



WELCOME



2025-2026 PLSHA Mite Parent Meeting

Matt Denman – Mite Program Coordinator (plsha.mitecoordinator@gmail.com)

Cassie Pender – Mite Manager Coordinator (plshamitemanager@gmail.com)

Discussion Topics

- Mission Statement
- Introductions
- Program Objectives, Overview, Goals
- Mite Pre-Skates/Mite Pre-Assessments
- Mite Assessments
- USA Hockey/MN Hockey Policies
- Practice Structure
- Goalies
- Jerseys
- Pictures
- Expectations
- Mite Jamboree
- Coaching
- Questions

MISSION STATEMENT



Prior Lake/Savage Hockey Association is a volunteer organization.

Our *objective* is to teach our players respect for their teammates, coaches, the game, and to be proud of being a part of the Laker community.

We are guided by the *values*:

- 01 PERSEVERANCE THROUGH ADVERSITY
- 02 PERSONAL INTEGRITY
- 03 DISCIPLINE
- 04 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.

Introductions



- **Matt Denman – Mite Program Coordinator**
 - Prior Lake graduate
 - Played high school, junior, and college hockey
 - 4th season as a varsity coach with Prior Lake
 - 1st season as mite program coordinator

- **Cassie Pender– Mite Manager Coordinator**
 - One son, Cooper (7) and one daughter, Livvy (5)
 - Husband, Bryan - Mite Coach (4th year)
 - (4) seasons with Prior Lake, 3rd for managing and Mite Jamboree Tri Chair

Introductions



We couldn't do this without our additional mite program volunteers:

- Brett Peterson - Mite Committee
- Ryan Lambert - Mite Committee
- Brian Connelly - Mite Committee
- Glenn Walker - Mite Committee
- Andy Krogfus/Amy Sawyer - Mite Jersey Coordinator

Program Objectives



- **Emphasis on FUN**
- Friendships
- Skill Development
- Athleticism

According to USAHockey.com, Hockey helps boys and girls make big strides on and off the ice. Here are just a few of the positive characteristics youth hockey helps bring out of kids:

Pride – Focus – Exhilaration – Strength - Responsibility
Thrills – Adventure – Confidence - Leadership
Friends – Teamwork - Laughter

More than a Game

Hockey develops skills on the ice that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

Life-long Friendships

Starting with the bonds created in the locker room to the relationships formed on ice, hockey creates life-long friendships. This camaraderie shared on and off the ice encourages teamwork and the natural development of leadership skills.

Set Up for Success

From learning to balance school, responsibilities at home, time at the rink and playing with friends, hockey encourages kids to learn time management skills that will later serve them in all facets of life. Hockey's unique source of physical fitness promotes healthy living.

Hockey is Fun

The thrill of carrying the puck up the ice on a breakaway, the exhilaration of scoring your first goal or making that amazing save is possible due to the encouraging environment hockey provides to try new things and grow as a hockey player and person.

