

**2023  
PARENT  
INFORMATION  
MEETING**



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**THIS IS OUR BRAND!**

# OUR MISSION STATEMENT

**Prior Lake-Savage Hockey Association (PLSHA) is a volunteer organization. Our objective is to teach our players respect for; teammates, coaches, the game, and to take pride in being a Laker community. We are guided by the values of: perseverance through adversity, personal integrity, discipline, and good sportsmanship. Our success will be measured by our players reaching their potential while having fun and loving the game of hockey. It's about the kids! Dedication to our mission will ensure PLSHA is represented at the highest level possible.**

# MEET THE BOARD



**TODD LERVICK**  
*President*



**JILL CHRISTOPHERSON**  
*Vice President*



**NICOLE JACQUES**  
*Vice President of  
Administration*



**JIM AUDAS**  
*Treasurer*

# MEET THE BOARD



**KIERNAN SMITH**  
*Equipment &  
Pictures  
Director*



**KATIE HADENFELDT**  
*Tournaments*



**SARAH THOENY**  
*Governance*



**RACHEL KASHANI-LEGLER**  
*Events and  
Recruitment  
Director*

# MEET THE BOARD



**MATT CRIST**  
*Youth  
Development  
Director*



**PAUL STERLING**  
*Coach  
Development  
Director*



**SHAWN KOEHNEN**  
*Girls  
Development  
Director*



# HOCKEY DEVELOPMENT COMMITTEES

Youth  
HDC



**JOE PANKRATZ**  
PLSAS Boys HS Coach

Girls  
HDC



**KIERSTEN NELSON**  
PLSAS Girls HS Coach

**MATT CRIST**  
PLSAS  
BOYS HS  
COACH

**MATT DENMAN**  
PLSAS  
BOYS HS  
COACH

**GARETT MOSELLE**  
PLSAS  
GIRLS HS  
COACH

**JOEY LARSEN**  
PLSAS  
GIRLS HS  
COACH

**SOPHIE KOHLBECK**  
PLSAS  
GIRLS HS  
COACH

**TODD KENNEDY**  
FORMER PLSAS  
BOYS HS  
COACH

**MATT SARTOR**  
FORMER PLSAS  
BOYS HS  
COACH

**HALLE HALLBERG**  
PLSHA 10U  
HEAD COACH

**ALLEA REA**  
PLSHA 12U  
HEAD COACH

# SEASON INFORMATION



# Governance

**\*\*CLICK ON THE ICON TO BE DIRECTED TO THE CORRESPONDING WEBSITE\*\***



**USA HOCKEY**



**MINNESOTA HOCKEY**



**DISTRICT 6**



**PLSHA**



**US CENTER FOR  
SAFESPORT**

# 2023-24 Season Highlights

- **DAKOTAH HOURS - STARTING THIS YEAR THE ARENA WILL BE OPEN 30 MINUTES PRIOR TO THE START OF THE FIRST ICE SESSION ON SATURDAY AND SUNDAY MORNINGS. FRIDAY, SATURDAY AND SUNDAY THE LAST HOUR OF ICE WILL BE A 9:00 PM START TIME.**
- **ROOKIE TEAM MENTORING - PLSHA WILL GIVE THE OPTION TO HAVE BANTAM, PEEWEE, 12U & 15U TEAMS JOIN A ROOKIE MITE PRACTICE.**
- **RE-ENERGIZED PEP PROGRAM - 3 PEP SPECIFIC COORDINATORS TO HELP COACHES AND TEAMS WITH ON ICE PEP SESSIONS.**
- **PLSHA IS UPDATING THE OPERATING POLICY FOR TRYOUTS.**

# THE NUMBERS



# TRAVELING REGISTRATION NUMBERS



MITE & U6/U8 & - REGISTRATION  
CLOSES 9/19



JR GOLD/JR GOLD 16U -  
REGISTRATION CLOSES 10/31

**344 REGISTERED TRAVEL PLAYERS:**



**1%**

OVERALL PERCENTAGE INCREASE DOES NOT REFLECT  
THE 15U'S AS THEY WILL CO-OP WITH ANOTHER  
ASSOCIATION FOR THE 2023-24 SEASON.



**9%**

BANTAM  
76 BANTAM = 73 + 3 GOALIES



**1%**

PEEWEE  
91 PEEWEE = 80 + 11 GOALIES



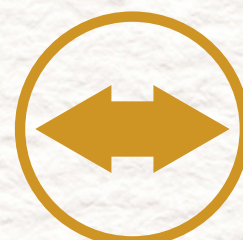
**7%**

SQUIRT  
103 SQUIRT = 93 + 10 GOALIES



**27%**

U12  
37 U12 = 35 + 2 GOALIES



**0%**

U10  
37 U10 = 33 + 4 GOALIES

# Planned Traveling Team Formation

## ANTICIPATED TRAVELING TEAMS

### BANTAM

- AA, B1, **B2, B2**, C

### 12U

- A, B1

### PEEWEE

- AA, **B1, B1**, **B2, B2**, C

### 10U

- A, B1, B2

### SQUIRT

- A, **B1, B1**, **B2, B2**, **C, C**

### 15U

- TBD

## JR GOLD PLANNING TO HOST

- 1 - JR GOLD B TEAM
- 2 - JR GOLD 16U TEAMS



# TRYOUTS





# Tryouts

**“NO MATTER HOW MANY PRIVATE LESSONS THEY GET, OR HOW EXPENSIVE THEIR EQUIPMENT IS, THE DRIVE TO SUCCEED MUST COME FROM THE KID AND NOT THE PARENT IN ORDER FOR THERE TO BE ANY CHANCE OF LONG TERM SUCCESS.”**

**-REFORMED SPORTS PROJECT**

# Tryout General Information

▶▶ TRYOUTS ARE STRESSFUL FOR ALL!

▶▶ DO OUR BEST TO AVOID FALL SPORTS AND HOMECOMING.

▶▶ CONTINUOUS IMPROVEMENT - NO PERFECT SYSTEM.

▶▶ TRYOUT INFORMATION:  
- REGISTRATION TAB  
[2023 TRYOUT INFORMATION](#)

## IMPROVEMENTS

- SCORES WILL BE RESET AFTER THE FIRST NIGHT OF TRYOUTS
- 10U/SQUIRT EXCEPTIONS FOR GOALIES AND SKATE TYING (SEE PAGE 19 FOR DETAILS)
- MORE ATTENTION TO SKATER ROTATION WITH PLAYERS ON OFFENSE/DEFENSE

# Tryout Check-In

## **\$600 VOLUNTEER DEPOSIT OR \$500 BUYOUT CHECK**

- **NOTE PLAYERS FIRST & LAST NAME + LEVEL IN MEMO LINE**

## **OTHER ITEMS:**

- **NAVY HELMETS ARE REQUIRED FOR TRYOUTS.**
- **ONLY LAKER COLORS ACCEPTED (NAVY/GOLD JERSEY AND SOCKS). WE WILL PROVIDE IF NEEDED.**
- **NO SUMMER TEAM JERSEYS OR HELMET STICKERS ALLOWED.**
- **MOUTHGUARD & NECK GUARD FOR EACH SESSION. IF EITHER IS MISSING THE SKATER WILL BE ASKED TO LEAVE THE ICE.**
- **WATER BOTTLE - YOU MUST HAVE YOUR OWN.**

