



Mini Mite and Mite

Coaches Handbook

2018-2019 Season

Format

The reasoning behind the new format for the upcoming season is to place kids into a level and then into a group that will be best suited for the player and their overall skill level. Our effort will be to place kids where they will have the best opportunity to succeed while also getting repetitions with kids of similar skill level. It is our responsibility as coaches to ensure that each child is given ample opportunity to succeed and be the best player that he/she can be.

Movement throughout each level will be highly encouraged and should be considered essential to a player's development. We want the kids to enjoy hockey, have the desire to come to the rink every night and most importantly, have fun but we also want to be able to achieve all of that in a competitive environment. It is achievable if we have the coaches buy into what we are trying to accomplish and are willing to do what it takes to get our program to the next level.

Rookies- All first-year players regardless of age will be required to partake in our rookie program. The Rookie program will be run by the figure skating club in partnership with BAHA and our coaches. This program will run for 3 weeks. This group will practice 2 times during the week until the program is complete. The goal of the Rookie program will be to introduce each player to the basics of skating and to develop the skills necessary to have success at the Mini Mite or Mite levels. Once the program is complete, each player will receive a certificate of completion and then be added to the appropriate group at their respective level. All players will be required to wear shin pads, elbow pads, helmets and hockey gloves. Breezers and shoulder pads will be considered optional.

Mini-Mites- This level will serve as a feeder program to our Mite level. The kids will be considered a Mini Mite for 3 seasons if they start on their first year of eligibility. The Mini Mites will consist of 2 groups, Mini Mite 1 and Mini Mite 2. Mini Mite 1 will be designated for 1st year players once they have completed our learn to skate Rookie program and 2nd or 3rd year Mini Mites that may need a little more time while learning the basics of hockey. Mini Mite 2 will be for your advanced Mini Mite players that may need to be challenged a little more or can handle a little more complexity to the drills.

Mites- Players at this level will be considered a Mite for 2 seasons and will serve as a feeder program for our Squirt level. This level will have 2 tiers inside of the of the level, Mite 1 and Mite 2 with 2 teams within each tier. Team Wild and Team North Stars (Mite 1) will be designated for your more advanced players, regardless of age and will be split as equal as possible. Team Moose and Team Admirals (Mite 2) will consist of the remaining players, regardless of age and will be split as equal as possible.

Mite level first year player

Players that will be partaking in their first year of hockey and are of Mite age will still be required to take and complete the Rookie program. On a case by case basis, we need to evaluate each situation and get the parents involved in the discussion as to how we will proceed with placement of that player. Our initial plan would be to have this player spend 1 month in Mini Mites and then move into Mites, but this will be dependent on how the player has progressed and how he/she would fit in with the Mites skill level.

Movement within groups/levels

One of our main goals is going to be placing kids in the appropriate group or level. Movement within the Mini Mite/Mite levels will be highly encouraged as long as the players best interest is kept on the forefront. Movement within a level from Mini Mites 1 to 2 or Team Moose/Admirals to Team Wild/North Stars should be done as long as the player we are moving up will continue to be pushed as a player, will not be considered “in over their head”, has the maturity and coachability to handle the jump and is something that will benefit the player. The coaches should have discussions either prior or during practice and if one player seems to be standing out at a certain group, that player should be brought to the attention of either the Mini Mite Coordinator or the Mite Coordinator. If a player has been identified as someone who should be given the opportunity at a higher grouping or level, that player shall be given 2 practices at the new group or level to prove to the coaches if they belong with the next grouping. If the player is being evaluated within the same level, (MM1 to MM2 or M/A to W/NS) the coaches within that level must come to a decision after the 2-practice trial. If a player is looking to move from Mini Mite 2 to Mites, the Mite coaches will have the final decision. When a player is identified as a potential candidate for moving up, that players parents should be notified and given an explanation of how the process works. Please make sure to inform them that the 2-practice trial is not considered a permanent movement and there is a chance that the player could end up back at the prior grouping or level if the coaches feel that is the best place for them. No Mites will be allowed to move to Squirts per BAHA policy unless there is a shortage of players at the Squirt level which will be requested by the hockey committee. At that point, the oldest 2nd year Mites would be evaluated and the players would be chosen by a group of evaluators selected by BAHA.

