



18/16U Snowbelt Team Handbook

2018-2019 Season

Summary



This document is intended to outline two separate items (1) some of the basics of how players and families get information and (2) some basic information to help players know what is expected and what the season will bring.

Communication in the Nutshell

Team communication will utilize a few different mediums and the coaches work to keep it to a minimum so that you are not getting constant contact from us. The website is where the team calendar is kept so if you are looking for the most recent calendar data this is the best source. You will get regular emails both from coaches, team manager, and automated notes from the system but these are normally sent when changes have been made just to make you aware. Section 1 will go through some details on this.



TASKER: I will need a good email and mobile phone number(s) that you would like to use for team communications. Please email them to Chad at ckoros1835@gmail.com if you have not done so already. Include as many numbers/emails as you would like.

Objectives – Team Concepts and Expectations

In an effort to share some data with the team this second section provides a baseline of team concepts and expectations. Most of this is delivered in practices but it normally is contained in discussions and the more we talk the less we skate. In an effort to skate more the following is put forth as a little reading homework as we get started.

We will work on the concepts, systems, and strategies until everyone gets comfortable - then we will spend time figuring out what options each player has within that system. Over time you will find that you each have room for creativity in this system as you get more comfortable and at the end of the day it should be an easier system to play in because you will not only know where you need to be but where every other player on the ice needs to be. Same for the goalies, they should be able to read our team to know exactly who has which player as an assignment and know where they need to focus.



NOTE: We will need to play as a team this season to stay competitive. There can be no room for individuals because even the best players cannot usually pull us out of a loss against a good team.

As a team we will look for captains and alternate captains this season. This position will require you to take control in certain situations in both practice and games. We will determine after the start of the season how they will be chosen and if they will alternate but my expectation is the coaches will pick after getting input from the players and at this point it would be for the duration of the season.

Team Communications and Information

Overall the Midget team is made up of teenagers so coaches do expect some kind of responsibility from them when it comes to communicating with coaches. We will leave it to the players and their parents to figure out what works best for relaying information. This said, all the coaches are approachable and if anyone has any questions or concerns please let us know.

As stated above we try to minimize communications, this means players and parents are expected to be checking the website and email for regular information. Time critical information will be texted or you will be called (normally rink/game changes last minute or weather cancellations). Hopefully all your questions are answered below.

Team Website – www.centerstatehockey.com

Team information can be found at our website and our team webpage is under the Team menu, select MIDGET and MIDGET SNOWBELT. This page has our roster, schedule, status, etc. This schedule is where all up to date team data is kept, as soon as we get changes we change the website so if there is a question please go here first.

SportsEngine Mobile App

It is highly recommended that you make use of the Mobile App for our team on your smartphones. The app is custom built for display of data on your phones and make life easier to check on our team. The SportsEngine mobile app is available for iOS and Android devices and is available on the Apple App Store and on Google Play.

For Your iPhone Device

To install the SportsEngine app on your iPhone, do the following:

1. On your device, open the App Store.
2. Search for SportsEngine.
3. Tap the **Get** button to begin installing the app.
4. Open the app on your device.
5. On the **Settings** tab, tap **Account** and tap the **Sign In** button to sign into your SportsEngine account.

For Your Android Device

To install the SportsEngine app on your Android, do the following:

1. On your device, open Google Play.
2. Search for SportsEngine.
3. Tap the **Install** button to begin installing the app.
4. Open the app on your device.
5. On the **Settings** tab, tap **Account** and tap the **Sign In** button to sign into your SportsEngine account.

Game RSVP

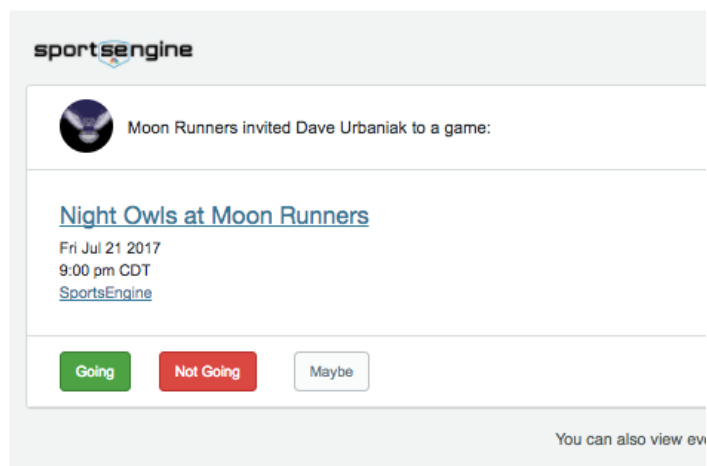
I am going to try a feature on the website this year but need everyone to participate. I ask the players to let me know when they must miss practice and letting me know at a practice is fine. What I would like is for them to let me know via the RSVP function in the app or via email (instructions below) for games as early as possible. The options are Yes, No, Maybe. This allows the coaches to plan for the weekend games with more advanced notice.