# Volunteer Deposit

**\*ONE CHECK PER PLAYER**  
**NOT PER FAMILY\***

## DEPOSIT/BUYOUT

- **VOLUNTEER DEPOSIT**  
**\$600 PER PLAYER**

**OR**

- **BUYOUT OPTION - FOR THOSE FAMILIES CHOOSING NOT TO VOLUNTEER PLSHA/D6 HOURS**  
**\$500 PER PLAYER**

**CHECKS PAYABLE TO:**  
**PLSHA**

**POST DATED:**  
**4-01-2024**

**1** **CHECKS PAYABLE TO:**  
**PLSHA**

**2** **POST DATED:**  
**4-01-2024**

Your name \_\_\_\_\_ 0123

Date \_\_\_\_\_ 20 \_\_\_\_

Pay to the order of \_\_\_\_\_  
\_\_\_\_\_ dollars

Memo \_\_\_\_\_

Security features included details on back

:012345678 :0123 :01234

**3** **PLAYERS INFO:**  
**-NAME (FIRST & LAST)**  
**-LEVEL**

**4** **OPTIONS:**  
**1) \$500 FOR VOLUNTEER BUYOUT**  
**-OR-**  
**2) \$600 DEPOSIT FOR DIBS COMPLETION**

- **PARENTS WILL NOT BE ALLOWED TO ENTER THE ARENA DURING TRYOUTS.**
  - **PLEASE CONTACT THE TRYOUT COORDINATOR IF YOUR PLAYER HAS SPECIAL NEEDS**
  - **10U/SQUIRT EXCEPTIONS FOR GOALIES AND SKATE TYING**
    - **IF YOU FEEL IT NECESSARY TO TIE YOUR PLAYERS SKATES THEY MUST COME FULLY DRESSED AND YOU WILL HAVE A SHORT TIME IN A DESIGNATED AREA BEFORE THEY ENTER THE LOCKER ROOM**
- **PLEASE DO NOT ARRIVE MORE THAN 30 MINUTES PRIOR TO YOUR TRYOUT SESSION.**
- **THE CODE OF CONDUCT IS SIGNED AT REGISTRATION**



# Tryout Evaluation

## STAFF

OUR TRYOUT NON-PARENT EVALUATORS HAVE EXPERIENCE AS COACHES, PLAYERS, EVALUATORS AT ONE OR MORE OF THE FOLLOWING LEVELS; D1, D3, JUNIOR, HIGH SCHOOL, AND YOUTH.

- A LIST OF EVALUATORS CAN BE FOUND ON [PLSHA.COM](http://PLSHA.COM)

## CONSISTENCY MATTERS!

\*THE BEST PLAYERS WILL BE SELECTED FOR EACH RESPECTIVE TEAM REGARDLESS OF POSITION PREVIOUSLY PLAYED. THE EVALUATORS WILL IDENTIFY APPROPRIATE STRENGTHS AND WEAKNESSES REGARDLESS OF POSITION.

\*LAST YEAR'S TEAM IS USED AS SUPPLEMENTAL INFORMATION AS NEEDED WHEN DETERMINING BUBBLE PICKS (ALL THINGS BEING EQUAL)...



# Examples of Evaluation Sheets

Scoring System 1 To 5 (1 = Lowest 5 = Highest)

GROUP 1: 6:00-7:00 Wed Oct 4 (SKATERS)

Jersey #	Color	Skating	Hockey Sense	Overall Effort	Play w/ Puck	Play w/o Puck	FINAL SCORE	Comments
	LIGHT	1	2	1	1	1	1.2	improving skating skills
	DARK	4	4	5	4	4	4.2	good skater & skilly
	LIGHT	2	2	2	2	2	2	play the body
	DARK	2	2	2	2	2	2	improving skating
	LIGHT	2	1	1	1	1	1.2	improving skating & puck skills
	DARK	1	1	2	1	1	1.2	improving skating & puck skills
	LIGHT	5	5	5	5	5	5	very nice player
	DARK	5	4	5	5	4	4.6	good skating
	LIGHT	1	2	1	1	1	1.2	improving skating & puck skills
	DARK	2	3	3	3	3	2.8	improving skating
	LIGHT	3	3	3	3	3	3	ok at skating
	DARK	2	2	3	3	3	2.6	improving skating & strength
	LIGHT	4	3	3	3	2	3	improving strength, nice puck
	DARK	4	4	3	5	4	4	good skating & skilly
	LIGHT	1	2	1	1	1	1.2	improving skating & puck skills
	DARK	4	4	4	5	4	4.2	good skating skills
	LIGHT	1	2	1	2	2	1.6	improving skating & strength
	DARK	1	2	1	1	1	1.2	improving skating
	LIGHT							INJURED
	DARK	1	1	2	1	1	1.2	improving skating
	LIGHT	2	2	2	2	2	2	improving skating & effort
	DARK	2	1	1	1	2	1.4	improving puck skills
	LIGHT	2	2	2	2	2	2	improving skating & puck skills
	DARK	2	2	3	3	2	2.4	improving skating, pass, puck skills

P 1: 6:00-7:00 Wed Oct 4 (GOALIES)

0-4	3	3	3	3	3	3	3	Improve Angles
6	2	2	1	1	1	1	1.5	challenge shooting more
6	2	2	3	2	2	2	2.2	

Scoring System 1 To 5 (1 = Lowest 5 = Highest)

GROUP 1: 6:00-7:00 Wed Oct 4 (SKATERS)

Jersey #	Color	Skating	Hockey Sense	Overall Effort	Play w/ Puck	Play w/o Puck	FINAL SCORE	Comments
	LIGHT	1	1	1	2	1	1.2	Slow skater, ok puck
	DARK	3	3	2	3	3	3	Good hockey sense
	LIGHT	1	1	1	2	1	1.2	Lacks effort, nice skater
	DARK	1	2	1	1	1	1.2	Slow skater
	LIGHT	2	2	1	1	1	1.4	Good skater
	DARK	2	2	2	2	2	2	Good skater, slow skater
	LIGHT	5	5	5	5	5	5	AT last year
	DARK	5	5	5	5	5	5	Very nice, smart, good skater
	LIGHT	2	2	2	2	2	2.4	Good hockey sense
	DARK	3	3	2	2	2	2.4	Good skater
	LIGHT	3	2	3	3	2	2.6	Good skater, slow skater
	DARK	2	4	2	2	1	1.6	Good skater, good hockey sense
	LIGHT	4	4	2	4	4	2.8	Good skater, smart, good skater
	DARK	4	4	4	3	3	3.6	Good skater, effort
	LIGHT	2	2	2	2	2	2	Lacks effort
	DARK	4	4	3	3	3	2.8	Good skater, good skater
	LIGHT						2	Good skater
	DARK	2	2	2	2	2	1.6	Lacks skating, effort
	LIGHT							INJURED
	DARK	2	2	1	1	1	1.4	Good skater
	LIGHT	2	2	2	2	1	1.8	Good skater, lacks speed
	DARK	1	1	1	1	1	1	Plays smart, good skater
	LIGHT	1	1	1	1	1	1	Slow skater, minimal puck skills
	DARK	2	2	2	2	2	2	Lacks effort, skater

P 1: 6:00-7:00 Wed Oct 4 (GOALIES)

	3	3	1	3	2	3	3	Good skater
	2	2	2	2	2	2	2	Slow skater
	3	3	3	2	2	3	3	Good skater

# Tryout Liaisons By Level

**TRYOUT COORDINATOR: JILL CHRISTOPHERSON**

**BANTAM**

**TODD  
LERVICK**

**PEEWEE**

**TODD  
LERVICK**

**SQUIRT**

**SHAWN  
KOEHNEN**

**12U**

**JIM  
AUDUS**

**10U**

**PAUL  
STERLING**

**PRIMARY ROLE OF COORDINATOR & LIAISONS - EXECUTION OF THE TRYOUT PROCESS IN TOTAL...ENSURING THE EFFICIENCY, QUALITY, ACCURACY, & INTEGRITY OF THE TRYOUT PROCESS.**

