



# Blaine Youth Hockey Association

2018-19 Parent Meeting

September 11, 2018

# Parent Meeting Plan



Blaine Youth  
Hockey Association



## Meeting Goals

- Complete in 60 minutes or less
- Introduce the Board
- Communicate important rules
- BYHA Expectations
- Gather Parent feedback
  - Was this meeting valuable?
  - Was this meeting worth your time?
  - Suggestions for changes?

**Please remember to sign the attendance sheet**

## Meeting Agenda

1. Introductions
2. SafeSport
3. District 10 Policies and changes
4. Concussion Plan
5. Equipment
6. Parent & Player Conduct
7. Volunteer Work
8. Player Preparation
9. Team Expectations
10. Fundraising
11. S.K.A.T.E. Program
12. Gambling Contributions
13. Closing
14. Questions

# Introductions



Blaine Youth  
Hockey Association

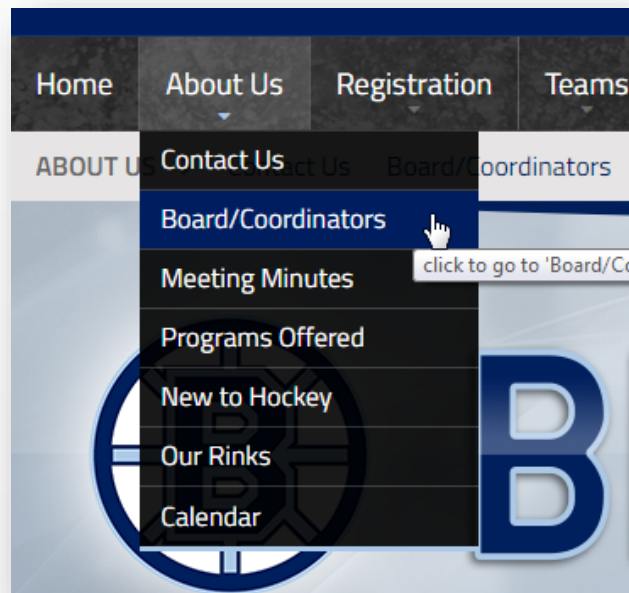


## BYHA Board Members

- President – Steve Dahlk
- Vice President – Jamie Chester
- Treasurer – Jeff Meister
- Secretary – Nancy Burley
- In-House Director – Brett Quinn
- Boys Traveling Director – Brian Bunes
- Girls Traveling Director – Erick Sutherland
- ACE Director – Erik Johnson
- Equipment Director – **Sebastian Canevari**

Connect with any of us through the BYHA website under the “About Us” page.

<https://www.byha.org/board>





## Have you heard about the Safe Sport Act of 2017?

Are you aware of the 2017 Safe Sport Act which now requires abuse awareness training for all youth sports organizations, including volunteers, coaches, and managers that interact with your athletes?

<https://www.congress.gov/bill/115th-congress/senate-bill/534/text?format=txt>

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Current Legislation

Examples: hr5, sres9, "health care"

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[Home](#) > [Legislation](#) > [115th Congress](#) > S.534
 

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### S.534 - Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017

115th Congress (2017-2018) | [Get alerts](#)

LAW Hide Overview

**Sponsor:** [Sen. Feinstein, Dianne \[D-CA\]](#) (Introduced 03/06/2017)

**Committees:** Senate - Judiciary

**Latest Action:** 02/14/2018 Became Public Law No: 115-126. ([TEXT](#) | [PDF](#)) ([All Actions](#))

**Roll Call Votes:** There has been [1 roll call vote](#)

**Tracker:**

Introduced

Passed Senate

Passed House

Resolving Differences

To President

Became Law

**More on This Bill**

[CBO Cost Estimates \[1\]](#)

**Subject — Policy Area:**  
Crime and Law Enforcement  
[View subjects »](#)

## WHAT DOES IT MEAN FOR BYHA?

- Mandatory abuse/misconduct awareness training
- Background screening
- Mandatory reporting aspect...biggest change

## HOW DO WE COMPLY?

- Require and track SafeSport training through USA Hockey
- Require background screening through MN Hockey
- Inform and train, Parent meetings

# SafeSport – Information and References

## Web Links

<https://www.usahockey.com/safesportprogram>

### USA Hockey SafeSport



The safety of its participants is of paramount importance to USA Hockey. USA Hockey SafeSport is the organization's program related to off-ice safety.