Players of Parent Coaches

When it comes to the placement for the kids of the parent coaches, they shall be placed in a group that will be decided by a group of coaches that do not include the parent coach. Players of parent coaches will be allowed to skate as many sessions as they would like as long as the parent coach is on the ice. If the parent coach chooses to only skate 1 session, the player can only skate 1 session.

Practice Structure

Mini Mites- The Mini Mites will have 2 practices per week. Mini Mite 1 will have 40-minute practices and Mini Mite level 2 will have 50-minute practices. Each practice should be based off of the ADM model, 6 station practice. Modification of a practice plan or drill within the practice plan should be looked at for every practice. Within each group, we will break them into 6 groups for the stations. The players should be split up so they are skating with kids of similar skills. Most of the ADM practices are skilled based which is what these kids need the most to get themselves ready for Mites. An attempt will be made to make the number of kids at each group somewhat equal. It will give the kids more repetitions and keep things moving. The Mini Mite's 2 will have the opportunity to play in their own separate game on Sundays during the Warrior Cup. The games on Sundays will not have goalies and kids should be encouraged to attend if possible. If there are enough players at the Sunday game, splitting the ice in 2 and playing 2 cross ice games would be strongly encouraged

Mites- The Mite groups will have 2, 1-hour practices per week and the Warrior Cup games on Sunday. 1 practice per week will be combined and will have a full, 6 station ADM practice. Groupings for the ADM practices will be kids of similar skill set regardless of jersey color. Each group, Wild/North Stars or Moose/Admirals will have 1 separate practice each week where they can work more stations, small area games, skills, hockey sense or prepare for an upcoming scrimmage or jamboree. Warrior Cup games on Sundays will include goalies and all Mite players will be placed on a Warrior Cup team.

Evaluations

During the first few weeks of practice, we will have a group of coaches that will be filling out evaluation forms for each player to ensure they will be placed in the proper level and group. Evaluation forms will be completed for each player. Our intent is to place each player in the spot that will benefit each player the most and we will base a lot of each player's initial placement off the evaluation forms. If questions come up about placement of a child, those inquiries should be directed to the BAHA in house coordinator.

Practice Attendance

While we fully understand that kids get sick or there may be situations that come up where your child may not be able to attend, we are asking each parent to try and make sure each player is at as many practices as possible. This will be key into your child's overall development over the course of the year. We also will be obligated to ensure that each player on the ice has all their paper work in, each player is registered and each player has been paid for. As a result, the coaches will take attendance at each practice. While BAHA does allow a grace period to get your information and payment in, if that date has passed and those items have not been taken care of, your child will not be allowed on the ice until they are turned in and paid for.

Jerseys

Mini Mites will receive jerseys and those will be handed out as soon as the groups are determined. Mites will wear their Warrior Cup Jerseys for practice and those will be handed out as soon as teams are picked. Travel jerseys for the Wild, North Stars, Moose and Admirals are in a bin in the coaches' room and will be handed out prior to their first scrimmage or Jamboree.

Jamborees

Jamborees are the fun part of the year where you get to play a few scrimmages against other organizations. Here is a list of Jamborees we will be playing in.

Mini Mite

Last year players only will have 1 out of town Jamboree at Northern Lakes.

Team Moose/Admirals

Home Jamboree- Last weekend in Dec (3 half ice games in 2-3 days)

Alexandria-Mid Feb (3 cross ice games in 2 days)

Wadena-Late Feb (3 half ice games in 1 day)

Northern Lakes-Early March (3 Full ice games)

Team Wild/North Stars

Little Falls-Early Dec (3 half ice games in 1 day)

Home Jamboree-Last weekend in December (3 half ice games in 2-3 days)

Alexandria- Mid Feb. (3 half ice games in 2 days)

Northern Lakes- Early March (3 full ice games in 2 days)

Warroad-Mid March (3 full ice games in 2 days, will be considered optional)

If need be, we will move up players from team Moose/Admirals to fill the rosters for the jamboree in Warroad. When moving players up, skills, coachability, team play, practice attendance and age will all factor in to selecting players. The initial invitation will be to the Wild/North Star teams only.