**\*DUE TO THE VOLUME OF WORK AT TRYOUTS OTHER BOARD MEMBERS ARE LIKELY TO BE PRESENT;**

# Contacting Tryout Liasons

**OBSERVE 24 HOUR “COOLING OFF PERIOD”**

**PHONE CALLS ONLY – IF YOU HAVE A QUESTION IN REGARDS TO PLAYER PLACEMENT PLEASE CONTACT THE APPROPRIATE LEVEL LIAISON; EMAILS WILL NOT RECEIVE A RESPONSE**

## ACCEPTABLE REASONS FOR CONTACTING A LIASION

- INJURIES OR ILLNESS
- TO CLARIFY ANYTHING WHERE THERE MAY BE SOME CONFUSION
- TO REPORT INAPPROPRIATE BEHAVIOR BY PLAYERS OR PARENTS DURING THE TRYOUT PROCESS

## UNACCEPTABLE REASONS FOR CONTACTING A LIASION

- DEBATE PLAYER PLACEMENT OR EVALUATIONS

# Tryout Evaluators By Level

## 10U & 12U

- KIERSTEN NELSON
- JOEY LARSEN
- GARETT MOSELLE
- KAILEY SCHLINK
- SOPHIE KOHLBECK
- JOEL PYKKONEN
- ANDREA PETERSON
- MARIT ZELINKSY
- HALLE HALLBERG
- ALLEA REA

## SQUIRT

- BRENT EISENACH
- JOE PANKRATZ
- MATT CRIST
- TODD KENNEDY
- TOM BJORNBERG
- CHRIS HADLAND
- DALE PAVEK
- KYLE MILLER

## PEEWEE

- ROB BLOOMER
- SHAWN BOYCE
- TERRY SULLIVAN
- CHRIS KEARNS
- TODD KENNEDY
- NICK MATTSON
- KYLE MILLER

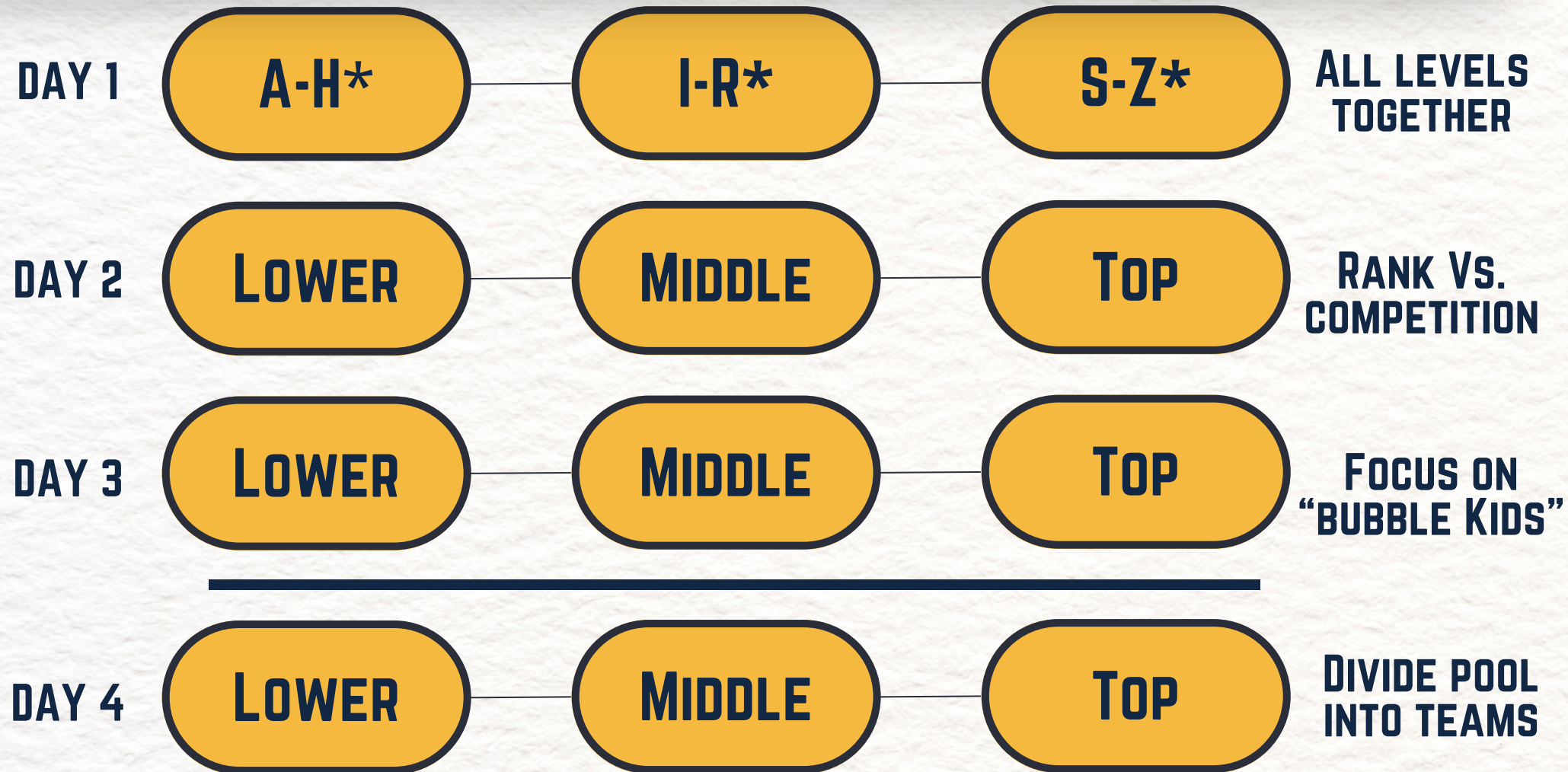
## BANTAM

- BRIAN GEORGE
- JOE PANKRATZ
- MATT CRIST
- MATT DENMAN
- JOE KANZ
- KYLE MILLER

# HDC Tryout Principles

- **BE THOROUGH:** HAVE MULTIPLE SESSIONS AND EVALUATORS; USE PREVIOUS COACH INPUT WHERE NEEDED
- **BE CONSISTENT:** BOARD LIAISONS UTILIZED TO MONITOR INTEGRITY OF PROCESS
- **BE TRANSPARENT AS POSSIBLE:** EVALUATION CRITERIA POSTED
- **CLOSED TRYOUTS:** TRYOUTS ARE CLOSED TO PARENTS – PLEASE RESPECT THIS!
- **SKILL DRILLS VS. SCRIMMAGES:** SKILLS ARE WHAT IS EVALUATED, FROM THE TIME THE ATHLETE HITS THE ICE UNTIL THEY STEP OFF. GOALS AND WINNING DOES NOT MATTER.
- **POSITIONS AND FAIRNESS OF SHIFTS:** SQUIRT LIAISON AND ADDITIONAL VOLUNTEER POSITIONS ON THE BENCH TO ENSURE MORE FAIRNESS AND EQUAL DISTRIBUTION OF POSITIONS .
- **NO OUTSIDE OR AAA EQUIPMENT:** ALL PLAYERS MUST WEAR NAVY HELMETS + JERSEYS + SOCKS + STICKERS, ETC... (PRIOR LAKE COLORS). PLSHA WILL PROVIDE JERSEY/SOCKS AS NEEDED.
- **“C” TEAM PLACEMENT:** ALLOW A FAMILY TO SKIP TRYOUTS IF DESIRE

