



# **Local League Coaches Handbook 2017-2018**

# Wilmot Girls Hockey Association - Local League Coaches Handbook 2017-2018

Duane Gingerich [localleaguedirector@wilmotgirlshockey.com](mailto:localleaguedirector@wilmotgirlshockey.com) 519-590-0060

*Thank you for volunteering your time and talents. Your efforts make a tremendous difference in young girls' lives and for our community.*

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## 2017/18 Teams, Coaches and OWHA LL team numbers

Fundamentals	Erik King	4604
Novice LL	Chris Coombs	4600
Atom LL	Kevin Vieira	4620
Atom LL2	Mike Cinelli	4621
Pewee LL	Dan Fronchak	4625
Bantam LL	Shane Adams	4630
Midget LL	Kyle Bard	4635
Intermediate	Jason Zehr	4640

Novice B	Scott Angello
Atom A	Chad Greenlee
Atom B	Jeff McPhee
Pewee A	Matt Schweitzer
Pewee B	Matt Campbell
Bantam BB	Richard Kumpf
Bantam B	Jacob Dickie
Midget BB	Dave Randerson
Midget B	Jim Scott
Senior B	Tom Williams

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## Executive

President	Yolanda Galambos-Deep
Vice-President	
Past President	Michele Brenneman
Director of Player Development	Ally Greenlee
Director of Coach Development	Sandra Cook
Communication Director	Jeremy Cook
Treasurer	Becky Bender
Local League Director	<a href="mailto:duane.gingerich@wilmotgirlshockey.com">Duane Gingerich</a> 519-590-0060
Competitive Director	Steve Dajka
Fundraising Director	Brian Schnarr
Ice Scheduler	Darlene Vorstenbosch
Tournament Director	Shelly Schenk
Webmaster	Stacey Dineen
Registrar	Christine Honderich
Equipment Director	Shannon Snyder
Director at Large	Kal Deep
Secretary	Lindsay Leis
Life time Member	Peter Postrozny
Life time Member	Val Sanderson
Life time Member	Colleen Huras

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## Important Dates for the 2017/18 Season

Sept 16/21th	First ice time for local league players
October 4 <sup>th</sup>	Kitchener Girls Hockey League scheduling meeting
October 10 <sup>th</sup>	Start of season with Thanksgiving excluded
October 10 <sup>th</sup>	Team picture date
December 16 <sup>th</sup>	Last day of regular season
December 27,28 <sup>th</sup>	Make up games for 1 <sup>st</sup> half of season
December 20 <sup>th</sup>	Scheduling can start
December 27,28,29,30	Jason Cripps Tournament

### 2018

January 2 <sup>nd</sup>	Official start of 2 <sup>nd</sup> half of season
January 12-14 <sup>th</sup>	Kyla Kowalik Tournament
January 21-24 <sup>th</sup>	Old Crocs Tournament (so we don't have any home ice)
March 10 <sup>th</sup>	End of regular season
March	Blackout dates so no games can be played
March 12-16 <sup>th</sup>	March Break
March 21-28 <sup>th</sup>	Semis for top four teams in each pool
April 6-7 <sup>th</sup>	Championship Day at Activa
Mid-April	End of year Hockey Banquet in St Agatha

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## Coach and Player Development Sessions

### Ally Greenlee– Director of Player Development

#### Goalie training for goalies

Four sessions provided by Will Sibley for rep and local league. These sessions will take place during a team's practice ice time. The coaching will be personalized according to the needs of the goalies from each team. Coaches will choose when the best time is to use these four sessions with Will. Coaches must book Will by contacting him via email at [info@ctgoaltending.com](mailto:info@ctgoaltending.com). See attached handouts – pg. 33-35.

#### Goalie coach

All teams must have a designated goalie coach who will be working with the goalie on a very regular basis. Especially at the Novice and Atom level, we really want to encourage our girls to try the position. If new goalies are given some quality attention during a practice there is a much higher likelihood that the player will turn into a goalie.

#### Power skating Sessions

WGHA will be giving each local league team two sessions by Laura McIntosh. These skating sessions will be in addition to regular practice ice times and will be posted on the schedule as they are confirmed.

#### Body Contact Clinic for Peewee/Bantam

Oct 1 and Oct 8- 6:30 AM - 8:30 AM

Location: Wilmot Recreation Complex

Open to: All Peewee and Bantam Age Players

Led by: Laura McIntosh

Cost: No cost but you must register online at [wilmotgirlshockey.com](http://wilmotgirlshockey.com)

While there is no body checking in the OWHA, the reality is that body contact will occur as a natural element of the game of hockey at any level. It is important that our players understand the difference between body contact and body checking. We are witnessing more and more players suffering from concussions due to the incidental contact in the game. The goal of this training is to provide our players with an awareness of this and help them to develop the important skills so they can increase their own physical presence on the ice and reduce their vulnerability during incidental body contact.

We ran this clinic last year, and we received outstanding feedback from players, coaches and parents. Based on the feedback received, this clinic has been expanded to two ice sessions for each player, and there is still NO cost.

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## Kitchener Girls Local League Rules

### Kitchener Girls Hockey League Summary

Go to “Coaches” and “Coaches manuals” for information on Kitchener Girls Hockey League. You can also direct parents to that part of the website if they have questions.

### 5 Point Differential

Scoreboard – Scoreboard never shows more than a 5 point difference i.e.: the score is 5-0 and then if another goal is scored, it still stays 5-0. However, if the losing team gets a score, then it becomes 6-1. Please make sure the scorekeepers know this rule.

Game sheets - game sheet should still show the accurate number of actual goals scored but when the manager inputs the game results onto our website, the game score should still show the 5 point differential. Some people were concerned that this would affect the A/B/C pooling but the K-W League stressed that it works out very fairly.

If some centres forget the differential when inputting the score, please e-mail Duane Gingerich so he can send out a friendly reminder to the centre.

### Coaching

It is also strongly suggested that teams that are really outscoring their opponent, implement some changes on their bench so that the game is a little more evenly matched. I.e.: defense plays forward and vice versa.

### Participation League

**ALL players should receive fair playing time; not missing more than two consecutive shifts** during a game with the following exceptions: injury, discipline or on a voluntary basis. It is up to coaches to balance lines so this happens.

### Suspensions

OHF Suspension's same as OMHA

### Suspensions for players or coaches

Please contact Duane ASAP if a player or coach gets suspended as I must send the scanned game sheet into OWHA and the Kitchener Girls Local League within 24 hours. Duane: Tel: 519-634-5299 or email [duane@ableone.com](mailto:duane@ableone.com)

### Contacting Kitchener Girls Hockey League

Coaches must contact their director – Duane Gingerich - and cannot contact KGLL directly.



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## A – B - C Pool

If there are more than 15 teams in one division, there will most likely be 3 pools – A, B, C.

## Game times

Atom and older – 10-10-12.

## Stop time

Games are stop time. Running time is NOT allowed. Contact Duane if a centre runs the clock.

## Curfew Time on Game Sheet

Both teams must initial the game sheet for curfew.

## Time outs

No timeouts are allowed until semis and championships that take place in March.

## Semis and Championship games (in March)

Referees will likely not know the rules so bring a copy of the semi and championship rules to the game. It is recommended that the two head coaches from both teams and the referees have a brief pre-game chat to ensure everyone has the same understanding of the rules. In the heat of the game, it is difficult to go over the rules.