Warrior Cup

On Sundays throughout the season the Mites will play our Warrior Cup games. The coaches will decide on if they will be playing 3 on 3 or 4 on 4 or a combination of the 2 prior to playing each game. The league will consist of 6 teams with 3, half ice games being played on every Sunday from the middle of November until mid-February. We will assign all parent coaches to a team. Prior to every game, one coach will be appointed the scorekeeper for that game. It will be the scorekeeper's responsibility to keep score during the game and report the final score to the

Warrior Cup Commissioner. The Warrior Cup Commissioner will keep track of every team's overall record for seeding purposes for the end of the year Warrior Cup Tournament. Teams will be given a 3-minute warmup followed by a 52-minute game with the buzzer sounding for line changes every 2 minutes. Here are a few rules we would like to play by and implement for the 2018-2019 season.

- Mites will play and practice with blue pucks. Black pucks can be implemented during practice as the season progresses but that will not be until later in the season.
- Play will not be stopped for shift changes. We will play the puck live.
- When goal is scored, we will come back to center ice and have a faceoff.
- If a player is required to double shift, that player will be required to come to the bench and touch the boards prior to returning to play. If the player chooses to not return to the bench and happens to score a goal, the goal will not be counted.
- Having a player switch teams prior to a game to even rosters out during the regular season will be allowed.
- If a team cannot field 5 players, that team will forfeit that game.
- If 2 teams fail to field at least 5 players, the game will be considered a loss for both teams.
- If the goalie covers the puck, the attacking team will back out to center ice to allow the opposing team to go on the attack. If a goal is scored after the goalie has it covered and a player from the attacking team does not come back out to center ice, that goal will be disallowed.
- If a team is required to double shift a player, when possible, the player that is double shifting should be someone who has a similar skill set to the kids on the ice from the opposing team.
- Blatant penalties will be called and the opposing team will be given a penalty shot.
- Each team will provide a goalie from their roster for each game. Every kid should play goalie at least 1 time in the regular season.
- Rosters for the 6 teams will be divided up as equal as possible at the time the teams are split. We will try to have 7 or 8 kids on each team.

Player and Coaches Treatment of Referees

With our referees that we have at the Warrior Cup games and jamborees, we will have a "zero tolerance" policy in place when it comes to communication with the refs. Yelling, screaming, demeaning comments or confrontations will not be allowed nor will they be tolerated. If something like that does happen during a game or jamboree, the offending coach or player will be removed from the ice or bench immediately, no questions asked. If this does happen, that coach or player will be required to have a sit-down meeting with the Association Director, Hockey Director and the Mite Coordinator before any additional on ice activities can resume. A second offense would result in the coach being banned from all Warrior Cup games and jamboree games for the remainder of the season. Coaches are asked to police each other and

if one coach is getting out of hand, please contact your coordinator and they will take the appropriate steps for discipline.

We need to keep the young officials involved.

Warrior Cup Tournament

This end of the year tournament for the Mites will be played on the last Sunday of February. The tournament will be a double elimination, 3 game guarantee tournament. The seedings will be determined by the regular season records for the 6 teams involved. The tournament will play out until we have 1 overall winner. Medals will be presented to the 1st and 2nd place teams after the championship game. We will have a pizza party and awards after the championship game with the hopes that all the kids will stick around and support their teammates all the way through the championship. Game format will be upper bracket games will be 2-20 minutes periods while loser bracket games will be 1-20-minute period. 3 on 3, 4 on 4 or a combination of the 2 will be decided prior to the game. Designate 1 coach to be the official scorekeeper and report scores to the Warrior Cup Commissioner so he/she can update the bracket located in the lobby. Here are a few rules we will play by;

- Players will not be allowed to switch teams prior to a game to even out the rosters. You will play each game with the players listed on your team.
- If a game is tied after regulation, an 8-minute sudden death overtime period will be played. If nobody scores, that format will continue until a goal is scored and a winner is decided.
- If you have a player on your team that will be a full-time goalie, that player will be allowed to play goalie for the entire tournament as long as there was not any interest from the other players. If your team does not have a designated goalie, the coaches will decide who plays goalie for the tournament.
- Pulling goalies will be allowed in the Warrior Cup tournament only.