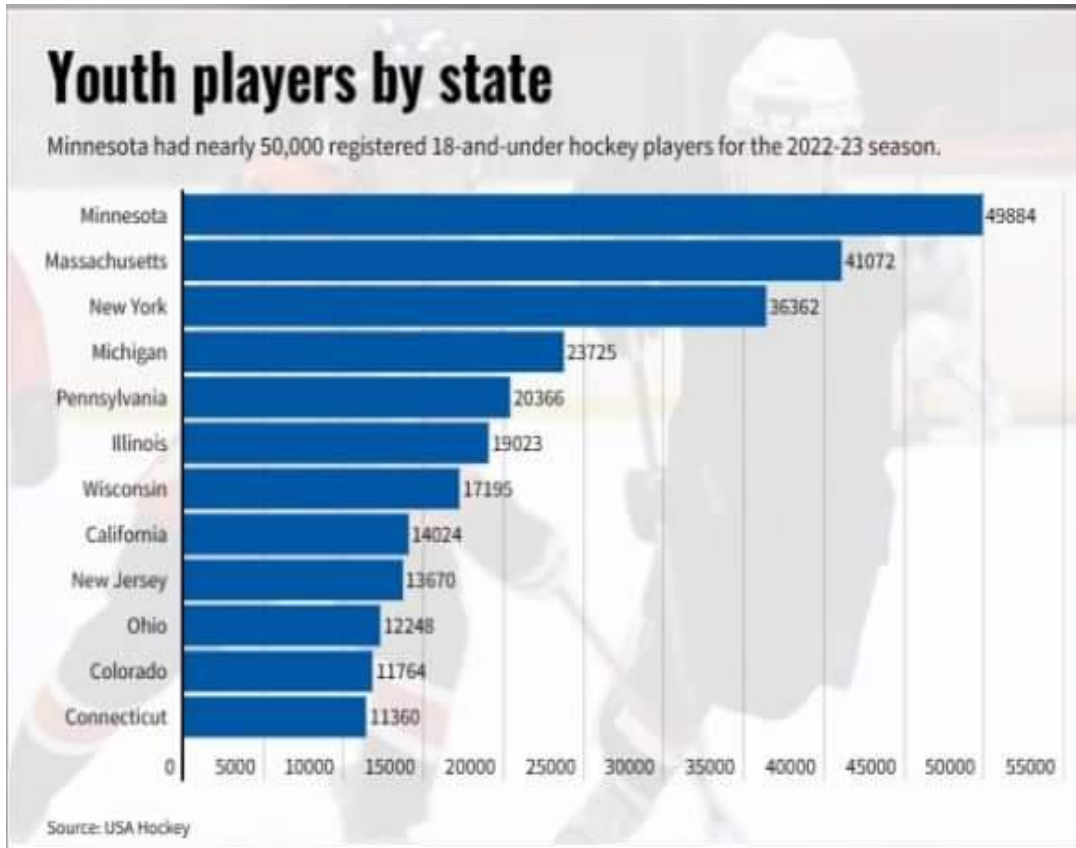


Some Statistics...



- At any given time, there are:
 - A few hundred Minnesotans playing junior hockey
 - 200-300 Minnesotans playing NCAA Division 3 hockey
 - 200 Minnesotans playing NCAA Division 1 hockey
 - 100 Minnesotans playing AHL/ECHL hockey
 - 50 Minnesotans in the NHL
- Less than 1,000 players TOTAL from Minnesota are playing higher than high school each year.
- **Almost 20,000 new players** are introduced to hockey in Minnesota every year.
- Broken record: focus on fun, not on making the pros!

Some More Statistics...



Did you know:

Of all of the kids that play youth Hockey, only approximately 5% will play Varsity High School Hockey in Minnesota.

According to research by the NCAA:

Only 0.9% of high school hockey players make it to the NCAA level.