USA Hockey has long had systems in place to protect its participants from physical abuse, sexual abuse and other types of abuse and misconduct that can be harmful to youth hockey players and other participants. These include without limitation Physical Abuse, Sexual Abuse, Screening, Locker Room Supervision and Hazing Policies, in addition to Codes of Conduct applicable to administrators, coaches, officials, parents, players and spectators. The USA Hockey SafeSport Handbook is intended to update and collect USA Hockey's various policies to protect its participants from all types of misconduct and abuse.

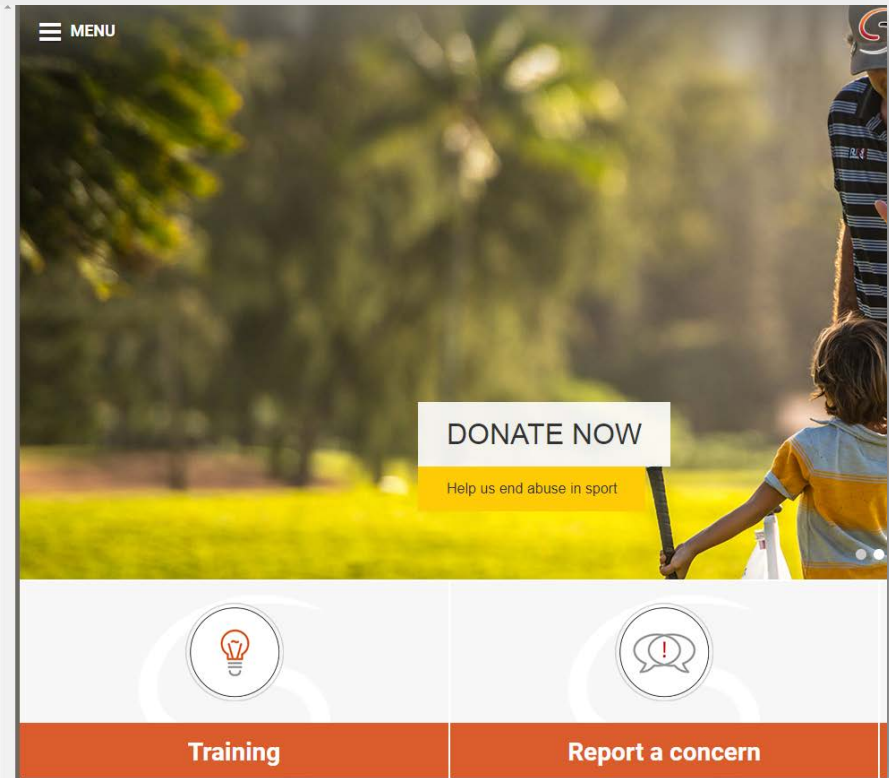
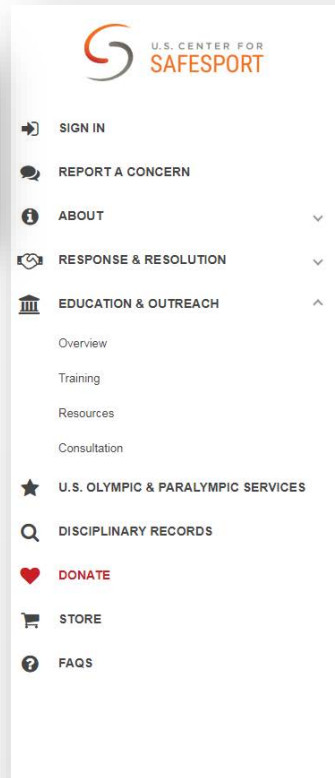


# SafeSport – Information and References

## Web Links



<https://www.safesport.org>





# SafeSport - Making a Report



## Web Links

[www.usahockey.com/makingareport](http://www.usahockey.com/makingareport)



USA Hockey's Reporting Policy is a key part of its SafeSport Program and an effective reporting policy is crucial to preventing abuse. Section IV of the SafeSport Handbook contains specifics on the Reporting Policy.

The Policy requires that every employee or volunteer of any USA Hockey Member Program must report (1) actual or perceived violations of the USA Hockey SafeSport Program Handbook, (2) any violations of the policies prohibiting Sexual Abuse, Physical Abuse, Emotional Abuse, Bullying, Threats and Harassment, and Hazing, and (3) suspicions or allegations of child physical or sexual abuse to the appropriate USA Hockey representatives.