Goalies and Goalie Equipment

Each player at the Mite level will have a minimum of 1 week where they will play goalie for their Warrior Cup team. During their goalie week, that player is encouraged to attend the BAHA goalie practice on Monday and then will play goalie for the 2 weekday practices and the Warrior Cup game on Sunday. They will also be encouraged to attend ALL 3 mite practices for the week. If a player has decided they will play goaltender as they move up through the association, they will be encouraged to attend the Monday goalie practices but will be required to skate out during the week unless it is their designated goalie week. We would like to encourage the kids that have decided to play goalie full time to skate out as much as possible to improve their skating skills. Goalie equipment for each player can be found in the equipment room on the Northwest side of the Gold Medal Arena. When using the goalie equipment, it will be the goalie's responsibility to make sure all equipment is returned after every practice.

End of year Mini Mite Jamboree

The Mini Mite Jamboree will take place on the last Saturday of February. The games will be played as half ice games and each team will have 3 games to play. Games will be 3 on 3 or 4 on 4 with no goalies. At each grouping, Mini Mite 1 and Mini Mite 2, we will put 4 equal teams together and will play the other 3 teams from your grouping. Games will be 44 minutes with the buzzer sounding every 2 minutes for a line change. A pizza party will be held for each between the 2nd and 3rd games for each respective grouping. Participation medals will be handed out after the last game of the jamboree.

Extra Scrimmages

At the Mite level, we will be scheduling additional scrimmages for the Wild, North Stars, Moose and Admirals teams. We will be trying to schedule an additional 10-12 scrimmages for the Wild/North Stars and an additional 6-8 scrimmages for the Moose/Admirals teams. Away scrimmages will be limited to a 120-mile radius of Brainerd and an attempt will be made to schedule 2 scrimmages on every road trip. Additional scrimmages will either be half or full ice depending on what we are allowed to play via USA/MN Hockey rules. Extra scrimmages will be coordinated with the scheduler and the Mite coordinator. Teams will be allowed 3 full ice scrimmages but the remaining scrimmages must be half ice per District 15 rules.

Testing

Testing can be a great tool to show improvement in a player over the course of the year. It can also provide some great hard evidence when it comes to moving players around between levels. In 2018-2019 ALL of the Mites and Mini Mites 2 will partake in the testing. Testing will consist of a puck control drill where the players will be required to navigate through a set of cones, a figure 8 forward skating drill where the players will skate around 2 circles in one end looking for top speed, a backwards acceleration drill from side boards to side boards and a shooting drill where the players will stand on top of the circle, a bumper will be placed on the dot and the player will have to shoot the puck over the bumper and into an empty net on the goal line. All timed drills will start upon the players first movement and will stop at the designated finish line. Testing will be done in Mid-November and again in late February. All results will be tabulated by the Mite Coordinator and each players individual results will be emailed to the parents along with a generic note explaining what the player can do in the off season to help better themselves as a player and help improve their times. If a player happens to miss the scheduled testing time, please make sure that player or players are given a chance to complete the testing the following week.

Off-Ice Training (OIT)

OIT will be something we will utilize at the Mite level. OIT will start in Late-November and will be completed 1 time per week. OIT will be done on the same night as the Mite combined practice. The mites will be separated into 3 groups and will run 15 minutes at each station. 3 Stations will be run each night and will consist of a shooting, stick handling, passing, circuit training, stairs or in the media room. The session in the media room will consist of terminology, position work, hockey sense and can use the video player for any video training. Media room activities will start around January 1st.

Problem Players

On occasion, we will run into a situation where a player may be causing issues on the ice. Those issues can range from being overly physical to kids, intentionally trying to hurt someone, verbally making fun of kids or choosing to not listen or doing a drill right. If this happens, we would like to take the following protocol for this upcoming season.

1st offense- Player is warned about his behavior and given consequences about what could happen if the behavior continues to happen.

2nd offense- Player will be removed from the ice for 10 minutes, will be talked to on the bench about his/her actions and 2 coaches will need to talk to the players parents about their recent behavior, ways to correct it and let them know what will happen if they continue to do something against our policy.