# Tryout Process



\* EXAMPLE OF GROUPINGS ARE FOR ILLUSTRATION PURPOSES ONLY

REMINDER

**CHECK THE WEBSITE EACH NIGHT FOLLOWING TRYOUTS - YOUR PLAYERS GROUP MAY CHANGE**

## DAY 1

- EVERY EVALUATOR SCORES EVERY PLAYER 1-5 (5 IS BEST)
- PLAYER NOTES
- SCORES ARE ENTERED IN PC
- ESTABLISHES PLAYER POOLS
- POSTED AT THE END OF THE NIGHT FOR DAY 2 GROUPS

## DAY 2 AND 3

- SCORING STARTS OVER DAY 2
- PLAYERS RANKED 1-5 DAY 2 AND 3 & PLAYER NOTES
- SCORES ENTERED INTO PC
- SCORES FROM DAY 2 AND DAY 3 ARE AVERAGED AFTER DAY 3
- BUBBLE PLAYERS DISCUSSED AT DEPTH IN WAR ROOM
- LOOKING FOR OUTLIERS

## DAY 4 AND FIRST PRACTICE

- LOOKING FOR OUTLIERS DAY 4
- BUBBLE PLAYERS DISCUSSED AT DEPTH IN WAR ROOM DAY 4
- COACHES ATTEND AS NEEDED FOR DRAFT PURPOSES

# Draft Process

## 2 MAIN GOALS OF THE DRAFT AS EQUAL OF TEAMS AS POSSIBLE

DO OUR BEST TO PUT KIDS WITH A COACH WHERE THEY WILL HAVE A GOOD EXPERIENCE

### DRAFT PROCESS:

- ATTENDANCE – ONLY THE HEAD COACH AND ONE ASSISTANT
- TRYOUT COORDINATOR/LEVEL COORD FILL OUT WHITE BOARD: (TOP/MIDDLE/BOTTOM RATED GROUPS) WITH BOTH PINNY NUMBER AND 1ST OR 2ND YEAR PLAYER AT THE LEVEL
- GOALIES FIRST: 4 GOALIES – COIN FLIP FOR 1ST PICK 3 GOALIES – COIN FLIP FOR 1ST, HIGHEST RATED GOALIE REQUIRED TO BE THE SOLO GOALIE
- COIN FLIP TO STARTS FULL DRAFT: WINNER CAN CHOOSE - FIRST PICK OF PLAYERS OR TOURNEYS
  - WHOMEVER PICKS THE PLAYER FIRST - THE OTHER TEAM GETS THE EXTRA PLAYER COMING DOWN FROM THE A POOL (IF APPLICABLE)
  - DRAFT STARTS WITH PICKS FROM TOP RATED GROUP 2ND YEAR PLAYERS, TOP RATED GROUP 1ST YEAR PLAYERS, MIDDLE RATED GROUP 2ND YEAR PLAYERS AND DOWN THE LIST UNTIL DRAFT IS COMPLETE
- CLOSED DOOR: DISCUSSIONS IN THE ROOM SHOULD NOT BE MADE PUBLIC

# VOLUNTEERS



# Volunteer Policy

## PLSHA/D6 (DIBS) HOURS:

**WILL BE DESIGNATED YEAR-TO-YEAR BY THE BOARD BASED ON NEEDS AND PLSHA COMMITMENTS**

- **THE AMOUNT OF D6/PLSHA HOURS FOR THE 2023-24 SEASON FOR TRAVELING PLAYERS (SQUIRTS/10U THROUGH BANTAM/15U) IS EIGHT (8) HOURS.**
- **THE AMOUNT OF D6/PLSHA HOURS FOR THE 2023-24 SEASON FOR MITE PLAYERS (LEVELS 1 -4) IS FOUR (4) HOURS.**
- **THERE ARE NO D6/PLSHA HOURS REQUIRED FOR JR GOLD AND ROOKIE MITES**
- **FAMILIES WITH MORE THAN 1 PLAYER HAVE A MAXIMUM REQUIREMENT OF 15 HOURS.**

## TEAM HOURS:

- **TEAM HOURS WILL BE DESIGNATED YEAR-TO-YEAR BY THE TEAM MANAGER AND/OR ASSIGNED VOLUNTEER TRACKER. HOURS THAT SUPPORT A PLAYER(S) TEAM ARE EXPECTED AND WILL BE ROTATED IN ORDER TO SUCCESSFULLY OPERATE THE TEAM(S).**

# EXEMPTIONS & COMPLIANCE

## EXEMPTIONS

- PLEASE CHECK THE POLICY. DON'T ASSUME.

## COMPLIANCE

- THE DEPOSIT CHECK(S) WILL BE CASHED IF THE VOLUNTEER REQUIREMENTS ARE NOT FULFILLED BY THE END OF THE CURRENT HOCKEY SEASON, OR THERE ARE BALANCES DUE. FINAL DETERMINATION WILL BE MADE BY THE BOARD.

# DIBS TRACKING

- DUE TO THE DIFFERENT AMOUNT OF HOURS FOR LEVELS, THERE IS NO 100% ACCURATE WAY OF TRACKING IN DIBS. PLEASE FOLLOW THE REQUIREMENTS SET ABOVE.
- THE MINIMUM HOURS IS SET TO 4 AS THAT IS THE LOWEST AMOUNT REQUIRED. IN ORDER FOR DIBS TO 100% TRACK WE WOULD EITHER NEED TO CHANGE THE REQUIREMENT TO THE SAME FOR ALL OR ONLY ASSIGN CERTAIN GROUPS TO CERTAIN DIB SESSIONS.

**\*\*VOLUNTEER CHECKS WILL BE CASHED IF FAMILIES FAIL TO COMPLETELY FULFILL ALL OF THE REQUIRED DIBS HOURS FOR THEIR PLAYER(S)\*\***

**ONE OF THE BOARD FOCUS ITEMS FOR THE 2023-24 SEASON IS THE STRUCTURE OF COMMITTEES AND VOLUNTEERS. AS PLSHA CONTINUES TO GROW THERE WILL BE MORE OPPORTUNITIES FOR COMMITTEE MEMBERS, CHAIRPERSONS AND COORDINATORS. COMMUNICATION FOR THESE ROLES WILL BE SENT AS THEY BECOME AVAILABLE.**

