



Dear Parents,

I realize that during the course of a child's player development curve, we as parents want to encourage or push our children to achieve the highest goals possible. In doing so, we try to provide them with opportunities that are genuinely well intended, but sometimes have the adverse unintended impact that we are not aware of, so my goal is to provide you with the knowledge to help you make the proper decision.

Around 10 years ago USA Hockey adopted the ADM Model, which was the result of a multiyear study regarding youth sport and child development. The underlying issue that caused USA to perform this study was that Canadian and European players were outnumbering American developed players at the higher ranks of hockey.

I was able to read the entire document years ago and have asked USA Hockey multiple times to see the document again as the findings were quite enlightening and confirmed things I witnessed as someone who has served on the BB board for nearly 20 years and coached for 14-15 years. Here are some of the highlights of the report.

Small area games (Cross Ice): This allows a player to touch the puck more often = more puck touches = more satisfaction = more joy = more passes = more goals = more success!!

Age groups: Boys do not develop the gene that causes the neuro system to sense competitiveness until they are 13-14 years of age. I cannot tell you how many parents

have told me little 6-year-old Jonny is so competitive that he must move up to full ice. Girls are quicker to develop, and the study showed around 12-13 for girls.

Travel Hockey: It was shown that fewer games and more practice, creates better players a 3:1 or 4:1 ratio is best. It also reduces player burnout.

The study showed that parents that sought out higher "A" level leagues led to several unintended consequences: Most of the players were all at similar skill levels, so they didn't have anyone to look up to, so the kids that had blossomed early at the local association not had the development curve flatten out. The players that were once an all-star locally were now second or third line players. Because they were now playing out of town, they were obscure to local press, photos in the paper, etc. It can be noted that families that opted for continuous upper level play caused a higher level of player burnout and ultimately the kids left the sport by the time they had reached 15-16 years of age... Funny this coincides with them starting to make their own decisions!!

There is so much information regarding ADM and Youth Development that I will arrange to have Roger Grillo, the USA Hockey Regional ADM Director present to everyone if there is sufficient interest. Roger presented to us here about 10 years ago. Roger coached at Brown University and University of Vermont. He coached Martin St Louis and Tim Thomas while at UVM, so he knows a lot and can certainly answer any questions you have directly.

Here are two links on the pros and cons of playing up:

<https://www.usahockeymagazine.com/article/2016-08/pros-and-pitfalls-playing>

https://cdn1.sportngin.com/attachments/document/0095/1688/CAHA_Play_Up_Policy.pdf#_ga=2.201736601.964886122.1584021376-1410230504.1584021376

I would like to get some parent feedback on whether you would like Back Bay to arrange for Roger to come and speak this spring or summer.

Except in limited circumstances, players will not move up. Decisions to move a player up will be based on the need for numbers and the player's age, ability, etc. Even if considered, the decision is ad hoc and ultimately up to Back Bay's discretion. Any

exemptions will need to be approved by Back Bay Hockey, New Hampshire Hockey and the District Registrar.

If you have any questions, please feel free to reach out to myself or the Back-Bay Board.

Thank you, Victor Drouin