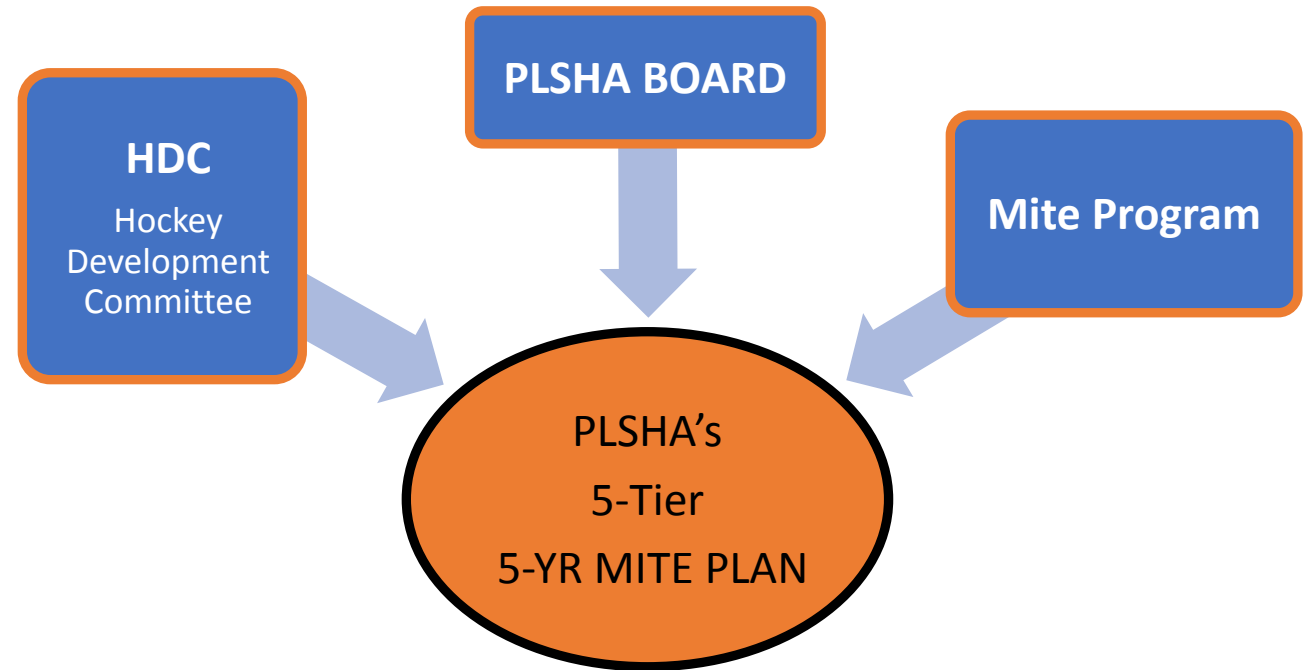
An even smaller fraction, 0.3%, of NCAA players eventually reach the NHL.



Program Goals



- Fun for all ages and abilities
- Age-appropriate skills and drills
- Well trained and organized coaches
- Fundamental skating development/skill development
- Opportunity for all to play at each level



Program Overview



- Five Years – Five Tiers

- Rookie Mites

- January – March
 - First time players primarily Pre-K and K
 - Organized chaos, fun on-ice activities
 - Some in-house scrimmages

- Mite 1

- Full season
 - First and second year players primarily K and 1st grade
 - Hockey skill drills and fun activities
 - Some in-house and district scrimmages

- Mite 2

- Full season
 - Primarily 1st and 2nd grade
 - Hockey skill drills and fun activities
 - Some in-house and district scrimmages

- Mite 3

- Full season
 - Primarily 2nd and 3rd grade
 - Hockey skill drills, limited gameplay/rules lessons, and fun activities
 - In-house and district scrimmages

- Mite 4

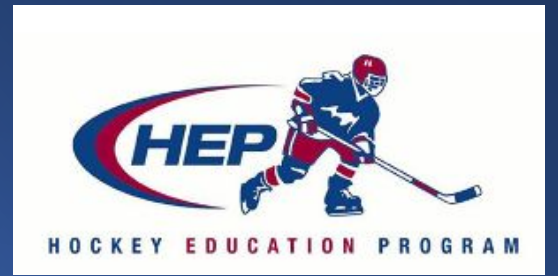
- Full season
 - Primarily 3rd grade
 - Hockey skill drills, gameplay/rules lessons, PEP skills training, fun activities, and dryland training
 - In-house and district scrimmages

What Comes After Mites

- Squirts
- Peewees
- Bantams

ADD A SLIDE LIKE THIS FOR NEXT YEAR

Mite Pre-Skates/Mite Pre-Assessment



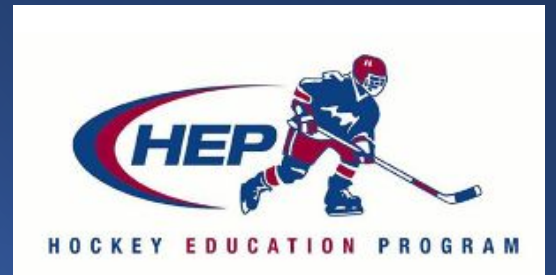
Mite Pre-Skates

- We will have mite pre-skates prior to Mite Assessments
 - Sat, Sept 27th
- Players will be broken up by grade level (Girls will skate together)
- This will allow all mite players a chance to get their skates back under them prior to assessments