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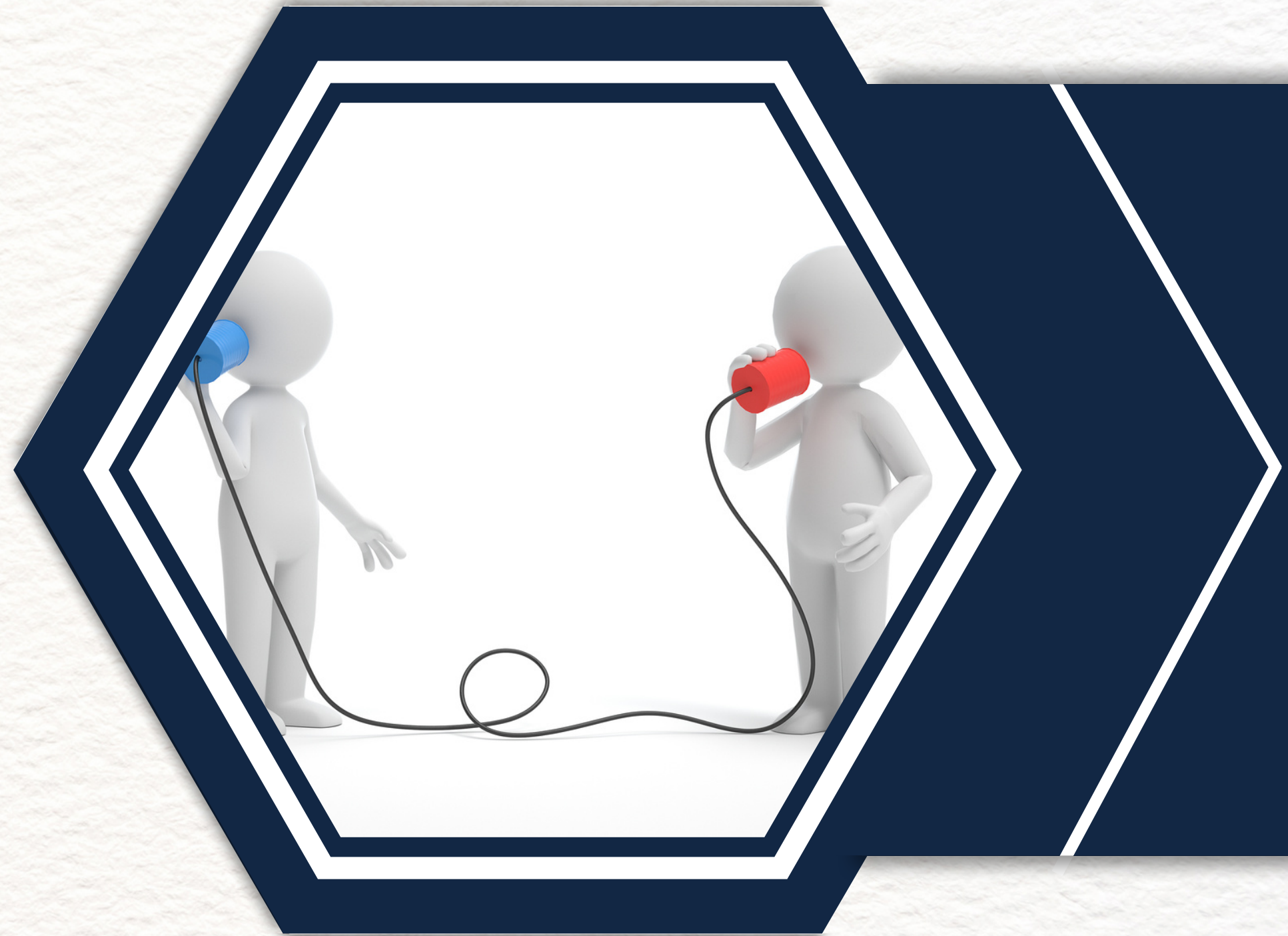
**PLSHA IS CURRENTLY SEEKING VOLUNTEERS FOR THE FOLLOWING:**

- **MITE JAMBOREE CHAIRPERSON**
- **TOURNAMENTS - POINT OF CONTACT**



**CLICK THE ICON TO BE DIRECTED TO THE VOLUNTEER APPLICATION**

# COMMUNICATION



# Staying In Touch with PLSHA

**WEBSITE**



**CLICK THE ICON TO BE DIRECTED TO THE PLSHA WEBSITE.**

**EMAIL**



**\*IF YOU ARE NOT RECEIVING EMAIL PLEASE CHECK YOUR NGIN ACCOUNT SETTINGS – IT IS NOT UPDATED VIA REGISTRATION INFO**

**FACEBOOK**



**CLICK THE ICON TO BE DIRECTED TO THE PLSHA FACEBOOK PAGE.**

**CLICK ON THE ICON TO BE DIRECTED TO THE CORRESPONDING WEBSITE**

# EQUIPMENT



# JERSEY AND SOCKS



## SOCKS:

SOCKS WILL BE REVERSIBLE- ONE PAIR FOR EACH PLAYER THAT WILL BE USED FOR BOTH HOME AND AWAY GAMES



## HOME AND AWAY JERSEYS:

WILL INCLUDE THE PLAYERS LAST NAME AND KEPT BY THE PLAYER.



## GARMENT BAG:

PLEASE KEEP YOUR JERSEYS LOOKING GOOD



## JERSEYS & SOCKS:

WILL BE DISTRIBUTED TO TEAM MANAGERS AT THE MANAGERS MEETING

NAVY HELMETS, NAVY PANTS (BREEZERS), NAVY AND GOLD TRIMMED, OR NAVY AND WHITE TRIMMED GLOVES ARE REQUIRED FOR ALL 10U, 12U, SQUIRTS, PEEWEES, AND BANTAMS.

**JR GOLD AND GOALIES ARE EXEMPT**

# 2023-2024 Season Jerseys



**HOME**

**AWAY**

# General Sports/Team Store

FOR MORE INFORMATION OR TO ORDER  
APPAREL VISIT THE TEAM STORE AT  
[WWW.PLSHA.COM](http://WWW.PLSHA.COM)



**Lakers HOCKEY**

**APPAREL & EQUIPMENT**

**Ordering Windows**

September 1st - 10th  
September 29th - October 14th  
October 27th - November 5th  
January 6th - 14th

**General SPORTS**  
AUTHENTIC 1962 OUTFITTER



# Team Financials

- **EACH TEAM WILL HAVE A TEAM TREASURER (TEAM MANAGER WILL ASSUME DUTIES IF NO VOLUNTEERS)**
- **A MONTHLY TEAM BILL WILL BE SENT TO TEAM TREASURER  
E.G. ICE TIME, TOURNAMENT FEES, D6 FEES, TEAM SPECIFIC,  
PAID NON-PARENT COACH PAY**
- **TEAM MANAGER/TREASURER RESPONSIBLE FOR  
COLLECTING FROM PARENTS AND PAYING ICE BILLS**

# BUDGET FOR 2023-2024: \$1.1M

- **WE ARE A NON PROFIT ASSOCIATION & 501(C)(3)**
  - **2022-23 SEASON: \$1.07M IN ; \$1.11M OUT IN EXPENSES**
- **WE ARE YOUR COST FACILITATOR**
- **IT IS OUR INTENTION TO NOT BUILD AN EXCESS CASH RESERVE, RATHER USE EXCESS CASH TO REDUCE THE COST OF HOCKEY AND/OR OFFER ADDITIONAL TRAINING**
- **CHARITABLE GAMING HELPS REDUCE OUR COSTS. THANK YOU TO OUR GAMBLING SPONSORS!**

# COACHES



# Coach Requirements

**BELOW IS THE PROCESS THAT **MUST BE FOLLOWED TO BE ELIGIBLE TO COACH ANY TEAM FOR PLSHA.** PLSHA WILL NOT ALLOW ANYONE ON THE ICE OR BENCH AND WILL REMOVE ANYONE FROM THE OFFICIAL USA HOCKEY ROSTER THAT DOES NOT MEET THE REQUIREMENTS BY THE EXPRESSED DUE DATES.**

**NECESSARY STEPS 1-6, WITH DUE DATES, YOU MUST COMPLETE IF YOU WISH TO COACH. **PLEASE MAKE ALL EFFORTS TO COMPLETE THESE AS SOON AS POSSIBLE. THE EARLIER YOU LOOK AT THIS AND UNDERSTAND IT, THE BETTER FOR EVERYONE INVOLVED.****