**Additionally, in all cases involving suspicions or allegations of child physical or sexual abuse, every employee or volunteer of USA Hockey Member Programs must also report to the appropriate law enforcement authorities.**

To make a report to USA Hockey, you may do so either by: (1) clicking on "**Report to USA Hockey**" and completing the Reporting Form, (2) emailing to [SafeSport@usahockey.org](mailto:SafeSport@usahockey.org), or (3) calling 800-888-4656.

Reports may also be made to the Affiliate SafeSport Coordinator. To make a report to your Affiliate SafeSport Coordinator, please click on the link for the contact information for each **Affiliate's SafeSport Coordinator**.

**All reports involving sexual abuse and misconduct must be reported to the U.S. Center for SafeSport. Reports to the U.S. Center for SafeSport may be made by (1) completing an online report to the U.S. Center for SafeSport at <https://www.safesport.org/report-a-concern>, or by (2) calling 720-524-5640. For additional information on reporting to the U.S. Center for SafeSport, please click [here](#).**





# USA Hockey - Locker Room Policy



All USA member programs must have at least one responsible screened adult (Locker Room Monitor) present to monitor the locker room or changing area. Individual meetings between a minor and a coach in a locker room or changing area requires the presence of a second screened adult.

- -Permission or lack of permission for parents to be in the locker rooms.
- -Prohibited conduct, including at least all forms of abuse and misconduct prohibited by USA Hockey
- -Specific policies for the use of mobile electronic devices and phones and prohibiting the use of a device's recording capabilities.

Failure by a coach or administrator to take appropriate steps to ensure adherence to the Locker Room Policy, or violation thereof by any participant or parent of a participant is subject to appropriate disciplinary action. It should also be noted that a local program may at its discretion adopt stricter policies than those defined by USA Hockey or Minnesota Hockey, but in no case may said policy be less strict.

# D10 Policies



## Policies you must know

- Locker Room Policy and Monitoring Requirements
- Photographic Device Policy (for adults and youth both)
- Code of Conduct Policy
- Find D10 policies at <https://district10hockey.org/>
  - D10 Handbook includes all rules that apply



# D10 - Locker Room Policy



## Locker Room Policy

In addition to the development of our hockey players and enjoyment of the sport of hockey, the safety and protection of our participants District 10 adheres to USA Hockey's SafeSport Program as a means to help protect its participants from physical abuse, sexual abuse and other types of misconduct, including emotional abuse, bullying, threats, harassment and hazing. To help prevent abuse or misconduct from occurring in our locker rooms, District 10 has adopted the following locker room policy. This policy is designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms.

## D10 - Locker Room Monitoring



Locker Room Monitors should conduct a sweep of the locker rooms and changing areas. If the coaches are not inside the locker rooms, then a coach or a volunteer locker room monitors (each of which has been screened) will be posted directly outside of the locker rooms and changing areas during periods of use, and leave the doors open only when adequate privacy is still possible. Only participants (coaches and players), approved team personnel and family members are permitted in the locker room (when appropriate). Team personnel will also secure the locker room appropriately during times when the team is on the ice.

**Adult supervisors for the locker room monitoring must follow the screening process in the MN Hockey Handbook, Page 54 Sexual Abuse, Physical Abuse and Criminal Background Screening Policy.**

# D10 – Photographic Device Policy



District 10 strictly prohibits the possession and/or use of cell phones and/or any type of photographic device(s) in locker rooms.

Effective with the start of the 2018-2019 Hockey Season, use of phones, cameras or any device that has the ability to take pictures or videos in a locker room is prohibited. Any **player(s)**, **locker room monitor(s)**, **coach(s)**, **parent(s)**, or **person(s)** being caught using phones or photographic devices, in any locker room:

- First offense - WILL be removed from further team functions for a minimum of 2 District 10 games and/or sanctioned tournaments
- Second offense – Will be removed from all further team functions until a hearing with a District 10 committee can be convened. If evidence is obtained by D10, a fine to the individual, team and/or the association may also be assessed.

**Coaches & Players** – If the use of a phone is required, you MUST step outside of the locker room to use it.

It would be best for the players to leave such devices in the vehicle they came to the arena in, or leave such device with a responsible party before entering the locker room.

# D10 Code of Conduct



District 10 adheres to, and enforces a zero tolerance policy. The policy requires all players, coaches, officials, Association Board Members, District 10 Board Members, Parents and spectators, to maintain a sportsmanlike and educational atmosphere before, during and after all District 10 games and tournaments.