Mite Pre-Assessment

- Sun, Sept 28th (8AM-11AM)
- Sun, Oct 5th (8AM-11AM)
- Players will be broken up by grade level
- The players will get a chance to run through all the mite assessments drills

Mite Pre-Skates/Mite Pre-Assessment

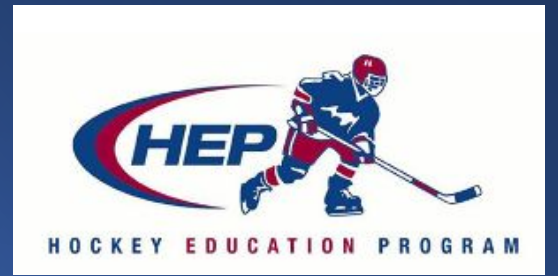


Skating opportunities for Mites to get ready for Mite Evaluations and the season!

- Pre-skate is being offered on 9/27
- Pre Assessment Skates on 9/28 and 10/5
- Please only come to the time that your player is scheduled so we can keep numbers even
- Please go by last name
- Pre Skate schedules will be posted on 9/23

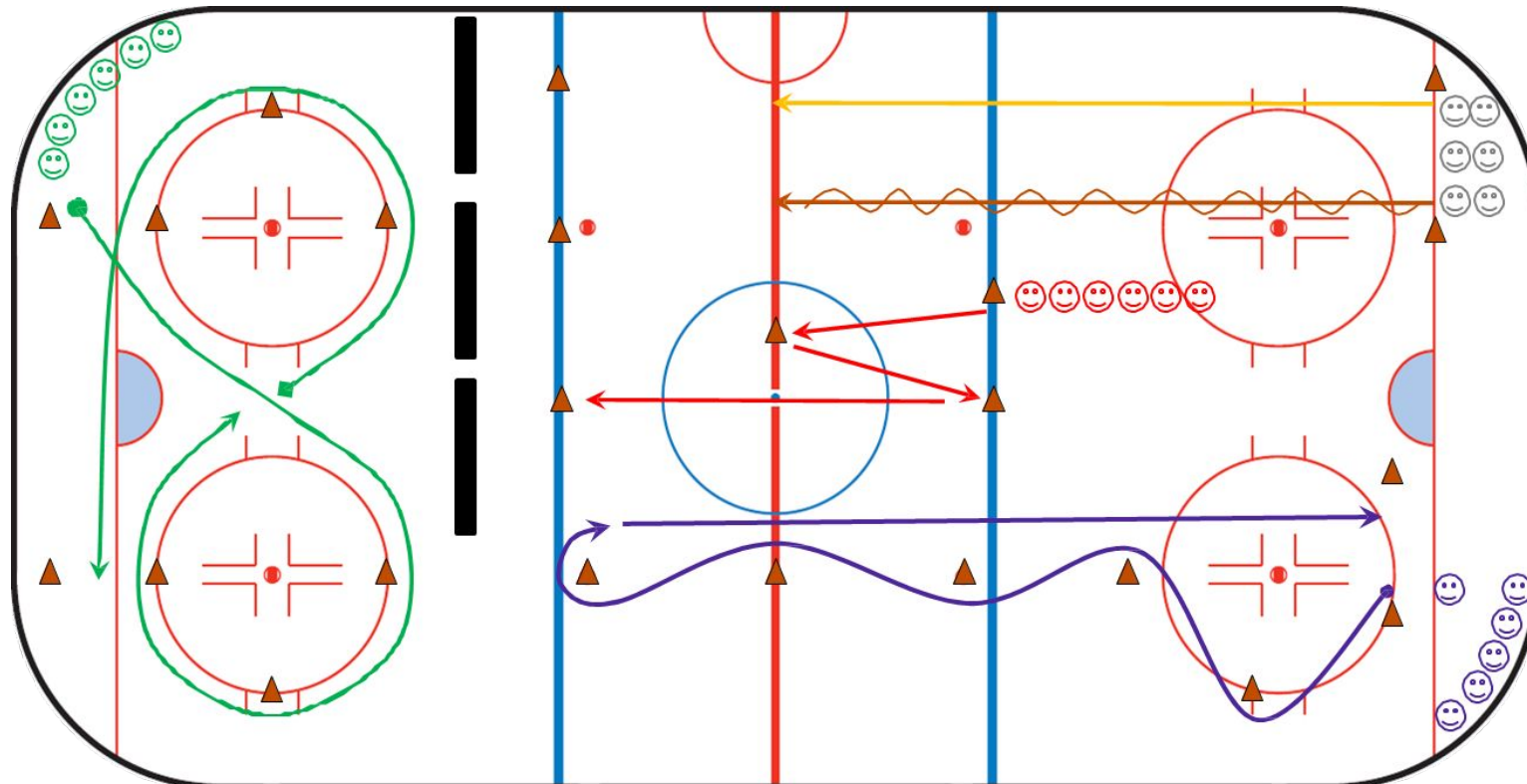
9/27					
	Start Time	End Time	Duration	Rink	Group
	8:00 AM	8:55 AM	55		Prek - K Boys
	8:55 AM	9:50 AM	55		Prek - 1st Girls
ZAM	9:50 AM	10:00 AM	55		ZAM
	10:00 AM	10:55 AM	55		2nd - 3rd Girls
	10:55 AM	11:50 AM	55		1st - 2nd Boys A-G
ZAM	11:50 AM	12:00 PM	55		ZAM
	12:00 PM	12:55 PM	55		1st - 2nd Boys H-O
	12:55 PM	1:50 PM	55		1st - 2nd Boys P-Z
ZAM	1:50 PM	2:00 PM	55		ZAM
	2:00:00 PM	2:55 PM	55		3rd Boys A-K
	2:55 PM	3:50 PM	55		3rd Boys L-Z