RSVP to a Game or Event

When your Team Manager or Coach creates a new game or event and invites you, you will be notified of the event (through email, the website inbox, and text notification based on your preferences) for which you need to RSVP. You can RSVP from any of these locations. All email addresses associated with the roster player will be sent the invitation/RSVP email.

RSVP from an Email

You will receive an invitation email to which you can RSVP. There is no need to log in to the team website to RSVP, simply click a button within the email indicating that you are Going, Not Going, or Maybe.



RSVP from the Mobile App

You will receive a message in the Your RSVPs section of the mobile app to which you can RSVP. You can also RSVP in the Your RSVPs area when you are viewing a game or event. There is no need to log in to the team website to RSVP, simply tap your response indicating if you are going, maybe going, or not going. You can also add a note.

1. Open the SportsEngine app and log in
2. Tap the **Schedule** tab
3. Tap the game or event
4. Select **RSVP**
5. Indicate whether you are going (✓), not going (x), or undecided (?)

You can change your response at anytime following the same instructions.

RSVP from Team Center

You can also see who from your team has responded to the invitations and RSVP for a player under your account from Team Center.

1. Go to the teams tab of your user dashboard
2. Click a team name to get to Team Center
3. Click the **RSVPs** tab
4. Click the **V** next to the players name
5. Select **Yes, No** or **Maybe**

Text Messages

In the event there is a last minute change I normally use a team text message to do this. I use a tool called GroupMe to organize all of this so as I add your cell numbers you may get a notice letting you know you have been added and offering to take you to a site to get the app. I do not think you need to app for this but it is an easier way to use the service for me. Please make sure you have provided us with the best means to communicate with you.

Team Concepts and Expectations

Hockey is very much a team sport and the season should be played with this constantly in the forefront of your mind. This said, teams can be helped or hindered by individuals varying skill levels and how much they work on them. This first section covers series of key basics that can help in the individual success of you as a player and ultimately on the team.

Overall Fitness Level

I could go on for a few paragraphs but in a nutshell everything you do to advance your personal athletic ability and fitness level will help you on the ice. You must find some way to cross train as it all helps. Running, body weight or weight room exercise, cross-fit, etc. Just playing hockey will mean some muscle group stay fit but others will see atrophy and it will cost you in speed, balance and power. It is recommended you at least to some cardio a few times a week, variations in lunges to keep your leg muscles responsive and something as simple as push-ups, pull-ups and sit-ups or crunches (planks are even preferred) will all help.

A Hockey Players Diet

You are what you eat so always keep that in mind; pro athletes do not deprive themselves when it comes to what they eat but many talk about how they avoid or significantly reduce the amount of “bad” foods during the playing season. This can be especially important when deciding what to eat when you are between games in a tournament, shuffling from HS Practice to a CSYHA practice, or just out and on the run.

Currently, USA Hockey has a 3-step process to building meals that will pay-off on the ice with the goals of helping athletes achieve the following three goals: 1) experiencing less down time due to illness, 2) seeing more energy when they train, and 3) hopefully resulting in a faster recovery from practices and games. From a meal perspective, USA hockey seeks to promote the inclusion of 1) fresh produce and healthy oils, 2) fiber rich starches and reduce fast digesting sugars and finally, 3) diversify protein sources and opt for lower fat sources when you are active. For more nutrition information visit: <http://www.usahockey.com/page/show/2908752-hockey-nutrition> or you can go to usahockey.com and search for nutrition. USA Hockey nutrition section also provides a section on supplements and can make some recommendation on this topic.