This includes, and is not limited to, abusive behavior, harassment, bullying, obscene language or gestures, verbal abuse, threats of physical abuse and/or actual physical abuse.

## Penalties:

- **1st Violation**: After confirmation of an offense, those in violation, shall be suspended for a minimum of the next two consecutive games or two weeks of a season.
- **2nd Violation** or Subsequent Violation(s): After confirmation of an offense, those in violation will have to meet with members of the District 10 Hearing Committee. They will be suspended until a meeting can be convened. This offense may result in penalties up to and including termination of a continuing to participate in the current hockey season. If those in violation consider the penalty unjust, a written appeal can be made to the District 10 Director. This appeal must be received within one week of notification of the ruling by the D10 Board.

Our focus is to provide a safe and encouraging environment for players, parents and volunteers.

USA Hockey and Minnesota Hockey have a **ZERO TOLERANCE** policy for abuse and misconduct. Through USA Hockey SafeSport Program, USA Hockey and Minnesota Hockey are committed to creating the safest possible environment for participation in hockey.

The USA Hockey SafeSport Program is intended to protect all participants, not just players, from any type of misconduct or abuse.

# SafeSport Certification



## How do I get Certified?

- No cost for volunteers
- Register at USA Hockey for Volunteer/Manager
- Complete consent for background check at MN Hockey
- Register for SafeSport certification
- Complete training modules
  - Emotion and Physical Misconduct (50 min)
  - Sexual Misconduct (65 min)
  - Mandatory Reporting Responsibilities (35 min)





i. Must first register at USA Hockey as Volunteer/Ice Manager – Free

ii. Complete the consent for background screening at MN Hockey

1. Login with your BYHA SportsEngine profile
2. Will need your USA Hockey registration #
3. Check the “Locker Room Monitor” selection at a minimum
4. Keep your registration number somewhere safe as you may need it

iii. Register for SafeSport Training at <https://www.usahockey.com/safesporttraining>

1. Must activate account through the email sent
2. There are 3 courses to complete within the training
3. Required courses should populate in your profile under "Your Activities"
4. You can get your Final SafeSport Trained Certificate when you click on the SafeSport Trained tab under the Menu

iv. Time investment

1. Typically 2.5 hours for 1<sup>st</sup> time training – good for 2 seasons
  - a. Emotional and Physical Misconduct – 50 min
  - b. Sexual Misconduct Awareness – 65 min
  - c. Mandatory Reporting Responsibilities– 35
2. Sounds like 1 hour for refresher course – good for 2 more seasons



# Concussion Testing



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## ImPACT Testing

- Partnering with TRIA
- Data is critical for treatment plans
- Need to benchmark what is “normal”
- Risks of long term effects are very significant if not properly diagnosed and treated
- No cost to families
- Required for all Peewee/U12 and up
- Coaches are also required
- No cost to families
  - BYHA negotiated price is \$5 per test
- Contact [ConcussionCoordinator@byha.org](mailto:ConcussionCoordinator@byha.org) with any questions

## Plan

1. Multiple sessions will be offered
2. Testing will be done at Roosevelt Middle School
3. Will coordinate with teams once they are formed
4. 20-30 minute test on a computer
5. All results are recorded in national database accessible to all physicians
6. Non-BYHA pediatric testing is available to families directly through TRIA





## BYHA Supplied Equipment Must be Returned

- Traveling Game Jerseys, Practice Jerseys, Breezer Covers
- Preserve all equipment so it is returned in good condition
  - Suggest garment bags to protect Game Jerseys
- Any damaged or missing equipment will be billed for
  - Jerseys = \$75.00
  - Breezer covers = \$50.00
  - Other equipment = fair replacement value
- Goalie equipment available for Squirts/U10 and younger
- First time players can receive a \$150 equipment voucher by request



- All protection equipment must be in good condition and safe for use
- Black helmets are preferred

# Parent and Player Conduct

## Good Behaviors are Mandated by Policy



- District 10 Hockey has unavoidable consequences – know them
- USA Hockey Parent Handbook – please review
  - Valuable information – Easy to read (27 pages)
  - Covers many important topics
  - Respectful and Positive are key to success

<http://read.uberflip.com/i/743352-american-hockey-parent-handbook-2017>

## Parent's Code of Conduct

## Spectator's Code of Conduct

- + Display good sportsmanship. Always respect players, coaches and officials.
- + Act appropriately; do not taunt or disturb other fans; enjoy the game together.