## Over time NEW 2018/2019

5 min over time for Bantam, Midget and Intermediate in the Championship game Friday

5 min over time for rest of divisions on Saturday

## Tie break rules

### **Tie Breaking Rule (now in effect):**

If two teams have the same number of points, the tie breakers will follow the same procedure as for the mid-season split. If there is a 3 way tie, rule 1 is omitted and tie breaker starts on rule #2

1. Head to head (only if it is 2 teams, if 3 teams please see rule #2)
2. Number of overall wins from the second half of the season
3. Team with best Goal percentage: total goals for divided by total goals for and against. I.e.:  $4/(4+12) = .25$  is less than  $9/(9+1) = .90$  Team b wins
4. If still tied we go to the team with the least goals against.
5. If still tied we go to the team with the most goals for.

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6. If still tied we go to a coin flip (this has only happened once to my knowledge.)

## Revisions to the League Operating Rules

For competitive reasons, a centre cannot have two house league teams unless you have 1 rep team. This rule starts at the atom level. The first year, it is okay to have 2 house league teams but then the second year, a rep team must be in place.

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## Cancelling Games with less than one week notice - \$200 fine

Too many teams (especially Midget and Intermediate) were cancelling games with very short notice. So, it was voted on by all the centres at the Kitchener Girls Local League and passed that:

*If an away team cancels a game with less than one week notice then the away team must pay the home association \$200 within 30 days of the original game date. Home team may also have to pay the \$200 to their home association but that is up to each centre. And, the game must still be played. Games cannot be forfeited. The only exception to this rule is bad weather or extreme situations. This rule is effective immediately.*

## Minimum numbers for a game

If a team has 6 skaters + 1 goalie then the game must be played.

## Player Game Suspension for Game Sheets

Game sheet must show SUSPENSION and the suspension game number beside her name on the game sheet i.e.: Suspension 2 of 4.

## Inputting scores by manager

Must be done within 24 hours.

## Kitchener Girls Local League Policies Manual is now online

[www.kgll.ca/Pages/1049/Policies/](http://www.kgll.ca/Pages/1049/Policies/)

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## Kitchener Girls Local League – Call up Rules for Players

### Call up Rule – Maximum three times per half – Atom, Peewee, Bantam, Midget, and Midget/Intermediate

A team will be able to use the same call-up player for three games for the first half of the season and again for the second half of the season. A team can call up to as many as five (5) players as they require to a maximum of the roster limit. **No call up players for semi-final or championship games. Head coach must give permission in writing (email) before a player can be used as a call up. That email must be available to show as proof, if required.**

### If a coach wants to call up a player for the fourth time

If a coach wants to use a player for the fourth time in the same half of the season then the coach must prove that he/she have asked all other players to play. Proof would be considered an email that has responses from the majority of the parents. And, proof would be required that the Local League Director emailed the other centres asking for players.

### How to show Call up players on the game sheet

If Call Up players are used then CU must be written on the game sheet. Please write down beside the call up player how many times she has played as a call up player. Remember it is a maximum of 3 x per half season i.e.: Tammy Jones - CU 2/3

### OWHA Player Pick up Consent Form – Not for Tournaments

Use this form when using a call up player. Find it on Google very easily.

### Examples of valid and invalid call up players

A valid call up is player from a lower division who is a local league player.

Example 1: If our Bantam LL 1 team needs a player the coach can call up from the Peewee LL team. The Bantam LL 1 cannot call up a player from the Bantam LL 2 team.

Example 2: If Peewee LL needs a player then the coach can use a player from the Atom LL team and cannot call up from the Peewee C team.

### Skater/ Player movement - **Novice**

Within the Novice division, novice players can move laterally for three games for the first half of the season and again three times for the second half of the season. A team can all up to as many as five players as they require to a maximum of the roster limit. **No call up players for semi-final or championship games.**

### Process for using pick up players is as follows:

- The team requiring the player(s) must first contact the Head Coach of the lending team.
- The Head coach of the lending team is to:
  - Make a recommendation regarding which player he/she feels is most suitable
  - Contact the player and parents to see if player is available and willing
  - Obtain the parent's permission; and
  - Contact the requesting coach to inform them who will be coming to the specified game

Note: the initiating coach must have written permission from the Head Coach of the lending team

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## Kitchener Girls Local League – Call up Rules for Goalies

### Goaltender movement

There is a shortage of goalies in girls' hockey so to address that shortage, a goalie can move up, laterally and between centres. Alternate goaltenders can be used in semi-final and championship games. There is no limit on the number of times that a coach can use a goalie.

- A goalie can play regularly on both a Midget team and a Midget/Intermediate
- Rep goalies cannot play down. So a Bantam C goalie cannot play for the Bantam LL team as a goalie.

### Goalie sharing

Goalie sharing is allowed between teams and between centres but the head coach from the team must give permission in writing. If a coach needs a goalie, the local league director can send out an email to the entire league and request a goalie from another centre.

### Need a Goalie?

If you're regular goalie cannot play and you cannot find a goalie. Goalie alias can be used to send out an email to the organization to borrow a goalie from another centre. This is often successful. Coaches submit the names of your goalies and if they want to be on the Goalie Alias mailing list I will have their name added.

### Goalie Alias

[Novicegoalies@kgll.ca](mailto:Novicegoalies@kgll.ca)

[Atomgoalies@kgll.ca](mailto:Atomgoalies@kgll.ca)

[Peewegoalies@kgll.ca](mailto:Peewegoalies@kgll.ca)

[Bantamgoalies@kgll.ca](mailto:Bantamgoalies@kgll.ca)

[Midgetgoalies@kgll.ca](mailto:Midgetgoalies@kgll.ca)

[Intermediategoalies@kgll.ca](mailto:Intermediategoalies@kgll.ca)

### Rep skater as a goalie

A rep skater wishing to register with the Kitchener Local League as a goaltender will be accepted as a Local League player for the purposes of rostering as long as they have no previous experience as a goaltender at the rep level. This goaltender will not be allowed to play as a skater for their team nor will they be allowed to attend tournaments as per the OWHA rostering rules.

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## Hockey supplies and Equipment Room

### Equipment Room Director – Shannon Snyder

#### Pucks

Every team starts the year with 26 pucks. Every team must return at least 26 pucks at the end of the season. **Lock your lockers!**

#### Supplies for your trainer kit

Replenishing trainer kits – e-mail Shannon

#### Pylons

Are NOT to be put in your lockers as all teams need to use the pylons. (more)

#### Return equipment

Make sure all equipment i.e.: pylons and pinnies gets returned after the practice. If you take it out then it is your responsibility to ensure it gets returned. If you cannot personally return it, speak to another member of your coaching staff about returning it (don't assume that somebody will return it). We don't have the budget to keep replacing equipment. Please check the benches after practices for pucks.

#### Game stickers

Game stickers are not provided as the Kitchener Girls Hockey League does not require stickers. Stickers will be provided at the Jason Cripps and the Kyla Kowalik Tournaments.

#### Goalie equipment

Please encourage the girls to try the goalie position for practices and games. Ideally every practice will see two girls dressed in the goalie gear. Especially at Novice & Atom levels. We have lots of goalie equipment. If you find gear that works for your team, feel free to store it in your locker so you don't have to keep looking for it.

#### Jerseys

Jerseys are the responsibility of the Head coach, Jerseys are not to be given out to the players for transportation to or from the Rink.