NOTE: Coaches won't demand particular drinks for games however water is recommended during games. If you prefer Gatorade or POWERADE type drinks I ask you to try mixing it 50/50 with water to cut sugar intake. Energy drink consumption prior to games is not recommended as they have a mix of sugar that does deliver a boost of energy but includes a quick downfall within about 10-15 minutes.

Skill Acquisition – Dry Land Stick Handling and Shooting

There really is no replacement for practice, players should spend some time using an old stick and working on stick handling and shooting. An old stick is recommended because if you spend any time on concrete, black-top or wood surface you will grind away the bottom of your blade so make use of an older stick or a newer stick that may have a crack from last season. There is normally not a need to go out and buy special stick handling implements. You may find that a basic golf ball does a great job at moving fast on concrete and can be tricky to grab.

Skill Acquisition – Skating

Any time you can spend skating is a plus, but it must be mindful skating. Just going to an open rink and doing circles is OK but not as productive as it could be. If you are at open ice or skating between drills in practice take the time to skate on one foot (focus on balancing on inside or outside edge, work on one footed outside edge stops, etc. Some are surprised that even skating on roller blades can do wonders for your skating skill, especially for your turns and acceleration. As stated earlier in the fitness section, if you want to skate faster run more! This said the correlation will come only after you have worked on balance and control issues.

You may notice that earlier in the season we do a lot of skating drills because we must; skating is critical to the game! Drills will be repetitive and continual. As we get better we will modify them to make them harder. Each player is different and each one has specific styles however there are some core issues which, if corrected, could make massive improvement on balance, control, and agility and help get the speed most kids are looking for.



NOTE: When we do drills I expect most kids will be falling at different points of the drill and we are looking for this. Our goal is to push you outside of your comfort zone, if it here where you learn and improve. If you are not pushing yourself your improvement will be slowed dramatically.

Watching Games

I am a proponent of watching games but to get benefit from it and not just enjoyment it should be done in a particular way. Although TV cameras track the puck in games you should work to identify a particular player or position that you are interested in and just follow that player for their shifts as watch closely what they do while they are on the ice. Take note of where they go, figure out why they are in the position on the ice they are in and see how they react to where the puck is and how the play determines where they will go. Furthermore, be mindful of the same items when the team is on a power play, penalty kill, etc.

So much of the game is spent without a puck on your stick and early in the season we need to resolve the issue of where should you be when you don't have the puck, not where you will be when you do. The goal here is to help you better to understand where to be when you don't have the puck and watching where pro's play without the puck can help you with this and make you ask why did they do X or Y. In most cases the commentators will even talk about this.

Concepts – Flow, Read & React, Angling

Many of the drills that we will use will be aimed at teaching system concepts and methods but just going out on the ice and executing a play is difficult in Hockey as it is a sport of continual movement. What we will do is set up some basic movement drills and the focus early in the year will be on the following areas:

FLOW: This is your ability to read the speed and tempo of the play as it happens, can you join the play at the right speed and make sure that you are not pushing the tempo or making the tempo of the play drag. This will be tough to start but get easier as we work.

READ & REACT: As we go through the drills you will looking to read various items: the puck bounce, where the other team is moving toward, where your own players are and where they are going, how the play will transpire. You will then have to react accordingly. It is important that you make mental notes after each drill of what happened, what you could have done better, etc.

ANGLING: Angling is nothing more than assessing what is going on and choosing the proper angle that will achieve the outcome up are looking for. It may mean skating away in a larger arc to time picking up the puck from the wall, angling to a player to separate them from the puck, or driving a straight line in a foot race to bean the opponent to the puck. This comes with time.

Team Personalities

We have been lucky at CSYHA that this core of the team has always had a great group of players, this said we have a nice bunch, maybe too nice. I will be looking this year for more accountability of each other and ourselves. Captains should be ready to speak up to players, coaches and talk with referees about issues. Being a Captain is not an easy job

There is also the issue at 18U Midget that we are spanning 4 birth-years and all 4 high school grades. I get the differences but will push that these team mates find a way to not seem so separated. The older players should be mentoring the younger players and pointing out things where they can and the younger ones should be taking this in and looking to absorb as much as they can from more experienced players.



NOTE: Much of this year will be character development because of how it helps teams to function, we are looking for players that have character, not players that want to be a character.