Mite Assessments (Sat, Oct 11th)



- HEP Skills Challenge drills

- 5 timed stations – players will be put into teams based on overall best cumulative assessment time (All 5 Drills) , grade level, mite level played year prior and age.



A few notes on Assessments



- We strive to be as objective as possible when creating teams.
 - Coaches will be involved in **team** placement decisions, but not level placement.
 - Level placement will not be modified because of parent feedback.
 - Your child will be placed at the level at which they evaluate.
 - If you have questions about your child's **team**, feel free to reach out to us.
 - Not everyone will be happy with their placement.
 - If you are concerned about the **TEAM** your child is placed on, not the **LEVEL**, please follow the 24-hour cool down rule, allowing 24 hours for emotions to calm before reaching out.
- Jersey fitting will be done after their assessments on 10/11
- If your player needs to have a makeup for assessments, please let Matt or Cassie know ASAP via email
- Teams will be posted as soon as possible
 - Goal is no later than Wednesday, October 15th
- Practices start Saturday, October 18th

USA Hockey/MN Hockey Rules



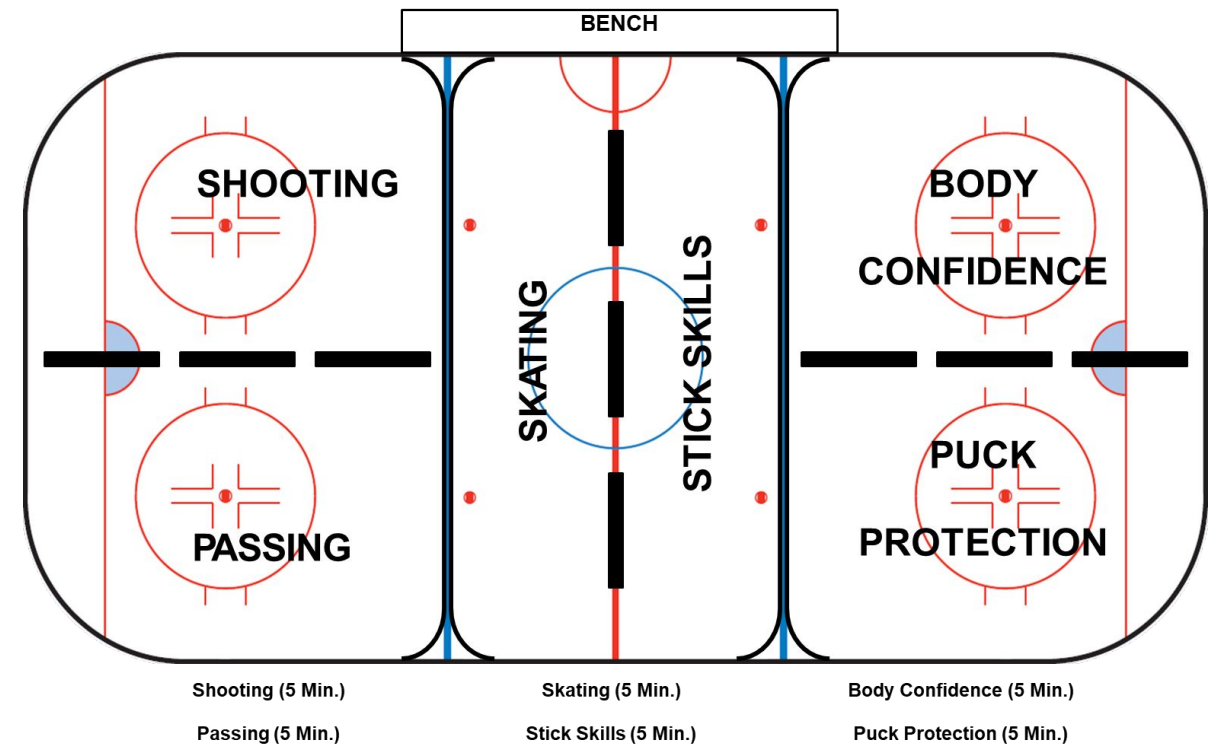
- PLSHA must adhere to District 6 hockey policies. D6 must adhere to MN hockey policies and MN hockey must adhere to USA Hockey policy requirements.
- Compliance with USA Hockey policies for the 2025 – 26 hockey season. MN Hockey obtained a variance to the policies which allows us the following:
 1. Scrimmages must be within the district or else approval is required
 2. **Intermediate size nets** for all mites
 3. No full ice until after Jan 1st (Mite 3 and 4 only)
 4. **8 full ice** scrimmages (Mite 3 and 4 only)
 5. Two jamborees (One home and one away) for each mite team – Up to 3 games at each jamboree (All Mites)
 6. Cross ice and half ice scrimmages for Mite 1 and Mite 2

Why play hockey on a small ice surface? Less space = Less time = Quicker Decisions

Practice Structure



- Saturday and Sunday mornings
 - Dakota will open 30 mins prior to the first skate each day (Approx. 6:30am)
 - One day USA Hockey based station drills
 - One day with skating coach (Butch)
 - Will be modified for Scrimmages
- Mite 3 & 4: Wednesday Practices
- Mite 1 & 2: Monday Learn to Skate at Dakota
- Shinny time
 - Outdoor free play at Lakefront
 - Weather permitting
- Dryland
 - TBD



Goalies



- For the 25-26 season - Mite 3 and Mite 4 teams will be provide a bag of goalie gear to share throughout the season to encourage all kids to give goalie a try.
- 10 Goalie clinics, hosted by Devenir Goaltenders, will be available to all mite level kids for free during the season.
- If your child is interested in trying goalie, please reach out to your team coach or go to the PLSHA website for more information: <https://www.plsha.com/page/show/115400-goalie-program>