**STEP 1: APPLICATIONS (PLSHA & USA HOCKEY) - DUE ASAP**

**USA HOCKEY APPLICATION IS OPEN NOW**

**PLSHA APPLICATION OPENS 8/1/23**

**STEP 2: BACKGROUND SCREENING - DUE AT TIME OF APPLICATION**

**STEP 3: CEP - DUE BY 12/25/23**

**STEP 4: AGE-SPECIFIC MODULES - DUE BEFORE YOU CAN BE ROSTERED OR ON ICE**

**STEP 5: SAFESPORT - DUE BEFORE YOU CAN BE ROSTERED OR ONE ICE**

**STEP 6: CONCUSSION - DUE BEFORE YOU CAN BE ON ICE**

**NEW OF '23/24 - THE PLSHA COACHES COORDINATOR WILL EXCLUSIVELY USE USA HOCKEY'S ADMINISTRATION PORTAL FOR REQUIREMENTS VERIFICATION. EMAILS WITH ATTACHMENTS WILL NO LONGER SUFFICE AS PROOF OF COMPLETION, WITH THE EXCEPTION OF CONCUSSION TRAINING, PLEASE STILL EMAIL THE CERTIFICATE TO [PLSHACOACHES@GMAIL.COM](mailto:PLSHACOACHES@GMAIL.COM).**

**ALL CERTIFICATION COST ARE ELIGIBLE FOR REIMBURSEMENT EVEN IF YOU ARE NOT SELECTED TO COACH.**

# Coach Selection

- **THE BOYS AND GIRLS HOCKEY DEVELOPMENT COMMITTEES (HDCs) ARE RESPONSIBLE FOR SELECTING ALL NON-MITE/8U HEAD COACHES AND APPROVE ALL ASSISTANT COACH NOMINATIONS. SELECTED HEAD COACHES ARE ALLOWED TO NOMINATE THEIR ASSISTANT COACHES.**
- **THE MITE/8U PROGRAM DIRECTOR/COORDINATOR (8U DIRECTOR) IS RESPONSIBLE FOR SELECTING ALL MITE/8U COACHES.**
- **COACHES ARE SELECTED AND APPROVED BASED ON SEVERAL CRITERIA INCLUDING, BUT NOT LIMITED TO, PAST HOCKEY COACHING EXPERIENCE, PERSONAL PHILOSOPHY, COMMUNICATION STYLE, AND A HISTORY OF DEMONSTRATING GOOD CHARACTER AND JUDGEMENT. ALONG WITH THESE ATTRIBUTES, THE HDCs AND 8U DIRECTOR LOOK FOR COACHES WHOSE SKILLS, BACKGROUND AND EXPERIENCE ARE AGE APPROPRIATE.**
- **COACHES SELECTED AND APPROVED WILL BE EXPECTED TO SUPPORT PLSHA'S PRINCIPLES AND CORE VALUES, ABIDE BY THE COACH'S CODE OF CONDUCT, AND UPHOLD THE RULES AND REGULATIONS OF PLSHA'S AFFILIATED GOVERNING BODIES E.G. DISTRICT 6, MINNESOTA HOCKEY, AND USA HOCKEY.**

# Coach Evaluation

- **COACHES ARE SELECTED FOR A ONE-YEAR COMMITMENT. HOWEVER, THE PLSHA BELIEVES HAVING COACH CONTINUITY FROM SEASON-TO-SEASON BUILDS SIGNIFICANT STRENGTH TO OVERALL PROGRAM. THEREFORE, THE PLSHA WILL SEEK TO RENEW COACHES FROM SEASON TO SEASON WHENEVER POSSIBLE AND APPROPRIATE.**
- **SUCH RENEWALS WILL BE BASED ON COLLECTED COACH PERFORMANCE DATA FROM THE MOST CURRENT SEASON, BUT ALSO FROM PREVIOUS SEASONS. THE HDCs AND 8U DIRECTOR WILL BE RESPONSIBLE FOR CONDUCTING PERFORMANCE REVIEWS FOR ALL COACHES ON AN ANNUAL BASIS AND PROVIDING THE RESULTS TO THE PLSHA DIRECTOR OF COACH DEVELOPMENT AND BOARD OF DIRECTORS.**
- **COACH PERFORMANCE WILL BE EVALUATED ON A NUMBER OF DIMENSIONS INCLUDING, BUT NOT LIMITED TO, CHARACTER, LEADERSHIP, ORGANIZATION, COMMUNICATION, AND KNOWLEDGE. THE HDCs AND 8U DIRECTOR WILL USE SURVEYS, RESPONSIBLE FEEDBACK ON COACH PERFORMANCE, AND PERSONAL OBSERVATION TO FORMULATE A RECOMMENDATION TO THE PLSHA DIRECTOR OF COACH DEVELOPMENT AND BOARD OF DIRECTORS AS WHETHER TO RENEW THE SAME COACH FOR THE NEXT YEAR.**

# Coaching Tools

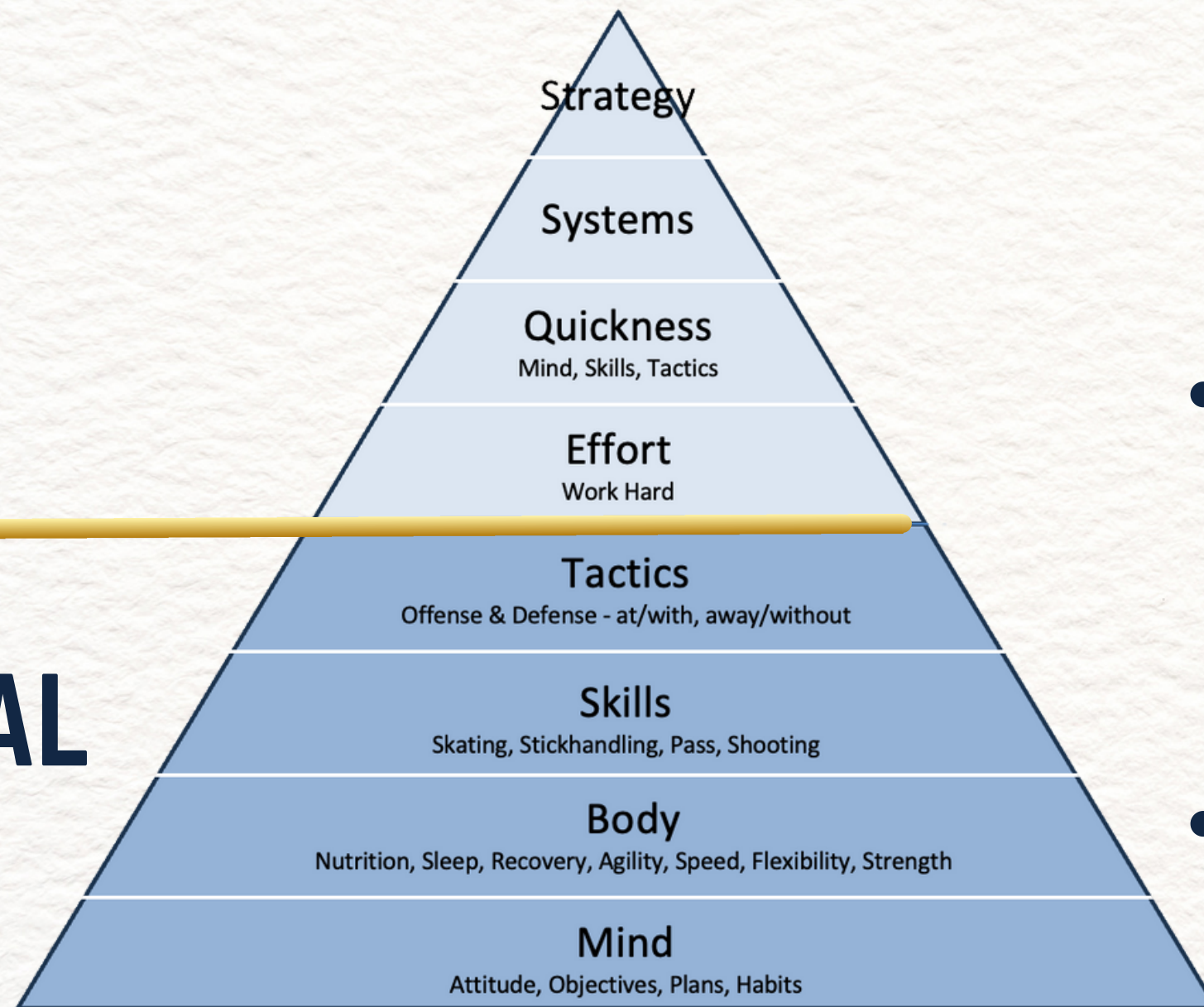
- **PLSHA PROVIDES ALL HEAD COACHES WITH ACCESS TO THE ICE HOCKEY SYSTEMS PLATFORM WHICH PROVIDES A VARIETY OF CONTENT INCLUDING PRACTICE PLANS AND DRILLS**
  - **COACHES CAN REQUEST ACCESS AND/OR REIMBURSEMENT FOR OTHER PLATFORMS AND TOOLS. THESE REIMBURSEMENTS WILL BE CONSIDERED ON A CASE-BY-CASE BASIS E.G. THE COACHES SITE, HUDL, ETC...**
- **HDC CONTENT:**
  - **PLSHA YOUTH HOCKEY POINTS OF EMPHASIS**
  - **HDC DRILL BOOK**
- **COACH DEVELOPMENT DIRECTOR CONTENT:**
  - **PLSHA COACHING MODEL**