# Parent and Player Conduct



Negativity will lead to a poor experience and embarrassment for everyone!

**FACT: Negativity is a recipe for failure and an unpleasant experience overall**

Consider when frustrated or emotional, "WHAT IS YOUR GOAL?"

- To complain, vent, insult and embarrass?
  - Counterproductive Results – Defensive Responses (it's human nature and not an intentional reaction)
- To drive respectful, positive communication and change?
  - Productive Results – Cooperative Responses – Solutions Found
- You WILL get emotional – Expect it – use the **24 HOUR RULE** to cool off

**PLEASE** be prepared to deal with emotion and help others deal with theirs as well



+ Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.







# Parent and Player Conduct

## Hockey is about Respect and Positivity

### Remember:

- + **Let kids be kids.** Fun should be paramount.
- + **Be supportive.**
- + **Be disciplined.** Manage your emotions and set a good example that teaches your child to do the same.
- + **Be respectful,** *especially* in situations of disagreement or conflict.

+ **Be positive,** and when adversity comes, be constructive not destructive. If you must be critical, don't get personal. Direct your comments at the action, not the person.

+ **Your child's coach** is likely a volunteer, and often also a parent, donating their time to help your child. While criticism might be appropriate, it should be done constructively and through appropriate channels.

+ Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice—it is destructive. Work toward removing the physical and verbal abuse in youth sports.

- + Cheer good plays of all participants; avoid booing opponents.
- + Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- + Help provide a safe and fun environment.



# Parent and Player Conduct

## Hockey is about Respect and Positivity



- Please respect all the volunteers
  - Referees, Coaches, Managers, BYHA roles are all volunteer roles
  - No one is in it for the money
  - Bad experiences, disrespectful communications and insults will drive out the very volunteers that make hockey possible for us all! Support them rather than criticism them!
  - Confront any issues in a respectful and productive way and report to the right people





# Parent and Player Conduct

## Hockey is about Respect and Positivity

- Be a good example and help teach these young athletes self accountability
  - Avoid victim thinking (blaming others)
  - Only thing individuals have control over is their own actions and behaviors
    - Respect the team, Listen to instruction, Work hard
  - Understand that wins and losses are a team result – not an individual result
  - Kids learn much more by adult behaviors then they do by what adults say to try to teach

Team results will reflect the cohesiveness of the team – including the parent level



<https://www.mentaledgenow.com>





# Parent and Player Conduct

## Hockey is about Respect and Positivity

- Bullying or Hazing is not tolerated, PERIOD!
  - Use the SafeSport training to learn more about what Bullying really is
  - Help the kids understand the definition, expectation and consequences
  - Suspension and Expulsion are the only options



# Athlete Preparation

## Fuel Mind and Muscles

Do what you can to help best prepare your athlete for hockey

- Rest is critical to performance – get enough sleep!
- Well fueled muscles and minds WILL perform better
  - Eat the right foods – Avoid sugars and snacks foods
  - See USA Parent handbook for good practices



## GAIN AN EDGE: NUTRITION, HYDRATION AND SLEEP

Nutrition is a key contributor to performance, but it's often overlooked. Introduce good nutrition habits to your young athlete early and you'll not only help them maximize their performance, you'll set them up for a healthier lifestyle, too. Here are some tips from USA Hockey and Kraft Heinz.

### Nutrition Tips

- Eat for your goals and lifestyle. If you want to be an elite player you must eat elite. Eat meals made with wholesome ingredients of the highest quality. This will involve preparing and cooking!
- Avoid quick fixes like snack foods and fast food. Plan ahead by a day or 2 so quality food is always available.
- Cartoon characters are not elite so do not eat foods with cartoon characters on the packaging.
- Drink water. Avoid soda pop, sports drinks, and juice that are loaded with sugar.

# Team Expectations

Help drive a successful season!



- Be respectful of team schedules
  - Successful practice plans require on time starts
  - Notify coaches well ahead of time if late or absent
  - Fully ready 5 min beforehand (time to prepare mentally)
- Help teach good behaviors
  - Do not hurt the team with retaliation
  - Respect the team and coaches
  - Pay close attention to coaches instructions – no disruptions
  - Work hard! Development will be slowed at 90% effort
- HAVE FUN! – If hockey is not fun, please communicate this to your Coach or Director.

