



St. James-Assiniboia Minor Hockey Association House League Hockey News

Fall 2010



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This newsletter has been prepared to provide players, families and coaches with information on the upcoming 2010/2011 SJAMHA House League Hockey Season.

Two Programs for the Price of One!

Thank you for signing up your child with SJAMHA to play hockey for the 2010-2011 season.

Your registration covers two separate programs.

Part 1: The Initiation Program

The **first part** of your registration is the **Initiation Program or IP**. If you are new to hockey, these are "skills camp" sessions that are **run by St. James-Assiniboia Minor Hockey** (not your community club) for all players up to 8 years old in the St. James area. These sessions are coached by parent volunteers (you can volunteer too, see page 2) and it does not mean that you need to commit to coaching a team all winter.

You will receive a call from the coordinators of this program regarding your first ice-time for IP but expect it to start the weekend of September 25th-26th. St. James-Assiniboia Minor Hockey Association will group skaters according to ability level and experience so your child may or may not be paired up with players from your community club for these sessions.

The SJAMHA has adopted the Hockey Canada Initiation Program, providing young hockey players with 10 on-ice sessions that incorporate lesson plans previously developed by Hockey Canada. The Initiation Program lesson plans are intended to assist in developing the following basic hockey skills:

- Skating • Stopping • Turning • Puck Handling • Passing • Shooting

If you have any questions regarding IP or would like to volunteer to be an IP coach, please contact IP Director, Derek Thorsteinson at dthorst@sjsd.net or call 794-9070

Part 2: The Team

The **second part** of your registration places your child on a team and includes all of the ice times for games. Your community clubs will arrange these teams and someone from the club will notify you regarding the first ice times for these teams. Games will be played against teams from SJAMHA and start **after IP is finished. Many teams will begin league play on the weekend of November 13th-14th**. All league games will be played indoors but tournaments and some practices tend to be played on outdoor ice.

If you have any questions regarding the teams or games, please contact your community club convenor.

Becoming an On-ice IP Volunteer

What Is Involved?

The SJAMHA Initiation Program requires player's parents/guardians to participate as on-ice volunteers, assisting with implementing the lesson plans and leading players through various drills and activities. Lesson plans will be provided to volunteers at each session and made available in advance of the sessions via the SJAMHA website. There are 10 on-ice sessions over 7 weeks (September 25th - November 7th). Your assistance will be greatly appreciated!!

No prior coaching experience is necessary – just a fun, positive attitude and a desire to promote the enjoyment of hockey as a lifetime sport and hobby. Volunteering can be rewarding for all participants – experienced coaches, new coaches, parents/guardians interested in coaching or just wanting to support their child's first years of House League hockey.

How do I get involved?

If you did not sign up at registration, and wish to volunteer in the SJAMHA Initiation Program, or learn more about the Program, please contact Derek Thorsteinson, Director, IP Program at dthorst@sjsd.net or 794-9070.

What is involved with volunteering? Some key points on the experience include:

Preparedness: Hockey Canada lesson plans adapted by SJAMHA are available to volunteers, via the SJAMHA website, in advance of the Program start date. This will allow volunteers to have a sense of the drills and activities involved prior to each session. SJAMHA IP Liaisons will be on hand during the sessions, providing volunteers with copies of the lesson plans, to assist with implementing the lesson plans, to answer questions and provide overall support.

Building the Foundation: The first ever ice time for a first year House League player can be a daunting experience for players – and parents too! We all have a role to play in working to build the foundation for a life long passion for the game of hockey, starting with 1st year players and continuing with 2nd, 3rd and 4th year House League players. The IP is about working to develop basic hockey skills, but is also about building confidence – the little things like reassuring smiles and positive comments, “*You can do it!*”, “*Great Job!!*” will go a long way to building a child's ongoing desire to play the game.