Contact Shannon - if you need different jersey sizes or any question re: jerseys.

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## Socks

Each girl gets a new pair of gold Wolverine socks every year. New players can get their socks early. The socks are expensive so if you received too many, please return them!

## **Hockey supplies and Equipment Room**

### **Shannon Snyder– Equipment Room Director**

#### Name bars

Teams will be ordering their own name bars this year from Stitch Graphix. An order of 10 or more will get a small discount. Name bars are approximately \$7 each and players need two names bars. Tell Stitch Graphix that the name bar is for the Wolverines and they will know which bars to use (colour and print colour). Stitch Graphix 519-662-3386.

#### Water bottles

Teams receive a water bottle holder and players provide their own water bottles.

#### Game sheets

Duane has put game sheets in your team box in the equipment room. If you run out, please let me know. I will place some extra in the equipment room. The game sheets are expensive so please don't waste.

#### Medical Forms

In equipment room in your team mail slot in the equipment room.

[https://wilmotgirlshockey.com/Pages/5044/WHGA\\_Medical\\_Form/](https://wilmotgirlshockey.com/Pages/5044/WHGA_Medical_Form/)

#### Ice time in Tavistock, St. Clements and Plattsville

Teams need to bring pucks and pylons to their practices at away centres as we do not have any storage facilities.



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## Scheduling and Ice Times

### Darlene Vorstenbosch – Scheduling Director

**\*\*\* Darlene needs to be notified of any schedule changes.**

**If your team books a tournament, let her know so she will not schedule games during your tournament!**

#### Cancelling Ice

Ice must be cancelled 14 days prior to the practice. Otherwise, the WGHA must still pay for those ice times even if the ice is not used. Please communicate with your fellow coaches if you can use ice before you cancel it.

#### Check your Calendars – especially around Christmas - **IMPORTANT**

Please check your calendars (especially dates around Christmas) and notify Darlene early if you see that your team cannot make a practice. The Jason Cripps tournament is just after Christmas so our scheduler does schedule practices for the local league teams just before Christmas in order to get the girls ready for the tournament.

Expect ice just before Christmas and if you know a date that will not work for your team, please notify Darlene right away.

#### Game curfews

50 minutes from the time the zamboni leaves the ice. Note: some centres will curfew with 6 seconds left in the game other centres will not. Please respect how the centre runs their curfew system.

#### Referee concerns

If you have an issue with a referee, please wait 24 hours, and then contact Darlene

#### No ref or timekeeper

Fortunately this rarely happens but if it happens contact Darlene on her cell.

#### Exhibition games

If you have booked an exhibition game, Darlene needs 1 week notice in order to organize the refs and timekeepers.

#### Contacting the scheduler

Darlene requests that only head coaches contact her.

#### Sharing ice

Ice is our main cost so sharing the ice will be the reality for many teams. At this point all practices will be shared.

We encourage coaches to contact each other and run practices together so you can use the full ice. Or, do the warm ups together and then split into your individual halves. For safety reasons, make sure your girls are staying as best as

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possible on their side (if you are not running practice together) so we avoid collisions. Avoid drills that require the girls to stand on the centre line or to skate around the centre circle.

## Scheduling and Ice Times

### Darlene Vorstenbosch – Scheduling Director

#### Coaches wanting more ice can offer to share each other's practices

Coaches are encouraged to contact each other and offer to share each other's ice! Let Darlene know so she can update the schedule and make sure change rooms are assigned.

Another sharing ice suggestion: To create a 1 ½ hour practice with another team scheduled directly before or after your team. Team A could have ½ hour own ice, Team B joins Team A for 1 hour, then Team A leaves and Team B has own ice for ½ hour.

#### Ice allocation

Our scheduler works very hard on distributing the ice times fairly among all our teams.

In general, local league teams will have one game and one practice per week (not two practices per week). Sometimes, ice times will be more and sometimes it will be less but we try very hard to even it out over the year. If there is extra ice, our scheduler will try to give some extra ice to our teams.

Typically, Saturdays are reserved for the local league teams but occasionally there are teams coming from Orillia or Windsor so these teams need to be scheduled for Saturdays as they have a long drive home. At the beginning of the season, our scheduler tries to schedule the faraway teams in right away – before the snow starts. Of course, that displaces some teams from their regular Saturday ice times.

Rep teams get 1 ½ practice per week so you will see on the schedule that a rep team is getting two practices per week sometimes. The rep fee this year is an additional \$250 per player. The Executive studied the ice time in great detail and calculated this was the cost of the extra ice time that the rep teams were receiving so that the local league teams are not subsidizing the rep teams.

#### End of Season

Once a team is out of play-offs, that team will get one final practice.

#### Iceless Practices

Iceless practices are over at the end of January.

#### Ice in Tavistock, Plattsville and St Clements

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Until a third pad is built in New Hamburg, we need to use ice at other centres. We have added the following ice to our schedule:

Plattsville – Sunday at 9 am      Tavistock – Monday and Tuesday at 6:30 am and Monday at 5:30 pm  
St Clements - Sundays

## Can Darlene read minds?

Answer: No. If something changes in your schedule please contact Darlene. If you told Darlene your team will be away at a tournament and the tournament gets cancelled then please do not assume Darlene knows you want your ice again.

## Cancellations Due to Bad Weather for Local League Teams

**Any cancellations – contact Darlene!!**

### Practices– what to do if a practice needs to be cancelled

Contact Darlene ASAP - Email: [vorstenbosch@rogers.com](mailto:vorstenbosch@rogers.com) Cell: 519-591-7760

Contact your parents and request each family to reply to you that they received the email. If you don't hear from a family, please call them as we don't want parents driving to the rink for a cancelled practice.

### Games – what to do if a game needs to be cancelled

**Games are to be canceled 1 hour before departure time by the traveling team and not before. If a game is canceled the home team can use the ice for a practice. Games cancelled by the home team are to be canceled as soon as the home center knows the rink is closed.**

The Kitchener Girls Local League (KGHL) requires that each centre have "Inclement Weather Contacts". These people are the only ones who can cancel a game. For WGHA, the contacts are Darlene (first contact) and Duane Gingerich (second contact).

Important: Games can only be canceled one hour before families would have to leave for the game as KGHL does not want games being unnecessarily cancelled.

If an away game needs to be cancelled, contact Darlene ASAP - [vorstenbosch@rogers.com](mailto:vorstenbosch@rogers.com) Cell: 519-591-7760.

Prior to cancelling, keep an eye on the weather forecast. If the forecast is calling for bad weather, make sure you have the contact information for the other team's coach, just in case! If weather clears, then you don't have to use the contact information. If the weather is bad, then it prevents the last minute scramble of trying to find the contact information.

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If weather is bad, contact the other team's coach and discuss with him/her what both of you think is the best decision. Remember, it is the away team that makes the final decision, unless the local team's arena is closed.

Email is fine as long as you get a response... don't assume that the other coach received the email!!

Advise parents to check their email before leaving for the game.

Contact your parents and request each family to reply back to you that they received the email. If you don't hear from a family, please call them as we don't want parents driving to the rink for a cancelled game.

## **Contacting the coach from the other team**

You can often get the contact information by going onto that centre's website. If not, Darlene and Duane both have the contact information for each centre's ice schedulers and league rep (but we don't have direct contact information for each individual coach).