Time	What	Why	Teaching Points
5 MIN	<b>Talk with Players</b>	Establish culture and identity	
	4 Core Values		
	Commitment and accountability	What are you committed to today?	Hold accountable
5 MIN	<b>Active Warm-Up</b>	Stretch and prepare for practice	Prepare/get mind right
6 MIN	<b>Ball Handling</b>	Tight handle, strong core	
	RL Pounds (30)		Elbow through ball
	RL Pound double crossover (30)		Butt down, eyes up
	RL Leg scissor (30)		Strong stance
	2 Ball resistance knees (30)		Get uncomfortable
	2 Ball resistance ankles (30)		
5 MIN	<b>Partner Shooting Warm-Up</b>	Groove form, focus on mechanics	1-2 land (stop, gather)
	Spin Out 1-2s		Elbow high, finger in
	Pound R 1-2s		Pound and quick steps
	Pound L 1-2s		
22 MIN	<b>Ball Screen Play (General)</b>	Live game situations and reads	Advantages
	Set-ups	Drop man to screen	Slow, see floor early
	Refusals	Beat coverage	Use, bump off, go - CP
	Splits	Beat coverage when pushed over	See space, create space
	Uses	Be a facilitator - draw 2	Slow down eyes at net
8 MIN	<b>8 MIN Workout</b>	Reps/Conditioning	Find the sweet spot:
	Ball screen refusal PUJ (2 min)		Challenge but do not
	Curl/Fade J (2 min)		sacrifice form for fatigue
	Transition PUJ (2 min)		
	Ball screen split to finish (2 min)		





# Team Expectations

## Help volunteer for team duties



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- Game clock, game book and penalty boxes must be covered by parents
- Locker room monitoring will be a big NEW requirement this season – every minute of LR use
  - Please be prepared with your SafeSport certification – Please get it done ASAP!
- Good parents make for great seasons!
- The stronger the team cohesiveness, the better the experience will be for all – WIN or LOSE



# Volunteer Work

## Get Involved! Volunteer



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- BYHA needs help from all families to have a successful season
  - Volunteering is part of everyone's commitment to Hockey
  - All volunteers are required to have SafeSport
  - \$100 Volunteer Fee was included at registration
  - \$100 will be refunded once the 5 hour requirement is completed
  - See the BYHA Dibs page to sign up for tasks
  - Enter accurate information on the Dibs page for credit tracking
  - Always use the same "player" for all Dibs tasks claimed
  - Your team will also need help separate from this requirement



+ **Be proactive.** Getting involved as a volunteer or coach in your association can give you an even greater influence on your child's hockey experience. And as a parent, being a proactive communicator with coaches and administrators can help avoid frustration and conflict.



## 2018-19 Plan

- Heggies Pizzas are back by popular demand
  - Earn \$4.00 - \$5.00 per pizza
- Puffins Frozen Pastries
  - Earn \$6.00 per box
- Open from now until November 1<sup>st</sup>
- Product delivery is scheduled for November 28<sup>th</sup> between 6pm and 7pm
- Pickup will be in the north lot at Fogerty
- Fogerty concession work is another opportunity to volunteer – please ask if interested





# S.K.A.T.E Program



## What is S.K.A.T.E.? (Skaters Keep Achieving Through Education)

- This is an incentive program for young athletes to maintain good grades in school while balancing their sport commitment
- All Traveling players who maintain a 3.0 grade average or equivalent are eligible for end of season party
- Historically the event has been held at Bowlero
  - 2-3 hours of free games and bowling
  - Food, prizes are included
- Each team need a SKATE Coordinator to manage the collection of paperwork for the team and help with the event
  - Coordinator receives their full volunteer refund for this position
- Learn more at <https://www.skatetoachieve.com/>

# Gambling Contributions

We all rely on their support!



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- BYHA has always been dedicated to providing hockey opportunities at a low cost
- This is only possible with our Charitable Gambling effort
- The amount donated equates to an average reduction in price of \$600.00 per player
- PLEASE show your gratitude to these organizations for this significant contribution by giving them your business (and play a few tabs!)



# THANK YOU!!



**Blaine Youth  
Hockey Association**



Thank you all for your time! We all know it is valuable and short in supply!

We hope you found some value in the meeting and felt it was worth your while.

- Please make note of any feedback you might have for the upcoming survey. Without your feedback, it is very difficult to capture all the improvement ideas you might be thinking of.
- We invite you all to attend our monthly BYHA board meetings
- 3<sup>rd</sup> Monday of each month at 7 pm - In this room (Fogerty Meeting Room)
- Contact us anytime through the about us page on the website.
- Any Questions?

*Thank you!*