

# SQUIRT B1 PARENT MEETING NOTES

## I. Staff

Head Coach - Ben Heath

Assistant Coaches: James, Chris, David, Adam

Student Coach: Leo Walker

Team Manager: Amanda

## II. Top Team Mentality

Our team, the Squirt B1's, is the top-level team for all 9-10-year-olds in our association, so we will hold this group to a very high standard to ensure they, individually and as a team, get the most out of this season from a development standpoint. We also want them to build great character! To accomplish this, it will require dedication and commitment from our coaches, parents, and players. I've learned throughout the years as a coach that players have much more fun when they are pushed to excel and held to a high standard. Therefore, players will be required to:

1. Attend all practices, chalk talks, dryland sessions, and skills clinics (except for pre-approved absences).
2. Be on time with appropriate gear/jerseys.
3. Give 100% effort, be engaged, and have a positive attitude at all times.
4. Strive to adhere to the TIGER Code: Team First, Integrity, Grit, Engaged, and Respectful.

Players missing, being late to practice without proper notification, or violating the TIGER Code in any way may experience reduced playing time in games and/or receive other disciplinary actions. A team is only as strong as its weakest link, and this coaching staff is eager and willing to teach and motivate all our players, from the bottom up. To do that, we need a full commitment from our players and parents.

## III. Absences / Late Arrivals

Obviously, there is more to life than just hockey. For many, Faith and Family will always come first. And there are times when players will fall ill, be gone hunting, or have another life commitment they need to attend to. All these things are excusable absences. We ask that you please notify us at least several days beforehand if you can. Last-minute notifications of absences, unless due to illness or other unforeseen event, may be considered an "unexcused" absence.

To get an excused absence, please text me at 612-819-3910, as I do not use Sports Engine or Group Chats for attendance purposes. And if anyone ever needs a ride, please reach out to a coach or another player's parents. Between all of us, we should be able to help everyone get there!

#### IV. Sports Engine Calendar

Schedules change, and I like to capitalize on opportunities for outdoor dryland and outdoor ice, but these things are weather-dependent. Please check schedules daily for any changes.

#### V. Game Days / Scrimmages

Players will arrive 1 hour beforehand for warm-ups and pre-game talk unless otherwise specified. Good tennis shoes! No winter boots, dress shoes, or sandals :)

#### VI. Chalk Talks / Occasional Extra Ice Time

Short, scheduled chalk talks are vital to our team development plan. During these sessions, we go over the day's practice plan, explain various drills, and team concepts like breakouts, forechecks, D-Zone coverage, etc.

There will be times when we have a scheduled chalk talk, and the ice is available to go on early, enabling us to get an extra drill or a small-area game in. In these situations, we will jump on the ice during our scheduled chalk talk. In other words, if we have a chalk talk at 5:35 and practice at 5:50, we will skip the chalk talk and hop on the ice at 5:35 to get extra ice time. We've already gotten an additional hour of ice thus far doing that!

#### VII. Indoor Dryland

Unless otherwise stated, players will wear a clean pair of tennis shoes and bring a hockey stick and gloves to all indoor dryland practices.

#### VIII. Outdoor Dryland

Unless otherwise stated, players will not need their stick and gloves for outdoor dryland practices, but will still need a good pair of tennis shoes and warm clothing.

#### IX. Outdoor Ice Practices

When the ice is ready, expect a number of outdoor practices to be scheduled before or after regularly scheduled practices, or on days without indoor practice. We usually use outdoor practices to play a variety of small-area games that players really enjoy and may not always have time for on indoor ice due to other priorities.

#### X. Practice Jerseys

Players are expected to wear their assigned practice jerseys to practice. This is important because many of the drills and games we do require a proper color scheme, or they become too confusing.

#### XI. Tiger Code (Parents)

Please remember that parents are also expected to abide by the TIGER Code at all team events. No yelling at players, refs, or coaches :)

#### XII. Periodic Team Development Updates

I enjoy keeping the parents in the loop of what the players are learning in practice. Periodically throughout the season, I will send a head coach's update to let you know those things. I also digitize all of our practice plans (on-ice practices, drylands, and outdoor ice practices) and compile them into a PDF booklet that I update every couple of weeks or so for any parent who wants to know and/or understand the details of what our players have been working on.

#### XIII. Questions or Concerns

We will strive to get all players the appropriate playing time in games. Should you have any questions or concerns, please feel free to reach out to me at any time by calling 612-819-3910. If you are emotionally upset about anything, please give it the 24-hour rule before reaching out, so emotions can settle a bit before calling. For any other issues not listed here in this document, please see the PYHA Handbook.