3rd offense- Player will be removed from the ice for the remainder of practice and depending on the type of offense, possibly the next scheduled practice as well. Talk to the parents again.

4th offense- Player will be removed from practice and a meeting will need to take place with the player's parents, 2 coaches, Mite Coordinator, Hockey Director and Association Director to figure out a plan of action for moving forward until the player will be allowed back on the ice.

Parent Meeting

Prior to the start of the season, a parent meeting will be conducted that will be considered mandatory to attend for at least 1 parent, if not both. The biggest thing to stress to them is that we will be making decisions all season long that will be based upon the best interests of the kids. We will have 120+/- kids that we need to make decisions for. We will not make decisions based off of 1 individual kid or a small group of kids. Explain our process, how we will split the kids, how movement amongst the levels and groups will work, testing, jamboree's, extra scrimmages, dryland, rules for the kids and rules for the parents. Make sure everyone fully understands how things are going to be done and make sure you leave some time for questions. Explain to them how making the groupings within the levels will not be a "tryout" but more of an evaluation done by all the coaches that will be on the ice, not just 1 individual coach. Explain to them about the culture that we want to see around the rink, let them know about volunteer possibilities, explain the chain of command and who to contact in certain situations and most of all, make sure they understand our new "zero tolerance" policy which

will be stated in the following way: “Our Rookie’s, Mini Mite’s and Mite’s are the foundation and future of our program. We will do everything in our power to make sure that your child has an enjoyable experience along the way and will give them every opportunity to succeed and be the best player that they can be but to do that, we need all parents to check their egos at the door and give their support to not only their child, but every child within our program and the coaches that spend countless hours of time on the ice trying to give your child the best experience as possible. Not only is there no need for negativity, it is not wanted nor will it be tolerated. Every parent has the opportunity to help out in some way and if you are unwilling to do so or do not want to, we kindly ask that you keep your negative comments to yourself or speak to your spouse about it in the confines of your own home. The negative people are the ones that tend to drag associations down but also make that season miserable for other parents and the coaches. If you have a suggestion for any of the coaches or managers, we will always be open to talk about anything if it can be done in a constructive, productive and positive manner but it is also something that will need to benefit all the skaters. If your comments or actions may be opposite of what our expectations are, and you are expressing those things to other parents, you will be asked by your level coordinator to a sit-down meeting with the Coordinator, Hockey Director and Association Director at which point a plan of action will be put in place with the expectations that the behavior ceases. If things continue, you will be required to meet with the Hockey Committee, and BAHA Board before your child/children will be allowed back on the ice.”

Coaches meeting

Once the parent meeting is complete and you have the opportunity to recruit parent coaches, we will have a coaches meeting that covers this document, will give out information and have handouts available so those that are interested can start getting certified as soon as possible. This would also be a great time for the new coaches to ask questions and get to know the carry over coaches from the past season.

Additional level “jobs”

In addition to coaching, we are always looking for ways people can help with the season. It takes a lot of time and effort from multiple people to make the season a success. Here is a list of other “jobs” that will be available and a brief description of each.

- Mini Mite Manager/Managers- Will send out information to the parents of the mini mites that will include important dates, skating at the Dondelinger rink, events at high school games, jamboree planning, update web page, etc.
- Mite Manager/Managers-Update our Facebook page, email reminders for off-ice training, organize team gatherings, hotel information for away jamboree’s, important events, pizza sales and raffle reminders, goodie bags, update web page, etc.
- Warrior Cup Commissioner- Will be the main contact for the Warrior Cup league and end of the year tournament. Will keep up to date standings throughout the year, will

organize the end of the year tournament, will order medals for 1st and 2nd place, organize the pizza party, decorations, prizes, make the tournament brackets and make a list of “jobs” at the tournament that need to be filled.