**Who cancels the game?** The visiting team cancels the game, unless the home arena closes.

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## WGHA Guidelines for Weather Related Game Cancellations

***Note: This letter was sent last year to all WGHA families and the information still applies***

To all Wilmot Coaches and Parents,

As you know, we have had some challenging weather these last two weekends and we may see more as we come into the New Year.

As an association, our first priority is safety for all our players, parents and coaches. When there are severe weather warnings out, whether it is snow or freezing rain, we support parents and coaches who decide to err on the side of caution and not venture out. A hockey game is not worth losing your life, serious injury or loss of a vehicle. Games can be rescheduled, lives cannot be replaced.

All our leagues have a storm/reschedule policy and have been great in getting those details out to our coaches.

Coaches, if you do decide to proceed with a game, please be respectful of families that decide not to venture out if the weather is bad.

Thank you all for your consideration and please respect the wishes of those who do not feel comfortable driving in severe weather conditions.

Regards,

Yolanda Galambos – President  
Duane Gingerich - Local League Director  
Stephen Dajka - Competitive Director

# Wilmot Girls Hockey Association - Local League Coaches Handbook 2017-2018

Duane Gingerich [localleaguedirector@wilmotgirlshockey.com](mailto:localleaguedirector@wilmotgirlshockey.com) 519-590-0060

## Staff qualifications Requirements

### Director of Staff Development: Sandra Cook

**\*\* All of this information is on our website**

<p><b>Rep Head Coach Qualifications:</b></p> <ol style="list-style-type: none"> <li>1. Online staff application completed</li> <li>2. NCCP Development 1 (D1) or higher</li> <li>3. Valid Police Check</li> <li>4. Speak Out!/Respect in Sport Certificate (coaches/Hockey Canada activity leaders version)</li> <li>5. Two years' experience as a member of a hockey coaching staff (in a coaching capacity i.e. head coach or asst. coach)</li> </ol>	<p><b>Local League Head Coach Qualifications:</b></p> <ol style="list-style-type: none"> <li>1. Online staff application completed</li> <li>2. Fundamental, Novice LL - NCCP Coach Level 1 or higher             <ol style="list-style-type: none"> <li>1. Atom LL and higher – NCCP Development 1 (D1) or higher COACH 2</li> </ol> </li> <li>3. Valid Police Check</li> <li>4. Speak Out!/Respect in Sport Certificate (coaches/Hockey Canada activity leaders version)</li> </ol>
<p><b>Asst Coach Qualifications:</b></p> <ol style="list-style-type: none"> <li>1. Online staff application completed</li> <li>2. NCCP Coach Level 1 (minimum) NCCP Development 1 (D1) or higher (preferred)</li> <li>3. Valid Police Check</li> <li>4. Speak Out!/Respect in Sport Certificate(coaches/Hockey Canada activity leaders version)</li> </ol>	<p><b>Trainers Qualifications:</b></p> <ol style="list-style-type: none"> <li>1. Online staff application completed</li> <li>2. Hockey Trainers Certificate Program - Level 1 or higher</li> <li>3. Valid Police Check</li> <li>4. Speak Out!/Respect in Sport Certificate (coaches/Hockey Canada activity leaders version)</li> <li>5. Head Trainer Must be Female</li> </ol>
<p><b>Manager Qualifications:</b></p> <ol style="list-style-type: none"> <li>1. Online staff application completed</li> <li>2. Valid Police Check</li> <li>3. Speak Out!/Respect in Sport Certificate(coaches/Hockey Canada activity leaders version)</li> </ol>	<p><b>On Ice Helper Qualifications:</b></p> <ol style="list-style-type: none"> <li>1. Online staff application completed</li> <li>2. 14yrs and older: (Must have both a &amp; b (a) Must have Valid Police Check (b) Speak Out!/Respect in Sport Certificate(coaches/Hockey Canada activity leaders version)</li> <li>3. WGHA guideline that there be a 2 year age gap between the "on-ice helper" and the oldest player on the team</li> <li>4. Under 14 - please contact WGHA Director Staff Development</li> </ol>

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## NCCP Coach Certification

Starting in the 2014 OWHA has adopted the NCCP/ Hockey Canada standard for coaching certification and Continuing education. PRIOR TO 2014 OWHA coach certification did not expire. Coaching certification is subject to Hockey Canada and the NCCP standards.

See the following link for complete details

<https://www.hockeycanada.ca/en-ca/hockey-programs/coaching/nccp>

To check your hockey Canada profile use E-Hockey

<https://ehockey.hockeycanada.ca>

To check your Continuing education progress use the Locker

<https://thelocker.coach.ca>

To request a D1 Field Evaluation

[http://owha.pointstreaksites.com/files/uploaded\\_documents/3323/FINAL\\_-\\_Field\\_Evaluation\\_Request\\_D1\\_Coach\\_Field\\_Evaluation\\_Request\\_Document\\_-\\_OWHA\\_2.pdf](http://owha.pointstreaksites.com/files/uploaded_documents/3323/FINAL_-_Field_Evaluation_Request_D1_Coach_Field_Evaluation_Request_Document_-_OWHA_2.pdf)

# Wilmot Girls Hockey Association

## Coach Field Evaluator Report

### Roll of Field Evaluator

- Determine a delegate's ability to coach and to decide whether to grant certification.
- Provide feedback to improve to coaches performance
- Assist the coach in becoming a self-actualized coach who is able to direct his or her own development.

### Association based Evaluator

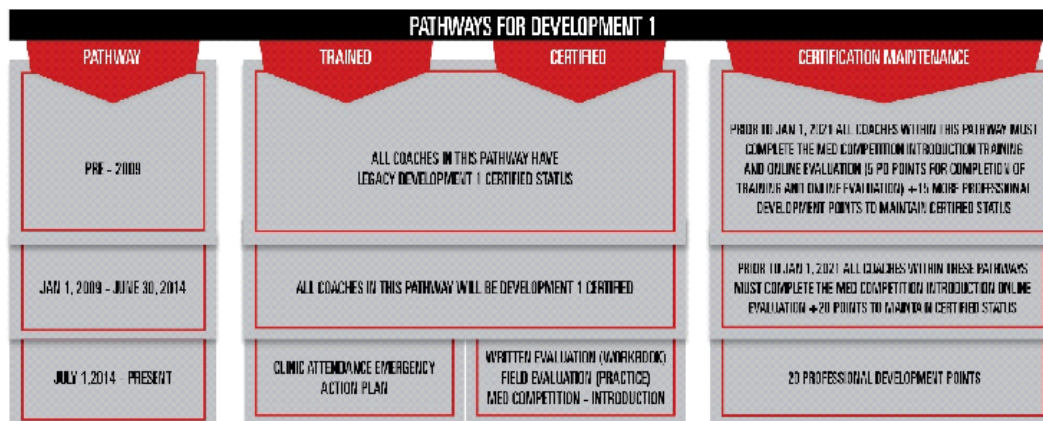
- Ability to Observe the coach more than once as requested
- Ongoing support Mentoring
- Develop Relationship with the coach

### Coach Certification

For a coach who has competed the D1 Clinic pre 2014 see the competition introduction chart. After July 1,2014 the path way to certification steps are highlighted

- Attend D1 Clinic
- Written Evaluation (workbook)
- Complete the Making Ethnical Decision in sport evaluation
- Field evaluation by a certified evaluator

## COMPETITION INTRODUCTION STREAM: DEVELOPMENT 1





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## Police check information

### Director of Staff Development: Sandra Cook

WGHA requires all staff members, including managers, to have a police check (officially called a 'Vulnerable Sector Check'). These police checks are valid for four years.

