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This newsletter has been prepared to provide players, families and coaches with information on the upcoming 2018-2019 SJAMHA House League Hockey Season.

**This newsletter contains important information: please read through completely.**

## Two Programs for the Price of One!

Thank you for signing up your child with SJAMHA to play hockey for the 2018-2019 season!

Your registration covers two separate programs.

### ***Part 1: The Initiation Program***

The **first part** of your registration is the **Initiation Program or IP**. If you are new to hockey, these are “skills camp” sessions that are **run by St. James-Assiniboia Minor Hockey** (not your community club) for all players 5-8 years old that have signed up for hockey in the St. James area. Each session will be volunteer coached by the player's parent (if you have the required CSA approved helmet, skates, gloves, and hockey stick) and supported by certified on-ice volunteer IP instructors. Being an on-ice IP parent volunteer does not mean you're certified to coach for your child's winter team. Information about being an on-ice parent volunteer for your child's development session is on page 2 of this newsletter.

This program will commence on the weekend of September 15-16, 2018. You will receive an e-mail regarding your child's first IP ice time approximately one week prior to the program start. St. James-Assiniboia Minor Hockey Association will group players according to age, ability level, and experience so your child may or may not be paired up with players from your community club for these sessions.

The SJAMHA has adopted the Hockey Canada Initiation Program, providing young hockey players with on-ice sessions that incorporate lesson plans previously developed by Hockey Canada. The lesson plans are intended to assist in developing the following basic hockey skills:

- Skating
- Stopping
- Turning
- Puck Handling
- Passing
- Shooting

If you have any questions, comments or concerns regarding the Initiation Program or are able to become an on-ice parent volunteer, please contact the IP Director, Glen Lafrenais by e-mail at [IP@sjamha.ca](mailto:IP@sjamha.ca)

## [Becoming an On-ice IP Volunteer](#)

### *What Is Involved?*

The SJAMHA Initiation Program requires player's parents/guardians to participate as on-ice volunteers, assisting with implementing the lesson plans and leading players through various drills and activities. Lesson plans will be provided to volunteers at each session and made available in advance of the sessions via the SJAMHA website. There are 10 on-ice sessions over 7 weeks (September 15th – October 28th). All sessions are held at Allard Arena, 80 Allard St.

**Your assistance is essential to the success of this program and is greatly appreciated!!**

No prior coaching experience is necessary – just a fun, positive attitude and a desire to promote the enjoyment of hockey as a lifetime sport and hobby. Volunteering can be rewarding for all participants – experienced coaches, new coaches, parents/guardians interested in coaching or just wanting to support their child's first years of House League hockey.

What is involved with volunteering? Some key points on the experience include:

***Preparedness:*** Hockey Canada lesson plans adapted by SJAMHA are available to volunteers, via the SJAMHA website, in advance of the Program start date. This will allow volunteers to have a sense of the drills and activities involved prior to each session. SJAMHA IP Liaisons will be on hand during the sessions, providing volunteers with copies of the lesson plans, to assist with implementing the lesson plans, to answer questions and provide overall support.

***Building the Foundation:*** The first ever ice time for a first year House League player can be a daunting experience for players – and parents too! We all have a role to play in working to build the foundation for a life long passion for the game of hockey, starting with 1<sup>st</sup> year players and continuing with 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> year House League players. The IP is about working to develop basic hockey skills, but is also about building confidence – the little things like reassuring smiles and positive comments, “*You can do it!*”, “*Great Job!*” will go a long way to building a child's ongoing desire to play the game.

***Group Dynamics:*** In 2017-18, over 240 House League players participated in the SJAMHA Initiation Program. Players were arranged into 7 groups, each comprising 3 sub-groups, for separate 45 minute on-ice sessions. Sub-groups (A, B, C & D) were organized based on the player's age and the number of years played in House League. For example, one on-ice session included a sub-group “A” (1<sup>st</sup> year players) at one end of the ice, a sub-group “C” (3<sup>rd</sup> year players) in the neutral zone and a sub-group “B” (2<sup>nd</sup> year players) at the other end of the ice. An average of 3 parents/guardians volunteered as on-ice instructors for each sub-group. There is no limit to the number of volunteers required. In fact, the more the better! A suggested approach for volunteers at the start of each session is to appoint one person as “Lead Instructor” and others as “Assistants”, all working as a team. This will help to effectively communicate the lesson plans with players and the efficient conduct of the session. Work to rotate these roles amongst volunteer instructors in your group each week. Playing the role of both “Lead Instructor” or “Assistant” is a good experience for new parents/guardians or coaches to House League hockey and a good primer for all coaches prior to the start of the season.

