



MOUND WESTONKA HOCKEY ASSOCIATION PLAYER PARTICIPATION

MWHA Mission:

The Mound Westonka Hockey Association seeks to provide a community and volunteer-driven program to promote the growth and development of our players. Our association works to promote a fun, fair, and safe environment that maximizes participation and improves players' skills while developing sportsmanship, teamwork, and self-confidence.

Purpose of the Mound Westonka Hockey Association Corporation (as stated in Bylaws)

- a. To educate young people in the Mound Westonka area in the rules and skills of the game of ice hockey;
- b. To provide an organized ice hockey program for the youth of Mound Westonka area with participation and developmental opportunities;
- c. To develop hockey players for the Mound Westonka High School Junior Varsity and Varsity levels;
- d. To provide for participation through scholarship in cases of need as determined in the sole discretion of the Board of Directors; and
- e. To operate as a non-profit association of members and to expend any excesses of revenue over expense for the improvement and promotion of the activities of the Corporation.

MWHA PHILOSOPHY

MWHA has adopted the same principles as USA Hockey and MN Hockey for planning, programming, and play which include the following:

The pursuit of excellence at the individual, team and organizational levels: Each member of the organization, whether player, volunteer or staff, should seek to perform each aspect of the game to the highest level of his or her ability.

Sportsmanship: Foremost of all values is to learn a sense of fair play, become humble in victory, and gracious in defeat. We will foster friendship with teammates and opponents alike.

Respect for the individual: Treat all others as you expect to be treated.

Integrity: We seek to foster honesty and fair play beyond the mere strict interpretation of the rules and regulations of the game.

Enjoyment: It is important for the hockey experience to be fun, satisfying and rewarding for all participants.

Loyalty: We aspire to teach loyalty to the ideals and fellow members of the sport of hockey.

Teamwork: We value the strength of learning to work together. The use of teamwork is reinforced and rewarded by success in the hockey experience.



In order to achieve our mission, we will ask our coaches to do their best to ensure all players have a positive experience and enjoy the sport of hockey. We have put together the following positional and playing time policies for our travel teams.

Travel Teams

All MWAH travel teams will be designated as “developmental”. Development is defined as “the process of developing or being developed.” It is MWAH’s philosophy that each player will have an opportunity to play different positions in practice and in games to become well-rounded hockey players.

Development happens primarily during practice, though games are important for applying those learned skills. Practice provides the repetition and focused effort needed to build fundamental skills and improve performance, while games offer a practical application and test of those skills in a competitive environment.

Practice:

- **Skill Development:**

Practice is where athletes develop and refine fundamental skills through drills and focused repetition.

- **Neural Connections:**

Repetition in practice helps strengthen neural pathways in the brain, making skills more automatic.

- **Confidence Building:**

Successfully executing skills in practice can boost an athlete's confidence and prepare them for game situations.

- **Technical Focus:**

Practices allow for focused attention on technical aspects of the game, with coaches providing feedback to ensure proper execution.

Games:

- **Application of Skills:**

Games provide the context for applying the skills learned during practice in a dynamic and often unpredictable environment.

- **Mental Toughness:**

Games can expose weaknesses in mental toughness, such as anxiety or fear of failure, which can be addressed through mental skills training.

- **Situational Awareness:**

Games force athletes to make quick decisions, adapt to changing circumstances, and develop strategic thinking, all of which are crucial for performance.

- **Performance Under Pressure:**

Games test an athlete's ability to perform under pressure, which can be different from the controlled environment of practice.

In essence, practice lays the foundation for skill development, while games provide the opportunity to apply those skills and develop the mental fortitude needed to succeed.

At squirts, coaches will have all players rotate between forward and defensive positions

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throughout the season and provide practice and game time at that position. At PeeWees and Bantams, practice time is devoted to rotating all positions and all scenarios, game time placement will be more static, but will incorporate flexibility of positions as game and situations warrant. At the Squirt level each player will be required to play a minimum of 10 games or scrimmages at the defense and forward positions (with the exception of goalies).

Playtime should be close to equal for all players over the course of the season across all levels including goalie rotation however the MWA Bantam A team will allow for discretion for playing time in district play and tournaments. There is latitude of bench management being more flexible throughout the entire season for Pee Wee A and Bantam A. All players should have opportunities to play special teams – both power play and penalty kill during the regular season. For teams which are not PeeWee A or Bantam A, the only situations that may warrant ice time adjustments would be the district, regional and state playoffs at the end of a season where the team has the opportunity to advance and/or play more games if the team wins or ties.

For all teams player Ice time may be affected for disciplinary reasons. The discipline should be related to player behavior, not performance of the player on the ice. Discipline should fit the code of conduct violation and/or team rules guidelines.

If a parent has concerns related to playing time or position policy during the season, the parent should follow these steps:

1. MWA employs the “24-hour Rule” where it is expected that the member will consider the situation objectively and privately for at least 24 hours (no phone calls, texts or emails) after it arises and before discussing it with the head coach.
2. Ask the coach about the situation. Open communication between the coach and player or parent often will resolve the issue.
3. If the informal discussion with the Head Coach or Team Manager does not resolve the matter, the member’s next option is to discuss the situation with the appropriate Hockey Operations Committee Level Coordinator. See <http://www.westonkahockey.org/page/show/47135-hockeyoperations-committee> for the Level Coordinator contact information.