#### For Waterloo Region Residents

Waterloo Region Residents can only apply in person at the:

**Police Reporting Centre**  
150 Maple Grove Road  
Cambridge, Ontario N3H 5M

**Before** going to the Police Report Centre, confirm the details and what you need to bring at the website of Waterloo Regional Police Service. <http://www.wrps.on.ca/records-police-checks/police-record-checks/police-vulnerable-sector-check>

At a minimum you will need:

- Valid identification
- WGHA Police Check Request Form. (Must be Used)

By using the police check request form the cost is reduced to \$10 (rather than \$25). WGHA will reimburse your police check expense to a maximum of \$10 so if you don't use the form the additional cost will be at your expense.

#### For NON-Waterloo Region residents

Visit the website of your local township or call them.

- For East-Zorra Township residents - contact the Hickson office – 519-462-2697.
- For Blandford-Blenheim residents – contact the Drumbo office – 519-463-5881
- For Stratford residents – 519-271-4147

Volunteers may be required to provide a letter from Wilmot Girls Hockey Association stating that the volunteer is required to have a Vulnerable Sector Check. Please contact Sandra Cook for the letter. Please note, the current WGHA police check request form on our website is only for Waterloo Region residents and it will **NOT** be accepted in other districts. For most townships, there is no cost for obtaining a police check but that can change at any time of course. (Stratford does charge for police checks)

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## Iceless practices Scheduling

### Darlene Vorstenbosch – Scheduling Director

You will notice in October that iceless practices at the New Hamburg Arena are on the schedule (in gray with red underline). If you are wondering, the ice is NOT back in the old barn!

These practices are intended to give our teams the chance to practice hockey positioning i.e.: where to stand on the blue line and drills i.e.: breakout drill. Often these type of practices involve explaining (and some standing around) and these practices can better be done off ice and is a more efficient use of expensive ice time. As well, since many of our girls are still learning to skate and stop, it is easier for the girls to understand the positioning when they don't also have to think about skating.

The girls must wear: running shoes, hockey gloves, hockey helmets, sticks and bring water bottles. Knee protection, such as volleyball pads, is optional – but highly recommended. Goalies wear full gear except for skates. There is no heating in the old barn so please keep that in mind when dressing. With that said, the girls are often running around so much that only the adults watching get cold!

The equipment is stored at the New Hamburg Arena in the office. You must ask the attendant (typically in the office anyway) for the equipment if you are the first team on for the day. The last team needs to bring the equipment back to the attendants office and please don't forget as this equipment is expensive. The equipment includes ball hockey balls and biscuits for passing practice.

The change rooms are generally first come first serve. Just look for an empty change room.

I have a few coaches from last year who are willing to give you some tips and suggestions for the iceless practices. If you are interested in some names, please contact me. Otherwise, come by the New Hamburg Arena before your first iceless practice during another team's iceless practice and talk to the coaches.

Please let your parents know the gear requirements for the iceless practices.

Iceless practices are over at the end of January.

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## Tournaments

Each team has two local tournaments that they are expected to participate in.

- 1) Jason Cripps Tournament in Kitchener – Dec 27-28-29-30-31 – Free  
(Schedule is usually issued the 1<sup>st</sup> week of December and yes, it would be preferred if it came out earlier). Please note, if some teams have a lot of players that will be absent over Christmas holidays then the tournament organizers do allow two teams from the same centre and the same level to merge and register as one, only for the Jason Cripps tournament. So for example, we could merge our two Novice LL teams and our two Bantam LL teams for the Jason Cripps tournament only.

**Director in charge of Jason Cripps: Duane Gingerich**

- 2) Kyla Kowalik Tournament (our own tournament) – Jan 14-16, 2018 (Fri-Sun) – \$925/team  
Many coaches often choose to do an “away” tournament but that is up to each coach and his/her families to decide. All tournaments must be an OWHA approved tournament (see OWHA website for tournaments). **Director in charge of Kyla Kowalik: Shelly Schenk**

### Jason Cripps Roster submission

Duane will be contacting you in early November for your roster names to be e-mailed to me in alphabetical form.

### Jason Cripps Game Sheets

At this point, the tournament organizers will be providing game sheets for the Jason Cripps.

### Kyla Kowalik Fundraising

All Local League teams are allowed and encouraged to set up a booth and fundraise to a maximum of \$3000 at the Kyla Kowalik. Contact the tournament organizer Lisa Clifford, for more details.

### February Tournaments

Feel free to book February tournaments. Rep teams are not allowed to register in February tournaments.

### Travel Permits

Travel permits are not needed for any tournaments in Ontario. But travel permits are needed for out of province tournaments.

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## Optional Away Tournaments for Local League teams

“[OWHA House League Tournaments](#)” is the best spot to find tournaments for your team. If you think you might be going (but are not yet sure) to one of these tournaments, let Darlene know so she can schedule around it!

Some popular tournaments include:

Barrie Sharkfest – mid-November                      North Halton Fall Classic Tournament – Mid Nov  
Stoney Creek Sweetheart Tournament – Begin Feb    Oakville Tournament – Mid Feb  
Brantford Walter Gretzky Tournament – End of Feb                      Mitchell Meteors – end of Oct

## Tournament Loans

The WGHA is willing to provide loans to teams early in the season to temporarily cover tournament registration fees. Up until Oct. 15, the WGHA will lend a team a tournament registration fee(s) by issuing a cheque to the tournament organizer. Repayment of that loan is due to the WGHA **by Nov. 1st**, with a single cheque payable to the WGHA.

A loan can be requested by emailing our Treasurer, Becky Bender – [treasurer@wilmotgirlshockey.com](mailto:treasurer@wilmotgirlshockey.com) - and providing the following information: your team name, the payee and the amount. A cheque will be prepared within 1 week and returned to you for mailing.

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## Novice Teams Only

Before Christmas the rules are – Changed to Nov 15!

Coaches allowed on ice during the game

Two minute buzzer so no switching on the fly

Teams do not switch ends

Game time - 10-10-10

Offsides will be called (same for before and after Nov 15)

After Christmas the rules are: - After Nov 15!

Coaches not allowed on the ice during the game

No buzzer and players are expected to switch on the fly

Teams DO switch ends

Game time – 10-10-12

Offsides will be called (same for before and after Nov 15)

Coaches allowed on the ice - Role of Novice coaches on the ice

WGHA strongly encourages that one of our novice coaches come on the ice with the girls. Especially at face-off, it is easier and less stressful for the girls to have an adult bring them to their spot, rather than calling out from the bench. Often other teams do not have a coach on the ice but we recommend it at least for the first two or three games.

Coaches should be providing a mentoring role and remain on the sides and as unobtrusive as possible. Coaches should not be “coaching in detail” and must not be in the play. Referees have the right to allow or not allow a coach on the ice. Coaches are not allowed on the ice at or after the Jason Cripps Tournament and after. There is a safety concern regarding overly aggressive coaches who get into the play and that a girl could turn and trip a coach. If that happens, it is expected that the individual centre will “rein in” the coach and remind them to stay out of the play.