- Practice attendants-Since the equipment we use regularly is not always placed in a convenient spot to grab once your skates are on, plus, the coaches always seem to be tied up in the locker room so we can't always get things ready before practice, we could use the help of a few parents that would be added to email chain with the coaches when the daily practice plans are sent out and their job would be to make sure we have the right number of bumpers, nets, tires, cones or anything else we may need and all of those items would be placed on the bench prior to practice.
- Off-Ice Training attendant- On nights we have off-ice training, make sure we have pucks up there, media room and weight rooms are unlocked. Basically, make sure things were ready to go so no time is wasted doing those things.
- Dryland Coach- If you are a person that is into physical fitness, we could certainly use your expertise, especially when it came to the circuit training portion of our off-ice training sessions.
- Goalie manager- Make a schedule for the mites as to when each individual player is on their “goalie week”. Assign goalie week dates to each player, email those dates to the parents. Make yourself available at all possible mite practices to assist with getting the goalie equipment for the players, making sure they have the right size pads, assisting with putting the pads on and then showing the parents where the equipment needs to be returned to. Would also help check the condition of the equipment and letting the level coordinator know when pads may need to be fixed or are unusable, same goes for sticks.

Chain of Command/Who To contact

If you have questions about jamboree information, fundraising questions, skating at high school games, or anything non- practice or player related, please contact the manager at your level. If your child will not be at a warrior cup game, please let one of his coaches from his team know. If you have a question about testing, dryland, player placement, practice structure or anything related to those things, please contact your level coordinator. This season's contacts will be as follows:

BAHA in house coordinator-Brent Potvin

Mini Mite Coordinator- Grant VanWyngereen

Mini Mite Managers- TBD

Mite Coordinator-Brent Potvin

Mite Manager- Kaycie Tohm

Warrior Cup Commissioner- TBD

Hockey Director- Ryan Glas

Association Director- Jim Brau

Important Dates

By the 5th practice, the kids should have their group designation within their respective level.

Mid November- 1st round of testing

Mid November-Off-ice training starts

Mid November- Warrior Cup teams chosen

Mid November- Initial Rosters for travel teams will be chosen

Jan 1st- Start talking positioning and hockey sense with the kids

End of Feb.- 2nd round of testing

Last Sat in Feb- Mini Mite Jamboree

Last Sunday in Feb- Warrior Cup Tournament

Dondelinger Rink

We would like to utilize the Dondelinger outdoor rink (at Forestview middle school) as much as possible this year. We would like to propose on every Saturday, we will reserve 1 hour of ice for the Mini Mites and 1 hour for the Mites. This will be considered optional for every player but they will be strongly encouraged to attend. Depending on how many kids show up, we will play small area games, half or full ice games or spend a little time working on some skills in an open hockey type of environment. Outdoor practices will not take place on days where an additional scrimmage may have been added or on days when the temperature is below zero degrees. We will need a minimum of 2 coaches at every outdoor session and will come up with a rotation for each level. All players will be required to show up dressed and ready to go. While there is a warming house, it is quite small and there is not enough room for everyone to dress in there.

What we want and need from you!

First off, THANK YOU for choosing to be an important part of our association and volunteering your time to coach! The biggest thing we need is commitment. If you are volunteering to coach, we need you to be in attendance as much as possible. We need as many coaches/helpers as we can get regardless of skill and knowledge. We ask that you attempt to be as positive with the kids as possible and always remember that everything we do is for the kids. Coaches are one of the most important cogs in young players career. Make sure you have fun with them. Jump into your drill and push the kids, laugh with them, joke with them and always encourage them. If you have questions about your drill or how to make modifications to challenge the kids, please ask. We are fortunate to have quite a few coaches that have either

coached or played at a high level. Use their knowledge as an asset for you. Have them teach you the game if your experience level is not as high as others. If you know other parents in the stands that may have played hockey themselves, encourage them to get on the ice. If you know of someone who could help and has little to no experience, get them involved as well. We can never have too many coaches. Make sure you are always watching the kids and if you feel we need to move any kids around, please bring that player up to the other coaches. Make sure you are ready to enforce our rules but also understand and buy into our program and what we are trying to accomplish and where we are trying to go as an association. Talk to other coaches within the association, see what we need to teach the kids so they are prepared for the next level. Don't be afraid to suggest a drill or a skill we need to work on. Last but not least, enjoy it, coaching can be very rewarding on multiple levels, if you enjoy it and have fun with it, your experience as a youth hockey coach will be extremely rewarding and memorable.