



Atom Tier 2 - 2016

## Introductory Team Meeting

### I. Introductions

- Welcome to Atom Hockey 2016
- Parent and Player Introductions

### II. Coaching Overview

- Head Coach – Name
  - Experience & Expectations
    - Coached over 10+ teams – last season Novice A and Peewee Tier 3
  - Philosophy for this Season
    - Fun and Development
    - Hockey is a Life Sport
    - Try to teach more than hockey
      - Preparedness
      - Practice like you want to play philosophy
      - Independence
      - Accountability
      - Coach-ability
- Assistant Coaches
  - Lots of Assistant Coaches – Coach Meeting

### III. Atom Program

- Review Hockey Canada Guideline for Atom Hockey Program (Individual Skills)
  - 80% Technical and Individual Skills
  - 20% Team Tactics and Strategy
- Goalie Coaches
- Essentials of Basic Skills
- Player Positions
  - Defence to Forward
  - Forward to Defence
- Team Rules
  - Dressing Room – no parents in the room – games or practices
  - Dressing Up for Games Discussion
  - If not attending have child call me
  - Arrival for Practices/Games
    - 45 minutes before game time dryland – dressed and ready to go 10 minutes before
    - practices dressed and ready 5 minutes before – often have free ice
  - Following Practices/Games
    - Debrief following games
    - Question of the Day following practices
    - Let a coach know if he has to go right away
- Expectations of Players / Parent



IV. Parents Committee / Volunteers

- Team Manager
- Fundraising Coordinator
- Microsite Manager & Team Snap
- Treasurer
- Jersey Manager/Namebars
- Time Clock Coordinator
- Social Committee

V. Communication

- Coach Name – contact #
- Manager Name – contact #

VI. Equipment

- Standard Equipment
- Hockey Sticks
- Mouth Guards (not mandatory)
- Name Bars – please bring both black and white and give to jersey parents. If you need to order let us know asap.
- Neck Guards
- Water Bottles (no Gatorade)

VII. Program Specifics (Seasonal Plan)

- Practice Times
  - Extra Ice – Wednesday mornings (every second Wed)
- Tournaments (contacted Edson Oct 21-23, Camrose Nov 4-6, Whitecourt Nov 25-27, Lloydminster Dec 16-18, Medicine Hat Feb 17-19 so far)
  - Christmas and Fall break discussion
- League Games – full season schedule
- Dryland - \$80 for 10 sessions (Exist Fitness)
- Off Ice Activities – team bonding
- Outdoor Practices
- Track Suits

VIII. Budget

- Treasurer to Form Official Budget

IX. Fundraising Ideas

- Donations and Sponsorship
  - i. Gift Cards
  - ii. Christmas Cheer Basket
  - iii. Beef Jerky/Meat Sales
  - iv. Loser Pool
  - v. Purdy's Chocolates

X. Forms

- Player pledge
- Parent pledge
- Medical Forms
- Contact Sheet
- Name Bar Sheet

General Questions