2 Minute Novice buzzer – How it works

When the buzzer sounds, the play and the clock stop. The clock does not start again until the referee drops the puck. The puck is dropped based on where the last play ended.

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## Two minute buzzer before Christmas

It was decided to keep the novice buzzer until Christmas because there are so many girls that would be intimidated by switching on the fly. It was suggested that the changeover date be made for earlier in the season but that would mean some teams had 4 games with the buzzer and some teams would have 8 games with the buzzer and that would be inequitable. Teams can discuss amongst themselves if they don't want to use the buzzer but if one team wants the buzzer and the other team doesn't then the league rule is, "The buzzer will be used until Christmas at the novice level".

For tournaments, there likely will not be a buzzer and so teams should prepare their girls if they are doing a tournament before Christmas.

## Two minute buzzer after Christmas

After Christmas – no 2 min buzzer EXCEPT for the lowest tiered pool (Pool C or Pool D whichever is lower). The default for the second half of the season is no buzzer, switch ends after each period and no coaches on the ice. If there is a team in the last Pool in Novice (this year is Pool D) the coaches can agree to reverse the above rule in the second half of the season (playoffs) if it is agreed to by both coaches. This would need to be discussed prior to stepping foot on the ice and would have to be communicated to the referees pre-game.

## Switching Ends for Novice teams

Before Christmas, novice teams will not switch ends. Teams may switch ends if both coaches agree but if one coach does not want to switch ends before Christmas, then no switching ends.

After Christmas, including the Jason Cripps Tournament and 2<sup>nd</sup> half of the season, all novice teams will switch ends unless again it is a team in the lowest pool and both coaches agree, prior to the game and it is discussed with the referees.

## Novice game times

10-10-10 first half of season until Christmas; 10-10-12 for 2<sup>nd</sup> half of season. The 2 minute timer should be on "auto" to keep it fair.

## Novice clock

The clock will be stopped at both the whistle and 2 min buzzer.

## Novice Offsides

Offside will be called by the refs.

## Skater/ Player movement - Novice

Within the Novice division, novice players can move laterally for three games for the first half of the season and again three times for the second half of the season. A team can all up to as many as five players as they require to a maximum of the roster limit. **No call up players for semi-final or championship games.**

\*\*\*\*\* NEW HALF ICE GAMES FOR NOVICE IN 2019/2020 Hockey Canada mandate\*\*\*\*\*

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May start next year start in KGLL.

## Administrative Guidelines for Managers when handling money And submitting team monies to the WGHA

### Becky Bender - Treasurer

#### Team Manager

Each team must appoint a manager who will be responsible for administrative duties for the team, such as:

- Collecting and tracking all fees from players (e.g. tournament fees, team fees, name bar money)
- Submitting the required fees to the WGHA, by the due date on behalf of the team & according to the WGHA guidelines below
- Distributing & collecting raffle tickets and/or coordinating other WGHA fundraising activities for the team
- Other duties as agreed upon with the Head Coach (e.g. booking tournaments & hotels, arranging off-ice training, distributing/collecting paperwork etc.)

#### Guidelines for Submitting Monies to the WGHA

The WGHA will accept one payment from each team for a particular fee in the form of a cheque. The WGHA will no longer accept multiple cheques or cash from individual teams, as this practice has become too cumbersome and unmanageable, given the growth of the Association.

The Team Manager will collect and track the required funds from all players on their team. He or she will then write one cheque to the WGHA\* for the entire team amount, either from his or her own personal bank account, or from a team bank account.

*\*All cheques made payable to 'Wilmot Girls Hockey Association' or 'WGHA'*

#### Tournament Loans

The WGHA is willing to provide loans to teams early in the season to temporarily cover tournament registration fees. Up until Oct. 15, the WGHA will lend a team a tournament registration fee(s) by issuing a cheque to the tournament organizer. Repayment of that loan is due to the WGHA **by Nov. 1st**, with a single cheque payable to the WGHA.



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A loan can be requested by emailing our Treasurer, Becky Bender – [treasurer@wilmotgirlshockey.com](mailto:treasurer@wilmotgirlshockey.com) - and providing the following information: your team name, the payee and the amount. A cheque will be prepared within 1 week and returned to you for mailing.

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## Managing your Team's Funds

The WGHA recommends, but does not require, that each team establish a team bank account. A team account allows the team's funds to be clearly managed separately from a personal account, and held there until they are needed. Transparency with how funds are managed is essential. It is also recommended that 2 signers are required on a team account.

Prior to going to the bank to set up a team account, please obtain a letter from the WGHA Treasurer confirming that the association supports the team account set up. The names of the 2 account co-signers must be communicated to the Treasurer, for inclusion in the letter.

The WGHA website provides an excel file for the Team Manager to assist with the management of team funds and can be found under Coaches/ Coaching Manuals. These files include:

- Sample Balance Sheet, General Ledger, Cheque & Deposit Registers
- Tracking Sheet for collection of funds

If team funds are being held in an account, it is mandatory that the team's financial position be communicated to parents at the middle (Christmas) and end of season, by issuing a simple financial statement. It should be clear to parents how their money is being spent.

## Important Dates

It is recommended that the Team Manager set a deadline with their team several days ahead of the WGHA due dates in order to ensure payments are submitted on time.

**October 15** – last day to request a tournament loan for your team

**November 1** – Rep Fees are due

**November 1** – tournament loan repayments are due

## Where to submit payments

Payments should be labeled with the team name and its purpose (eg. tournament fees), ATTN: WGHA Treasurer. They can either be handed to a WGHA executive member or submitted through the mail slot of the WGHA office.

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## Other manager duties

### Inputting scores by manager

Entering scores for home games (only home games) must be done within 24 hours by the manager. When the manager/statistician updates our website, the scores are automatically “pushed” through to all the other centres websites. This allows everyone to track team standings. If the manager is away on a vacation, then the manager must ensure that the head coach or someone else on the team with system access can update the system.

Note: Contact Duane if a center is late with posting scores so the director from that centre can be notified.

### Inputting tournament games onto the MBSports

If you want to add tournament games to your website including the Jason Cripps, log on to the control panel/site manager, click add tournament and it will allow you to add games from the site manager.

### Website training for coaches manual

The manager is typically the person responsible for keeping each team’s website up to date. If you are new to this role, you can look for some additional training on the WGHA website - See Coaches – Coaching Manuals – for more specifics on website training!

## Head Trainer – Nancy Baumgart – [baumer21@gmail.com](mailto:baumer21@gmail.com)

New this year is we have a head trainer to help answer trainer questions. There will be a trainer meeting in mid-October. As well, Nancy is available if trainers need some guidance on paperwork, procedure or any other trainer related questions.

## Coach Mentor/Hockey Canada Coach Evaluator –

### [duane.gingerich@ableone.com](mailto:duane.gingerich@ableone.com)

Duane is a coach mentor. If coaches have questions or want new ideas for drills, practices, game plays etc then Duane can be contacted.

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## Articles in the Independent

Girls love to see their names and pictures in the newspaper. The process is easy and even easier if you get a parent volunteer to do it throughout the year. The information below was sent from the New Hamburg Independent.

### **New Hamburg Independent – How to best submit an article**

Want to share your team's triumphs and challenges with the local community? You can send sports stories and photos to the Independent, to keep our readers informed on all the wins and losses.

In the first line, please include your sponsor name. Sponsors are important to our organization.