# Coaching Model

**TEAM  
PLAN**

**INDIVIDUAL  
PLAN**



- **THE PLSHA COACHING DEVELOPMENT MODEL WILL BE TAILORED TO EACH AGE LEVEL**
- **THE MODEL WILL PROVIDE GUIDANCE TO COACHES AS THEY BUILD THEIR SEASON DEVELOPMENT PLANS**
- **THE MODEL WILL ALLOW FOR COORDINATED PROGRESSION FROM LEVEL TO LEVEL**

# IN SEASON DEVELOPMENT



# PEP & Power Skating



## POWER EDGE PRO (PEP)

- WEDNESDAY NIGHTS, 45-50 MINUTE SESSIONS
- FOCUSES: PUCK CONTROL, CREATIVITY, EDGE WORK
- FACILITATED BY PEP COACHES WITH THE ASSISTANCE FROM PLSHA COACHES . TEAM EFFORT TO CREATE PRODUCTIVE PRACTICES.



## BUTCH POWER SKATING

- THURSDAY NIGHTS, TWO TEAMS PER SESSION
- FOCUSES: OVER SPEED, EDGE WORK & CONTROL, TRANSITIONS
- RAN BY BUTCH AND HIS STAFF

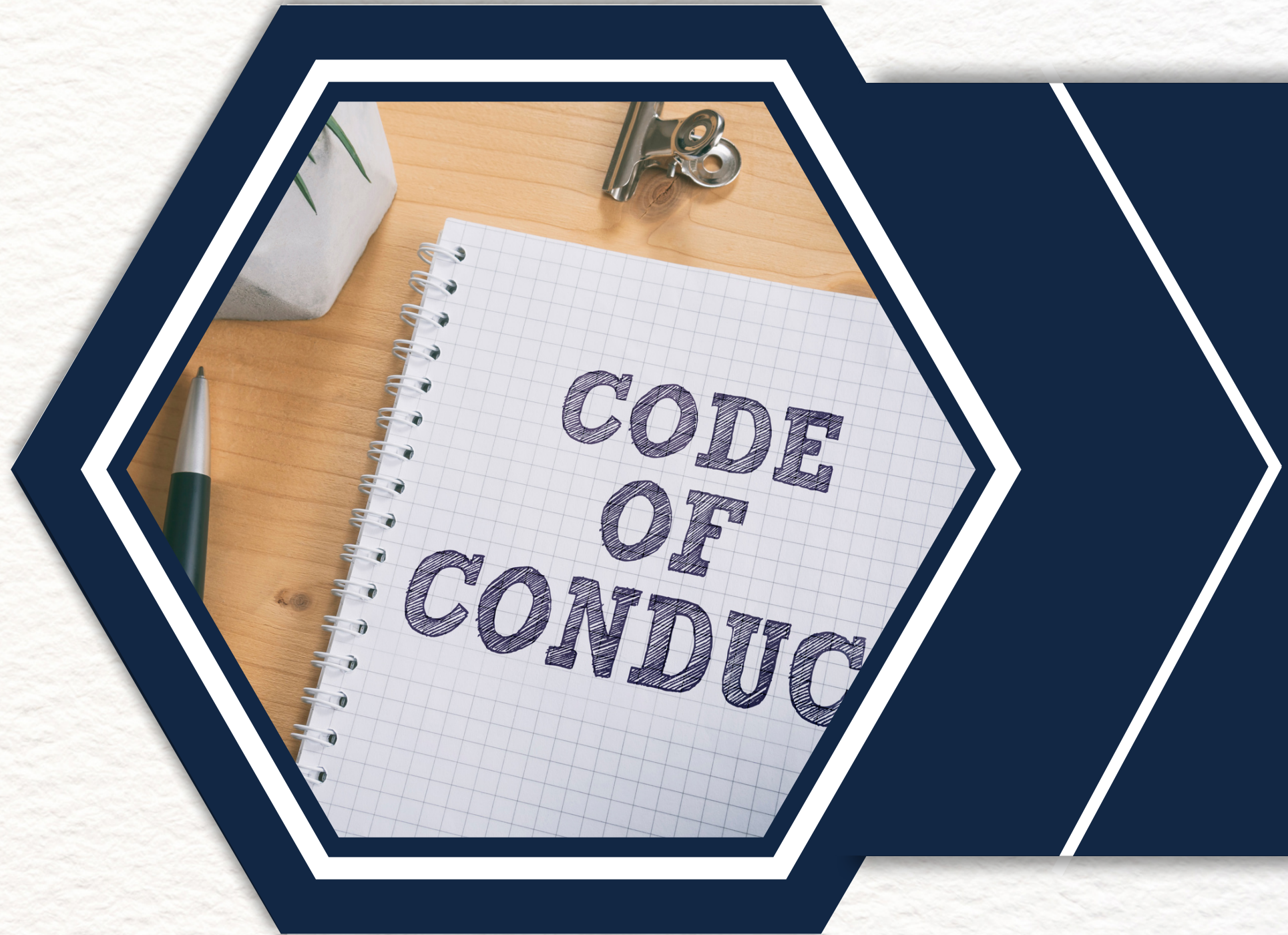
# Devenir



- **DEVENIR GOALTENDERS**
- **WEDNESDAY NIGHTS, 45-50 MINUTE SESSIONS**
- **FOCUSES: ONE ON ONE WORK WITH A GOALIE COACH, EFFICIENT, EFFECTIVE, AND CONFIDENT GOALTENDERS**
- **FACILITATED BY THE DEVENIR STAFF**



