director or AAHA/RYHA

President should be notified of the absence.

The only exception to the policy stated above is if the player is missing because of a logistical conflict with participating in the District 10 Tier 1 Youth or Girls select team tournaments or playing in a Varsity level, Minnesota State High School League sanctioned game, meet or match. These would include Boys & Girls Soccer, Boys & Girls Cross Country, Football, Girls Tennis, Girls Volleyball, and Girls Swimming and Diving. In this case, the Parent/Guardian of a player must approach the AAHA or RYHA Girls Director or President with an appeal for a tryout session waiver, the player will instead receive a 'null score' for the missed session (total score averages will be summed from remaining attended sessions for that tryout phase) instead of a zero (0) score.

All evaluators have met the following criteria. They must have played post High School hockey or Head coached 2 years of Bantam A or higher. Evaluators cannot evaluate in an age group that they have a child competing. The list includes individuals from within and outside the Anoka/Rogers area. They are knowledgeable and experienced with evaluating hockey skill. They are dedicated individuals who are passionate about hockey.

III. TEAM SELECTION PROCESS

Team size (skaters and goalies) will be determined by majority vote of the AAHA & RYHA Co-op Board prior to selection of 'A' level teams.

The composition of the "A" Team pool for tryouts will be determined based on the number of participants in that specific level, as decided by the Tryout Director with the endorsement of the Traveling/Girls Directors and the Executive Boards. In accordance with the judges' scoring, the top 150% of ranked players will be added to the "A" Team pool for the remainder of tryouts (e.g. If the determined roster size is 14, 21 players based on evaluators score will be apart of the "A" pool for the remainder of tryouts.). Goalie will be placed within the tryout pool using the same 150% rule as skaters (e.g. if the determined roster size for goalies is 2, 3 goalies based on evaluator's scoring, will be a part of the "A" pool for the remainder of tryouts.)

10U:

70% of the teams roster shall be determined by the evaluator's scoring. The remaining skaters will be placed on the team based on tryout score and the head coach's input. Goalies will be scored with 60% based on skill and 40% based on scrimmage. The head coach will be responsible for explaining and justifying their recommendations for each player affected.

12U:

60% of the teams roster shall be determined by the evaluator's scoring. The remaining skaters will be placed on the team based on tryout score and the head coach's input. Goalies will be scored with 50% based on skill and 50% based on scrimmage. For the 12U level of play, the coach may use factors such as work ethic, attitude, ability to work within a team, coachability, leadership, physical ability, past behavior of player and past behavior of parents.

15U:

50% of the teams roster shall be determined by the evaluator's scoring. The remaining skaters will be placed on the team based on the tryout scores and the head coach's input. Goalies will be scored with 40% based on skill and 60% based on scrimmage. For the 15U levels of play, the coach may use factors such as work ethic, attitude, ability to work within a team, coachability, leadership, physical ability, past behavior of player and past behavior of parents.

Goalies:

Will be evaluated by an independent goalie evaluator during skills and/or scrimmages. Goalie selections are determined by the head coach from the 150% pool, subject to final approval by a group consisting of at least 3 of the following: President, Vice President, Hockey Director and appropriate Level Director.

A Level Selection:

Up to the top 25 skaters, will have up to 4 hours of ice tryout time with the 'A' level coach. The coaches may use drills, internal scrimmages and external scrimmages for these sessions. The coach has the ability to pull skaters off the ice during scrimmages.

The 'A' level coach will declare his/her proposed players selection to the Tryout Selection Committee (appointed by the AAHA/RHYA Boards) – made up of at least 4 members (2 Anoka/2 Rogers) which may also include the Rogers Tryout Director– for discussion and approval. Selection Committee members will be excluded from the meeting at levels their child(ren) is involved.

The order of events will be as follows: the A level coach may be provided access to the rank groupings, but not score, for each player at that level who has demonstrated the ability, based upon tryout score, to make that coach's team. The A level coach can solicit feedback from those in attendance in order to complete and submit a proposed roster of the team under consideration. The proposed head coach will then be asked to list his/her roster for the group to review. Any changes from the final order derived by the tryout process offered by the evaluators will need to be discussed and defended by the coach to the group. The group will be responsible for thoroughly discussing those changes amongst themselves and to make sure the manual is being followed. Final decisions on rosters will be made by a group consisting of some or all of the following: President, Vice-President, Athletic Director, Tryout Director, head coach and Girls Directors.

The players not selected for the 'A' level team will be divided as equally as possible into one or two B teams. In the event that a B1 and B2 level team is declared, players that participated in the top level tryout, but were not selected for the A team, will be automatically placed on the B1 team.

NOTES:

1. All skaters and goalies are expected to attend all scheduled scrimmage sessions including Coaches' Selection ice times. Under extreme circumstances, the Rogers Tryout or Girls Director/Rogers Athletic Director/Girls Director or AAHA/RHYA President should be contacted to request an absence. See 'Procedures for Injuries' if absence is due to a medical issue.

2. The following systems will be used for all situations in which two or more players have identical scores. Of the four tie-breakers below, the first tie-breaker will be used to determine which player has scored the highest in that area. The player scoring the highest will be given the position. We will continue down the list until the tie is broken.

SKATER - TIE-BREAKERS

- 1) Third scrimmage total score
- 2) Second scrimmage total score
- 3) First scrimmage total score

All things being equal, a second year player should be chosen over a first year or “move up” player. In addition, all things being equal, if two players are “moving up,” and their tryout scores are equal, the player in the higher school grade will be given priority to “move up” over a player in a lower school grade.

3. It is the responsibility of the Board to communicate to the parents that the tryouts are a time for evaluation and skill grading. Parents should refrain from applause and encouragement.