Team and individual athlete reports should include the name of the teams involved, the date of the game, the age group of the team, the score of the game, the names of those who scored (first and last names) and a brief description of what happened in the game. Without this information, the sports report may not be usable.

Game reports should come into the Independent's office within a week of the game occurring. The deadline for submissions is Monday at noon to be considered for the week's newspaper.

Any game reports more than two weeks old will not be used; however, any reports that are in on time, but are not used because of space limitations in the sports section will be held on to and used the next week. Coaches or parents can add new results to that story by sending in up-to-date results.

All reports should be between 200 and 400 words. Reports are subject to editing for space and content. Please also ensure a contact name and phone number are also on the report so Independent staff can contact someone if there is a need for clarification.

Photos are also welcome, but photographers should ensure the highest quality of photo.

Digital photos e-mailed to the sports department should be at least 300 dpi and 3x3 inches. Anything smaller than that is unusable. Those who bring in photos to the office, please ensure the photo is clear and there are no visible dots making up the picture.

Photos may be refused due to their quality.

Reports can be dropped off at the Independent office at 77 Peel Street (in the mailbox after hours), faxed to 662-3521 or e-mailed to [sports@newhamburgindependent.ca](mailto:sports@newhamburgindependent.ca).

Anyone with questions can call 519-662-1082 ext 31.

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## Music

Some of the guidelines when playing music are:

: Keep volume down when coaches and or refs are having conversations with each other or players during the game

: When a player is down on the ice and injured, please turn the music off.

: If your team is really winning, please discontinue the horn.

: It is difficult to gauge the volume from the music room. If in doubt, ask other people who have done the music to show you where the volume should be. Spectators become really annoyed when the music is too loud.

: The general rule of thumb for the WRC music system is to use 25% of maximum volume when coaches are talking to players and 33% of maximum volume when players are doing line changes.

## Fundraising

Maximum fundraising amount for a local league team is \$3000 for local league teams and \$4000 for rep teams. The amount is lower for local league teams because we have the Jason Cripps tournament included in our registration. All fundraising must be approved by our fundraising director.

Please note – before approaching any business, you need to get permission from our fundraising director.

Raffle tickets – will be coming shortly. We are looking at 3 large prizes again this year.

## Meeting Room Booking

Meeting Rooms at the WRC can be booked for Team Meetings providing the room is booked thru the Ice scheduler. Give the ice schedule lots of notice prior to your meeting.

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## Waivers and Rosters – what are they?

### **Registrar- Christine Honderich [wgha.registrar@gmail.com](mailto:wgha.registrar@gmail.com)**

#### Why does my team need a roster?

Each team must have an Official OWHA (Ontario Women's Hockey Association) roster for team eligibility and to attend tournaments. You will get an emailed copy for tournaments.

#### What is a roster?

The roster is simply a confirmed list of all the players on a particular team. Both OWHA and WGHA have the same list of names. Our register will then send a PDF form of the roster to all the head coaches which they will need to enter tournaments. Therefore, the sooner we get those signed waivers back, the better! Deadline is October 31.

#### Cost of Rostering Staff

Cost is \$47.50 per adult to be on the roster. We need plenty of staff to make a team work and we are grateful for all our volunteers. Sometimes we have teams with large rosters and we discover that some rostered individuals were rarely able to help out during practices or games. In that case, please do not roster people who are not able to help out the team. **Maximum 10 staff members per team.**

BTW – If an adult is rostered on more than one team then no cost for the second or third team.

#### Maximum Staff on Bench during a Game

Maximum 5 adults

#### Coaching Numbers or Certification Cards

The OWHA no longer issues Coaching numbers or certification cards. You only need to provide proof that you completed the course to the Registrar of Wilmot Girls Hockey Association. The registrar will then be able to enter your current coaching level into the database. Numbers are not required.

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## Miscellaneous

### On Ice Help for practice

Every parent has the right to know who is on the ice with their Daughter. It is the WGHA's policy that all on ice help complete the staff application form for an on ice helper. This would include members of the NHHA.

### Watching the players shake hands just after a game

Just as a precaution, please make sure there is always one staff member on the bench who is assigned to simply watching the girls shake hands and skate off the ice. Occasionally, we have found that incidents occur during these few minutes that no staff has actually witnessed it because everyone was busy collecting bottles and shaking hands.

### Injured players on the bench during a game

If a player has to sit out a few games because she got injured, then we do encourage coaches to bring those players on the bench to sit with the team during the game. It is a great feeling for the player to still feel involved with the team. Just make sure, she is dressed in full gear (not just a helmet and gloves). Those are Hockey Canada rules and they are for her safety.

### Parent Reps

We recommend that every team have a parent rep in the event that a family has an issue with one of the coaching staff and if an issue arises.

### Practices

Practices should always be pre-organized. Please do not "wing" practices as it is always obvious to the girls, assistant coaches and parents. And, obviously, please take a few minutes pre-practice to discuss the drills with your fellow coaches so they can help set up cones or whatever, while you explain the drills to the girls. It is all about maximizing our precious ice time.

### Sponsor and Name Bars Placement

The sponsor be sewn at the top of the jerseys, Name bar be sewn at the bottom of the jersey.

To get the name bars sewn on: parent volunteer or Stitch Graphix for about \$5 per name bar. Parents get the name bars back at the end of the year and somebody from the team needs to remove them. In order to keep the jerseys in good shape, please make the name bars are sewn



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on with a very loose stitch. And, the job of removing the name bars is very difficult with a small stitch.

If a player needs name bars, please contact Stitch Graphix directly.

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Sample parent letter – I have emailed it out to all teams for your parent meeting.

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## Wilmot Girls hockey Association Clothing

The link to purchase Wolverines uniforms, pants shells and other apparel is now active. Players can now go online (link below) for purchasing or go into the Sport Zone store for sizing and purchasing.

[https://wilmotgirlshockey.com/Pages/3513/Wolverine\\_Wear/](https://wilmotgirlshockey.com/Pages/3513/Wolverine_Wear/)

As mentioned in my previous email it will be up to the coaches to notify the players and families and let them know if they will have mandatory pant shells and if they will be choosing the option of yoga pants or wind pants. There will be one jacket piece that will be standard across the association. It is a Bauer shell that is part of a 3 in 1 jacket. Only the outer shell will be mandatory but families can decide if they would like to purchase the additional fleece or flex bubble liner.

If team staff are content with the apparel the players currently have from the previous season they can take that option. Whether to make the purchase of new off-ice uniforms mandatory for your team is up to the team staff but if off-ice uniforms are purchased it will have to be the approved standard style now mandatory from the executive.

As mentioned the link below is now active with all mandatory items. Additional apparel (i.e. hoodies) will be added to this online store in the near future but all items are available at the Sport Zone store, 92 Lodge St, Waterloo.

### Uniform FAQ

#### Why did the association decide to get new uniforms?

We decided as an association that we wanted to get back to looking "uniform"; we wanted to be able to represent our association in a similar fashion. All the Wolverines will look the same when entering the arenas. People will recognize us by our uniforms, like how other associations are recognized.

The past few years, teams have been getting their own uniforms. This is an extra cost to families, if teams/coaches change their team wear for the year. Having one uniform that girls can wear year after year is much more cost effective.

#### How do we get a team fitting?

Please contact Sportzone to set this up - [5197258643](tel:5197258643)

People can go in individually as well.