Group Dynamics: In 2009, over 230 House League players participated in the SJAMHA Initiation Program. Players were arranged into 7 groups, each comprising 3 sub-groups, for separate 50 minute on-ice sessions. Sub-groups (A, B, C & D) were organized based on the number of years players have been in House League. For example, one on-ice session included a sub-group “A” (1st year players) at one end of the ice, a sub-group “C” (3rd year players) in the neutral zone and a sub-group “D” (4th year players) at the other end of the ice. An average of 3 parents/guardians volunteered as on-ice instructors for each sub-group. There is no limit to the number of volunteers required. In fact, the more the better!

A suggested approach for volunteers at the start of each session is to appoint one person as “Lead Instructor” and others as “Assistants”, all working as a team. This will help to effectively communicate the lesson plans with players and the efficient conduct of the session. Work to rotate these roles amongst volunteer instructors in your group each week. Playing the role of both “Lead Instructor” or “Assistant” is a good experience for new parents/guardians or coaches to House League hockey and a good primer for all coaches prior to the start of the season.

Online Information Sources:

SJAMHA website: <http://www.sjamha.ca/>

To obtain a copy of this newsletter or copies of the IP lesson plans, please visit the “House League” tab on the home page

Hockey Manitoba website: <http://www.hockeymanitoba.mb.ca/>

Check out this website for upcoming coaches clinics (Coaches tab) and information regarding hockey in Manitoba.

Hockey Canada website: <http://www.hockeycanada.ca/>

For information on the Initiation Program:

http://www.hockeycanada.ca/index.php/ci_id/18766/la_id/1.htm



Hockey Equipment: Fitting & Maintenance Guide

Are you currently working to outfit your child with all the necessary equipment to play and enjoy the game of hockey this season? Common questions in this process often include: ***What equipment do we need? How big should the shin pads be? Is this helmet too big? At what length should I cut our new stick?***

Properly sized and fitted equipment is important to ensure a safe and positive experience for all hockey players including first year House League players through to more advanced youth players.

For information on the proper fitting and maintenance of hockey equipment, please visit the “**House League**” tab found on the home page of the SJAMHA website – www.sjamha.ca. Here you will be able to access and download copy of the Hockey Canada “**Equipment Tips: Proper Fitting – Protective Quality – Maintenance**” Guide.

Initiation Program Coaching Certification:

It is mandatory for all Head Coaches and Assistant Coaches of SJAMHA House League Hockey Teams to be certified through coaching clinics Developed by Hockey Canada and implemented by Hockey Manitoba. Hockey Manitoba requires that all Coaches/Assistant Coaches be certified by December 1st, 2010.

Requirements for the 5/6 & 7/8 year old House Leagues include either "Initiation Program" and/or "NCCP Coach" Level certification. The "Initiation Program" is designed for working with players aged 5 & 6. The "Coach" level certification is designed for coaches working with novice (7&8's) to midget aged players. The Initiation Program is not a prerequisite for "Coach" level certification, and is a minimum certification requirement for both the 5/6 and 7/8' Leagues.

For more information on coaching certification requirements and Initiation Level and NCCP Coach Level clinics organized and conducted by Hockey Manitoba please visit the Hockey Manitoba website at:

<http://www.hockeymanitoba.mb.ca/coaches.php>



Image source: Hockey Canada



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SJAMHA House League – Fall 2010 Events Calendar

September 20th:

Initiation Program Volunteer Instructors Information Meeting
7:30 pm, Sturgeon Heights Community Centre, 210 Rita Street

Weekend of

September 25th –26th :

Initiation Program start-up (First of 7 weeks), Allard Arena – Participants will be contacted and provided information on start times in advance of the 25th

Weekend of

November 6th-7th :

Initiation Program Concludes (7th week)

Weekend of

November 13th-14th:

House League regular season start-up

Schedules to be provided to coaches in advance of November 14th

Not all teams may play this weekend.

Have a safe and enjoyable House League hockey season!