4. In the event a U15 skater is selected for a High School Varsity or JV team, the ‘A’ level coach may select another player from the ‘A’ level pool. If a U15 goalie is selected for a High School Varsity or JV team, the next highest scoring goalie will move into that goalie position. All skaters and goalies are expected to attend all scheduled team sessions unless prohibited by the Minnesota State High

School rules. GIRLS WHO DO NOT TRYOUT FOR 15U BUT LATER DECIDE TO PLAY IF THEY DON’T MAKE HIGH SCHOOL TEAM WILL NOT BE ELIGIBLE TO SKATE ON THE U15A TEAM AND MAY NOT BE GUARANTEED A SPOT ON THE U15 TEAM DEPENDING ON TEAM NUMBERS.

5. Any questions regarding the tryout and team selection process shall be directed to the Tryout Director.

GOALIES

Goalies should arrive at the arena 45 minutes early for each scheduled session. (PARENTS, THIS IS YOUR RESPONSIBILITY.)

Pre-skate and drill familiarization: Depending upon the number of goalies, there may be more than one session. Goalies will be notified what session they will be in after the final registration dates.

Each drill will be demonstrated and then each goalie will have an opportunity to work on the drill at least once (or more if time permits).

No judging will be done at this time.

A. Drills

Each goalie will perform four drills to demonstrate their overall goaltending proficiency. Each goalie will

receive an overall score comprised of impressions from all of the following goaltending qualities (the "whole package", **no one skill is more valuable**). The scoring will be done by the goalie specific evaluators. Each goalie will receive a score from each evaluator for each drill skated. Each goalie will be graded from 1 to 9 with 1 being the lowest. Scoring will be based on (but not limited to) these skills:

a) Playing Angles

b) Playing and control of rebounds

c) Saves

d) Stick Position

e) Glove Position

f) Basic Stance

g) Quickness and agility

B. Scrimmages

Goalies will participate in all scrimmage sessions. Using a preset random schedule, participants will be assigned to each session by group. The goalies will follow a predetermined rotation to change ends during the scrimmages to assure equal opportunities to get scored. The rotation schedule will be determined by the number of goalies participating in each session.

Goalies will be evaluated at both ends of ice but will receive only one score from each judge per appearance on the ice. These skills will be graded from 1 to 9 with 1 being the lowest.

C. Selection for Traveling

The goalies will be ranked by their cumulative scores after the scrimmages and drills are finished. The tie-breaker system established for skaters will be used to break all ties in the goalie selection process.

The top 2 or 3 scoring goalies (depending on # of teams and natural scoring breaks) will have up to 4 hours ice tryout time with the 'A' level team. The 'A' level coach will select 1 or 2 goalies and present his/her selection to the Tryout Selection Committee (appointed by the AAHA & RYHA Board) – made up of at least 4 members (2 Anoka/2 Rogers) including the Rogers Tryout Director and Rogers Athletic Director – for discussion and approval. Selection Committee members will be excluded from the meeting at levels their child(ren) is involved.

The goalie(s) not selected for the 'A' level team will be placed on the next level team. Note: The "highest score" will be used to select goalies at any level for teams added after the start of tryouts. Traveling teams are not obligated to carry 2 goalies.

D. Goalie Tie Breakers

The following systems will be used for all situations in which two or more players have identical scores. Of the four tie-breakers below, the first tie-breaker will be used to determine which player has scored the highest in that area. The player scoring the highest will be given the position. We will continue

down the list until the tie is broken.

GOALIE - TIE-BREAKERS

- 1) Drill score total
- 2) Third scrimmage
- 3) Second scrimmage
- 4) First scrimmage

IV. Procedures for Injuries

1. The Parent/guardian must notify the AAHA/Ryha Board President or the Rogers Tryout Director/Rogers Athletic Director or Girls Directors in writing, of the player injury prior to or during tryouts.

2. Injured or sick players must provide a written doctor's note.

3. Policy pertaining to "Timing of Injuries":

Prior to tryouts: Coach must hold spot at designated level if player is cleared to return to ice prior to the end of 2nd level tryouts. Coaches may hold a spot at designated level if the player is cleared to return to ice after the end, but prior to October 31, 2023.

During 1st level tryouts: If at least 60% of the possible opportunities have been scored, the remaining percentage of scores will be averaged. If less than 60% of the possible opportunities have been scored, then the injury policy prior to tryouts will be utilized.

During 2nd level tryouts: Coach must hold spot at designated level if player is cleared to return to ice prior to October 31, 2023.

Coach may hold a spot at designated level if the player is cleared to return after October 31, 2023.

Second Year Player: Team Last Year Opportunity At

A, B-1, B-2 1st level

First Year Player: Team Last Year Opportunity At

A or B-1 1st level

B-2 2nd level

Mite to U10: Team Last Year Opportunity At

A-Mite 1st level

B-Mite or lower 2nd level

4. After obtaining a written release from a doctor, the player will practice with the team according to the "timing of the injury policy". The team coach will report to the Tryout Selection Committee as soon

as possible, but not more than four scheduled ice hours later, the status of the player and if he/she wants to select them or not.

If not selected, the coach of the next lower rated team has the same privilege, etc. All reasoning and selection choices will be approved by the Tryout Selection Committee.

If the injured player has an injury that will not allow them to participate until after the cutoff date for roster sign off with Minnesota Hockey then the coach in descending order of the held open team has the option of choosing that player for his/her team with approval from the Tryout Selection Committee. In this situation, the player is not guaranteed a position on a traveling team. Coaches are encouraged to select players and finalize their roster as soon as possible. If the player is not chosen, he or she can join the 'B' program, if available. If the Anoka/Rogers co-op does not have a team at that level, the player may be waived to another association.