#### Time Frames-

It depends on the item. Mandatory team uniforms normally will take 2-3 weeks. Noting the association started this process late this season, so it may take additional time to get wind suits. Please remember in the past that these orders wouldn't be starting until September, when teams were formed, since we just started spring tryouts this year.

#### What items are considered mandatory?

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The outer Bauer flex jacket and either the matching wind suit pants OR black yoga pants. It is important to note that all team members must wear JUST yoga pants or JUST the wind suit pants. The team is expected to match.

There are other optional items - the zip in fleece insert as well as the zip in warmer bubble jacket option. These zip in underneath the mandatory outer shell and will make the jacket warmer.

There are also optional hoodies, hats, toques, tshirts etc and can be found online or in-store.

## **Do I have to go to the store in Waterloo to order?**

You can go in-store to try items on or you can order via the website

- <https://sportzone.gearware.com/Shop/Store.aspx?sid=9>

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## Wilmot Girls Hockey Code of Conduct

All parents agreed to this code of conduct at registration.

- ◆ I will not force my child to participate in hockey.
- ◆ I will remember that my child plays hockey for her enjoyment, not mine.
- ◆ I will not have unrealistic expectations - the players are not professionals and cannot be judged by professional standards.
- ◆ I will respect the official's decisions and encourage participants to do the same.
- ◆ I will never ridicule a player for making a mistake or losing a competition. I will give positive comments that motivate and encourage a continued effort.
- ◆ I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches, parent reps and the team liaison.
- ◆ I will respect the coaches' decisions and encourage open communications if I have concerns.
- ◆ I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- ◆ I will teach my child to accept the result of each game without undue disappointment.
- ◆ I will turn defeat to victory by helping my child work towards skill improvement and good sportsmanship.
- ◆ I will remember that children learn best by example. I will applaud good plays by our team and any member of the opposing team.
- ◆ I will recognize the value and importance of volunteer coaches. They give their time and resources to provide recreational activities for my child.
- ◆ I understand that school takes precedence over hockey.

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## Sock and Underwear Drive with Wilmot Family Resource Centre

### Michele Brenneman – Past President

#### **Sock and Underwear Drive – Date TBA**

- We will be collecting socks and underwear again to be included for the Wilmot Family Resource Centre.
- It might seem strange to be collecting socks and underwear but the WFRC told us that is one of their greatest needs.
- Last year the sock and underwear drive was hugely successful with many visiting teams also participating.
- And, our players gained an appreciation that even the “small things” are important.

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## Player and Goalie Development

### Ally Greenlee – Director of Player Development

#### Team Development: L. McIntosh Hockey – Laura McIntosh

- 5 sessions per Rep team and 2 sessions per LL Team
- Additional ice time given for this development, does not interfere with practice ice
- Coaches dictate what type of development is needed for the team and Laura will run sessions as per coaches' development request. (Power Skate, Stick Handling, Shooting, PP/PK etc.)
- Additional sessions can be arranged with Laura for \$85 plus HST, this comes out of the teams budget)
- Darlene will schedule and add these sessions onto each team's schedule once confirmed with Laura.
- Coaches need to contact Laura prior to their scheduled development session to discuss your team's development needs prior to scheduled development session.
- Laura's contact information: [laura@lmcintoshhockey.com](mailto:laura@lmcintoshhockey.com) or 519 588-3256

#### Background on Laura:

Laura aims to develop female hockey in the Waterloo Region and surrounding areas. She has been very excited to see the growth of female hockey over the past decade and looks to set the standards even higher.

Through Laura's experiences she has developed a great understanding of what it takes to excel at some of the highest levels of woman's hockey. It is these experiences that enable her to teach both fundamental and advanced hockey skills. Laura is excited to share her knowledge of the game with the future generation of female hockey.

Laura's goal at LMcIntosh Hockey is to take the game of hockey to the NEXT level. To do that she will work with your players on skills such as power skating, passing, stick handling and various other skills depending on the needs of each individual. She will have a program for you whether the players are new to hockey or have been playing for years.

Website: [www.lmcintoshhockey.com](http://www.lmcintoshhockey.com)

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## Goalie Development: Control the Crease - Will Sibley

### Ally Greenlee – Director of Player Development

- Each team receives 4 sessions for their goalies each for both Rep and Local League
- Private/Semi private lessons depending on number of goalies
- Coaches/Managers make arrangements with Will directly to set up sessions
- These sessions will take place during practice ice time
- Coaches can arrange additional sessions for \$60 plus HST, this comes out of team budget.

### **Background Info on Will:**

Will Sibley is the Owner and Head Instructor for Control the Crease Goaltending located in Waterloo, ON. Will utilizes his previously experiences as a goaltender, along with his degree in Sport Psychology, and current goaltending research to maximize the experience and instruction that goaltenders receive at Control the Crease.

His mission is to help goaltenders of all ages and calibres realize their potential through consistent hard work, enhanced technical instruction, and applied sport psychology practices.

Will is currently the goaltending coach for the Milton Ice Hawks Jr. A Hockey Club, as well as a Research Consultant for the Kitchener Rangers of the Ontario Hockey League.

Will's focus is to maximize each goaltender's development by utilizing their personal strengths, and combining this with current and advanced technical instruction in order to create a style of play that each individual goaltender is comfortable with using.

### **Additional Information:**

- Semi Private and Private Instruction Available
- Additional Team Training Sessions can be renewed
- Sport Psychology Seminars are also available

For all scheduling and consultation inquiries, coaches can reach Will via email at [info@ctcgoaltending.com](mailto:info@ctcgoaltending.com).

Website: [www.ctcgoaltending.com](http://www.ctcgoaltending.com)



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## Power Skating: New Hamburg Power - Kevin Winters

If parents or teams are interested in extra power skating at their own cost.

New Hamburg Power program is the Canadian Power Skating Program. It is the only Nationally Recognized Power Skating program in the country and is taught in skating centres from coast to coast.

This program is geared to skaters who already have basic forward skating skills. It is designed to teach players the skating fundamentals needed to improve speed, quickness, and overall skating agility.

- Designed for hockey and ringette players, Power Skating is a program that is designed to improve and master skating techniques.
- Power Skating provides skaters with a session to focus on their skating abilities, which can then be transferred to hockey practices and games.
- Power skating is not only for straight-line acceleration but for all skating skill areas such as backward skating, tight glide turns, forward/backward crossovers, etc.

Program focuses on:

- Proper stride techniques - forward and backwards
- Lengthening your stride
- Explosive acceleration, stride efficiency, agility/foot speed and quickness
- Power and speed, dynamic balance and speed with the puck
- Edge control, stopping and crossovers

All drills are done with and without the puck

### **Background Info on Kevin:**

Kevin began instructing power skating to help all players better enjoy the game of hockey. He believes that players that skate very well have a huge advantage over the players who can't. Power skating helps the stronger players hone in on their skills and allows the weaker skaters can catch up. Kevin believes that proper techniques that are taught properly and practiced correctly will help skaters improve at a faster pace.

Kevin's goal with Power Skating is to provide all skaters with the knowledge necessary to help them enjoy their hockey or ringette experience.

### **Cost Information:**

- \$85 per hour per team.
- If there are two teams it would be \$105 with an additional instructor with Kevin.
- Contact Information: [e-mail--kevwint@netscape.net](mailto:e-mail--kevwint@netscape.net).
- Phone #519-275-2379

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