**WITHOUT THE DEDICATION AND SUPPORT OF ON-ICE PARENT VOLUNTEERS, THIS PROGRAM CANNOT CONTINUE!**

### *How do I get involved?*

**If you did not sign up at registration, and are able to volunteer in the SJAMHA Initiation Program, or want to learn more about IP, please contact Glen Lafrenais, Director IP Program at [IP@sjamha.ca](mailto:IP@sjamha.ca) or Murray Sedleski at [HouseLeague@sjamha.ca](mailto:HouseLeague@sjamha.ca)**

## Part 2: The Team

The **second part** of your registration places your child on a team and includes all of the ice times for games. **NEW:** Your child will be evaluated during *Stage 1: The Initiation Program* in order to assist with the formation of teams. The team format can be based on all teams having equal skill level or having some beginner teams and some intermediate skilled teams. Once the teams have been formed, you will be contacted by the coach for your team with your schedule. We can always use coaches, so if you are interested, please e-mail Murray ASAP to make sure you don't miss anything. Games will be played against teams from SJAMHA and will start **after IP is finished**. **Many teams will begin league play on the weekend of November 3rd.** All league games will be played indoors but tournaments and most practices tend to be played on outdoor ice.

**If you have any questions regarding the teams or games, please contact your community club hockey director / convener**

### Online Information Sources:

SJAMHA website: [www.sjamha.ca](http://www.sjamha.ca)

To obtain a copy of this newsletter or copies of the IP lesson plans, please visit the "House League" tab

Hockey Manitoba website: [www.hockeymanitoba.ca](http://www.hockeymanitoba.ca)

Check out this website for upcoming coaches clinics (Coaches tab) and information regarding hockey in Manitoba.

Hockey Canada website: <http://www.hockeycanada.ca/>

For information on the Initiation Program:

<http://www.hockeycanada.ca/en-ca/Hockey-Programs/Coaching/Initiation>



## Hockey Equipment: Fitting & Maintenance Guide

Are you currently working to outfit your child with all the necessary equipment to play and enjoy the game of hockey this season? Common questions in this process often include: **What equipment do we need? How big should the shin pads be? Is this helmet too big? At what length should I cut our new stick?**

Properly sized and fitted equipment is important to ensure a safe and positive experience for all hockey players, from first year to advanced competitive youth.

For information on the proper fitting and maintenance of hockey equipment, please visit the "**House League**" tab found on the home page of the SJAMHA website – [www.sjamha.ca](http://www.sjamha.ca). Here you will be able to access and download copy of the Hockey Canada "**Hockey Canada Equipment Tips**"

## Initiation Program Coaching Certification:

It is mandatory for all Head Coaches and Assistant Coaches of SJAMHA House League Hockey Teams to be certified through coaching clinics Developed by Hockey Canada and implemented by Hockey Manitoba. Hockey Manitoba requires that all Coaches/Assistant Coaches be certified by December 1<sup>st</sup>, 2018 & in addition, all personnel wanting to be on a team roster MUST have completed the Team Coach Respect in Sport program before being placed on a team roster.

Requirements for the 5/6 & 7/8 year old House Leagues changed slightly in 2018 and now include “HU ONLINE” (Hockey University); “RIS ONLINE” (Respect in Sport) plus a “CLINIC” that coaches must attend in person. The clinic “Coach 1 – Intro to Coach (IP)” is designed for working with players aged 6 & under. For the 7/8 ages, coaches must have taken at minimum the *new* “Coach 1” clinic and should have “Coach 2 – Coach Level”. Some previously certified coaches may qualify for the 7/8 age requirements but that must be confirmed by someone from SJAMHA.

For more information on coaching certification requirements and IP Stream Initiation Level and NCCP Coach Stream Level clinics organized and conducted by Hockey Manitoba, please visit the Hockey Manitoba website at: <http://www.hockeymanitoba.ca/coaches/requirements>



Image source: Hockey Canada



Image source: Hockey Canada

## SJAMHA House League – Fall 2018 Events Calendar

**Sunday  
September 9<sup>th</sup>**

**Initiation Program Information Meeting for Parents & Recruitment**  
6 pm Sturgeon Heights CC - 210 Rita St

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**Sunday  
October 21st**

**Mandatory Coaches Meeting**  
6 pm SHCC 210 Rita St.

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**September 15<sup>th</sup> -  
October 28<sup>th</sup>**

**Initiation Program Runs:** Information on first ice times will be sent by e-mail in advance of the 15th, so check your inbox, junk mail, or spam

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**Weekend of  
November 3rd**

**House League Regular Season Starts** – This is known as Stage 2 and 7/8's will now play games on a reduced ice surface

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