# PLAYER & PARENT CONDUCT



# **10 THINGS THAT REQUIRE ZERO TALENT**

- **BEING ON TIME**
- **WORK ETHIC**
- **EFFORT**
- **BODY LANGUAGE**
- **ENERGY**
- **ATTITUDE**
- **PASSION**
- **BEING COACHABLE**
- **DOING EXTRA**
- **BEING PREPARED**

# PLAYER ATTENDANCE POLICY

- **PLAYERS ARE REQUIRED TO ATTEND ALL GAMES AND PRACTICES.**
- **THERE WILL BE TOURNAMENTS THANKSGIVING WEEKEND.**
- **ACCEPTABLE ABSENCES INCLUDE RELIGION, ILLNESS, AND FAMILY EMERGENCIES. THE NEED TO FINISH SCHOOL WORK IS NOT ACCEPTABLE; PLAYERS MUST BALANCE THEIR SCHEDULES AND LEARN HOW TO BECOME STUDENT-ATHLETES. IT WILL BE REQUIRED IF THEY WISH TO PLAY HIGH SCHOOL HOCKEY AND BEYOND.**
- **MEA WEEKEND (OCT 18-22) & CHRISTMAS (DEC 23-26) WILL BE OPTIONAL PRACTICES ONLY FOR ALL PLSHA TEAMS FOR THIS SEASON. OTHER HOLIDAYS AND VACATIONS WILL NOT BE EXCUSED FROM YOUR OBLIGATION TO YOUR TEAM.**
- **THE FOLLOWING ARE THE CONSEQUENCES OF MISSING A PRACTICE OR GAME; THE SAME POLICY WILL BE STANDARD ON ALL TEAMS.**
  - **PLAYERS MISSING PRACTICE DUE TO AN UNEXCUSED ABSENCE WILL BE REQUIRED TO SIT ONE (1) PERIOD IN THE NEXT GAME.**
  - **PLAYERS MISSING A GAME DUE TO AN UNEXCUSED ABSENCE WILL BE REQUIRED TO SIT THE ENTIRE NEXT GAME.**

# PARENT CONDUCT POLICY

FOLLOWING USA HOCKEY “**ZERO TOLERANCE**” POLICY APPLIES TO BOTH TRYOUTS AND IN SEASON

## INFRACTIONS:

- INFRACTIONS DECIDED BY THE DISCIPLINARY COMMITTEE.
- THE **PARENT MAY APPEAL** THE ABOVE STATED SUSPENSIONS AFTER 7 DAYS WITH A WRITTEN APPEAL TO THE PLSHA BOARD OFFICERS (PRESIDENT, VP, TREASURER, AND SECRETARY); HOWEVER, EXCEPTIONS TO THE CONSEQUENCES WILL BE RARE IN ACCORDANCE WITH THE ZERO TOLERANCE NATURE OF THIS POLICY.
- 
- THE PLSHA BOARD OF DIRECTORS AND/OR D6 **RESERVES THE RIGHT TO INSTITUTE GREATER PENALTIES** THAN OUTLINED ABOVE AS THEY DEEM APPROPRIATE.
- 
- ANY PARENTAL/GUARDIAN/SPECTATOR MISCONDUCT NOT SPECIFICALLY ALLUDED TO ABOVE, WILL BE DEALT WITH ON AN INDIVIDUAL BASIS BY THE PLSHA DISCIPLINARY & GRIEVANCE COMMITTEE.
- BENCH **COACHES ARE EXEMPT** FROM THIS POLICY AS THEY ARE **GOVERNED BY SPECIFIC DISTRICT 6** RULES FOR COACHES AND PLSHA COACHES CODE OF CONDUCT.

# SAFESPORT



# SafeSport

**THE SAFESPORT HANDBOOK INCLUDES POLICIES THAT APPLY TO ALL USA HOCKEY MEMBER PROGRAMS.**

## THOSE POLICIES ADDRESS

- SEXUAL ABUSE
- PHYSICAL ABUSE
- EMOTIONAL ABUSE
- BULLYING, THREATS AND HARASSMENT
- HAZING

THE POLICIES ALSO ADDRESS AREAS WHERE MISCONDUCT CAN OCCUR AND ARE INTENDED TO REDUCE THE RISK OF POTENTIAL ABUSE, INCLUDING:

- LOCKER ROOM POLICY
- ELECTRONIC COMMUNICATIONS POLICY
- TRAVEL POLICY
- BILLETING POLICY



THERE ARE SEVERAL CHANGES TO THE SAFESPORT TRAINING REQUIREMENTS, AS REQUIRED BY FEDERAL LAW AND THE CENTER FOR SAFESPORT

**THIS PROCESS MUST BE COMPLETED EVEN IF THE PARENT HAS DONE THE BUYOUT OF ASSOCIATION VOLUNTEER HOURS, AS THE TEAM REQUIRES VOLUNTEER HOURS.**

**STEP  
1**

**ANNUALLY COMPLETE  
USA HOCKEY  
MEMBERSHIP. VOLUNTEER  
REGISTRATION IS  
AVAILABLE AT NO COST.**

**STEP  
2**

**ANNUALLY  
COMPLETE USA  
HOCKEY REQUIRED  
SAFESPORT  
TRAINING.**

**STEP  
3**

**COMPLETE USA  
HOCKEY  
REQUIRED  
BACKGROUND  
SCREENING.**

**FOR FAQs VISIT [WWW.PLSHA.COM/SAFESPORT](http://WWW.PLSHA.COM/SAFESPORT)**

# GOVERNANCE



# **Disciplinary & Grievance Meetings**

- **DISCIPLINARY & GRIEVANCE COMMITTEE MEETS AS NEEDED**
  - **AT MINIMUM INCLUDES 5 REASONABLY IMPARTIAL PERSONS**
  - **MAY INCLUDE PLSHA EXECUTIVE BOARD AND/OR PAST OR PRESENT PLSHA MEMBERS**
  - **DETERMINES OUTCOME I.E., PROPORTIONATE DISCIPLINARY RESPONSE TO CONDUCT CONCERNS**
- **CONTACT IF NEEDED: SARAH THOENY, GOVERNANCE DIRECTOR**

# Proper Protocol...



## BEFORE YOU TAKE ACTION

- **WAIT 24 HOURS (THIS WILL BE PROMPTED WHEN IT'S NOT 24 HOURS)**
- **BE HONEST AND OBJECTIVE WHEN REFLECTING ON THE ISSUE**
- **TRY TO VIEW IT FROM ALL ANGLES**
- **TALK TO YOUR CHILD TO SEE IF THEY AGREE WITH YOUR PERCEPTION**

## BEST COURSE OF ACTION

- **ACCURATELY DOCUMENT THE SITUATION IN WRITING**
- **CALL A BOARD MEMBER TO DISCUSS THE SITUATION PRIOR TO SENDING YOUR EMAIL, AND BE CLEAR ABOUT WHAT YOU ARE ASKING FOR**
- **SUBMIT YOUR FORMAL COMPLAINT/COMMENT**
- **UNDERSTAND YOUR EMAIL WILL BE FORWARDED AND CAN'T BE UNSENT**

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THE **POINTE**

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PRIOR LAKE, MN



**IF YOU HAVE ANY  
QUESTIONS PLEASE  
CONTACT A BOARD  
MEMBER, COMMITTEE  
CHAIR, OR  
COORDINATOR.**



THANK YOU

