

August 9<sup>th</sup>, 2011

## Credit Valley Wolf Cubs Coaches, Assistants & Volunteers



2011-12 Minor Hockey Program

***HOCKEY...for fun, fitness & friendship.***

**Wolf Cubs Director – Ron Phillips** [phillips77@rogers.com](mailto:phillips77@rogers.com) (H) 905-608-9699

1. Certification requirements:

- **Head Coach** – IP or CBET Coach Certification, Speak Out Certification & Police Check
- **Assistant Coach & Bench Personnel** – Speak Out Certification & Police Check
- **Volunteers over 16 years (practice on ice, team moms)** – Speak Out & Police Check

2 I.P. Certification, Houseleague Coaches Certification and H&A Certification

(see Credit Valley website Coaches Corner / Mentoring & Certification for links to MHL clinics)  
Credit Valley will reimburse upon return to organization next year. (submit receipt & photocopy of your certificate) **NOTE all volunteers must have coaches cards** on lanyards displayed at all times. They hang around your neck. They are for insurance reasons and show that you have the certification requirements.

3 I will forward police check forms to those who do not have done. (it takes 6 to 8 weeks)

4 I recommend all team head coaches appoint 2 to 3 assistant coaches and 1 team mom or manager. The assistant coaches will help out on the ice during practices and on the bench during the games.

5 The team mom or manager will relay information from me to the parents. Items to be addressed would be:

- Inaugural puck drop by St. Michael's Majors Manic 1<sup>st</sup> Wolf Cub & Puppies games
- Photo day around 2<sup>nd</sup> weekend in November.
- Credit Valley apparel can be bought also on photo day. (for Christmas delivery)
- St. Michael's Majors Game Friday December 9<sup>th</sup> @ 7:30 p.m., Majors vs. Niagara Icedogs
- Erindale tournament \$60.00/player (Cubs Only) end of March and beginning of April
- Wolf Cubs awards day Final game of the season in March
- Streetsville Bread & Honey parade 1<sup>st</sup> Saturday in June
- Team sponsorship (I will discuss details with you and your team early in the season)
- Can also coordinate a team party and weekly game refreshments (if the team wishes)

6 Student volunteers 14 years or older (Credit Valley Bantam "A" team) will assist during practices and as the referees in the games. These students will be working towards their highschool volunteer requirements. I will oversee these volunteers. Their main task will be to give additional assistance to the less experienced players.

7 After the evaluation period is over you will rarely see me on the ice. I will mentor the coaches off the ice. You will see me almost every week. This way I can be available to all parents, coaches and players for questions or comments. I like to have a few minutes in the change room after every practice or game to comment on up coming events and you will find that I am the biggest Wolf Cub cheerleader.

8 All on ice coaches and volunteers **MUST** wear CSA approved helmets. (Non compliance will be 3-step discipline of 1. warning, 2. suspension, 3. release)

9 I strongly recommend ALL players and coaches get to the rink a minimum 30 minutes before the practice or game ice time. (this way everyone can get dressed and prepared before going onto the ice) This is even more important for the coach so that he can focus on preparing his team and not spend valuable time dressing their Wolf Cub sibling.

10 The Wolf Cubs use the lighter 4 oz puck in games up to Christmas. This will assist the less experienced players and the advanced skilled players will actually lift the puck high into the net. The regulation weight 6 oz puck will be used from New Years to the end of the season. The Puppies will use the 4 oz puck all season.

11 New last year is the Wolf Cub *My First Goal* pucks that I personally sign and award to the player after they score their 1<sup>st</sup> goal. This is awarded after the game in the change room.

12 We need to limit the family members in the change room to a minimum. (the change room is for dressing and should not be the social gathering point for the family) Please we don't need 2 parents with multiple children, strollers and grandparents in the room. It is very difficult to relay important information above the excited chatter of a very crowded dressing room. Everyone should be cleared from the dressing room 5 minutes before going on the ice and after coming off so that the coach can review the days' tasks with the Wolf Cub & Puppy players on his team.

13 We have our own Wolf Cub equipment lockup bin at the Hershey Centre rink #2. This will make it much easier so that the Wolf Cub equipment is not dragged around all the time and will be easier to access if I cannot make it out that weekend. Trevor Greenman and I have the key.

14 John McCullough has compiled a Hockey Canada coach's practice manual. These practice drills have been designed to gradually develop the players' skills. John will distribute this manual to all the head coaches. The drills have been designed to separate the players into skill levels red/white/blue so that each player will be challenged to develop. The coaches are NOT to separate the players on the ice into their team. The team is to be addressed by the coach in the change rooms.

15 Game rules are very simple. Fun and Fair play is our focus. This is to promote a fun-playing environment for everyone. Non-contact rules apply and penalties will be called for checking and stick infractions (tripping and slashing) No player is allowed to slide into another player to intentionally knock over a player or knock the puck off the player. The referee will 1<sup>st</sup> talk with the coach and player and the player will get a penalty the next time (3 minute sit out in the penalty box on their next ice shift) The next infraction the player will be removed from the ice. I have drafted a Wolf Cub Game Rules document which I will forward to the head coaches in a couple of weeks, long before our 1<sup>st</sup> game.

16 Icing will not be called. New last year, offsides are taught then called for the Cubs division commencing in January. (The Pups division will not have offsides called) After scoring a goal the referee will throw the puck up ice into the neutral zone to the opposing team. Upon freezing the puck in goal the referee will throw the puck to a defending player in 1 of the corners. This is done to keep the momentum of the game going without stoppages of play.

17 The goalie equipment supplied by the Credit Valley association has been specially purchased to be small and light enough for even the 4-year-olds to wear. All players are encouraged to try playing goal at least once during the season.

18 One assistant coach can skate on the ice during the game to help coach players and pick up fallen players or the goalie. Around late January the Cubs assistant coach should be weaned from being on ice. Wolf Puppies may wish to have a coach on the ice the entire season.

19 Skill development of playing forward, defense and goalie will be the focus. After a player has scored 1 goal then passing or playing on defense will be promoted. Note that in our playoff games each player will only be allowed 1 goal each so team play should be coached right from the beginning. These rules are the basis of the Erindale Pre-Tyke tournament.

20 This year we will once again be having a select 6 team. This will be a combination of select 6 and a hockey school "Cubs Club" for houseleague Wolf Cub players 4 to 6 years old. Wolf Cub players registered to this hockey school will form our select 6 team. We will play exhibition games against other MHL select 6 teams and 2 to 3 tournaments. Refer to the select 6 website page for more information.

***Keep your stick on the ice and your head up..... Ron Phillips Wolf Cub Director***