Jerseys



**Mite jerseys
for the
2025-2026
hockey season**



Pictures



Teams will be split to go each day (half on Tuesday, the other half, Wednesday)

- Tuesday, October 29th
 - Time: Evening TBD
- Wednesday, October 30th
 - Time: Evening TBD
- Make Ups TBD
 - Time: Evening TBD
- Please note if you do the make up times after October, the player will not be in their team picture



Expectations



- Dibs hours
 - Mite 1-4: **4 hours per player**
 - Credit Card Hold for Dibs (via registration), no checks this year at assessments
 - 15 hours max per family
- Team Volunteering
 - Every team manager will ask parents to help with specific tasks (equipment setup/take-down, running a clock during practice, etc.). Again, this does NOT satisfy dibs hours but is essential to association and team success.
- Ice bills:
 - TBD, expect ice bills for all Mite Teams.
- 2024 – 2025 Laker Hockey Season Information Document can be found on the following link: [Mite Program](#)

Expectations



- We always need more volunteers for managing and coaching!
- Managers
 - Coordinates team communication, events, snacks, parties, etc.
 - This position DOES satisfy your dibs hours
 - If you're interested in managing, contact Cassie(plshamitemanager@gmail.com).
- Coaches
 - Coaching is fun and rewarding!
 - Any coaching position satisfies your dibs hours.
 - If you're interested in coaching, contact Matt Denman and Paul Sterling together via email (plshacoaches@gmail.com).

Hockey Parents



- Don't be in a hurry!
 - Racing your player to the top of the Mite Program will have little or no bearing on high school success or beyond.
 - Focus on fun with friends – the rest will come with time!
- Don't miss practice!
 - Repetition, repetition, repetition!
- Relax and enjoy the journey!
 - Patience.
 - Expect mistakes from the players and the coaches. All of us are learning.
- Car coaching
 - Keep it positive!
 - Picking apart performance is not going to help. Focus on fostering a fun environment and let coaches worry about skill development.
 - Imagine your boss commuting home with you and highlighting your errors.

Mite Jamboree



- PLSHA Mite Jamboree will be held March 12th - 15th, 2026
 - 3 Games for Each Level-Boys and Girls
 - Swag and awards for each participant
 - Many Fun Activities: Vendors, face painting, chuck-a-puck, silent auction

If interested in helping out, please connect with Cassie Pender/Laura Peterson/Natalie Rognrud
(plshamitejamboree@gmail.com)

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.

The PLSHA Coaches Coordinator uses USA Hockey's Administration Portal for requirements verification. Emails with attachments will no longer suffice as proof of completion.

All certification cost are eligible for reimbursement even if you are not selected to coach.

Step 1: Applications (PLSHA & USA Hockey) - Due ASAP

USA Hockey application is open NOW
PLSHA application opens 8/1/24

Step 2: Background Screening - Due at time of application

Step 3: CEP - Due by 12/25/24

Step 4: Age-Specific Modules - Due before you can be rostered or on ice

Step 5: SafeSport - Due before you can be rostered or on ice

Step 6: Concussion - Due before you can be on ice

Coach Selection



- The Youth and Girls Hockey Development Committees (HDCs) are responsible for selection all non-Mite/8U head coaches and approve all assistants. Selected head coaches are allowed to nominate their assistant coaches.
- The Mite/8U Program 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.

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Amanda Rooney

Hanna Smith

Cassie Pender

Amber Annette

Mary Holt

Kyle Antilla

PLSHA Emails



Just a reminder, the PLSHA email inbox is not monitored.

Direct replies to PLSHA emails are not responded to.

If you need to contact someone, please go to PLSHA website and find appropriate contact!

Questions?



We can't wait to get started!

T-26 Days Until The Mite Season!

Go Lakers!!