

Bear Valley Middle School Bears
Roller Hockey Program
Parents and Players Information Packet



2007 – 2008 Season

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BVMS Bears Coaching Staff

Gold Team Coaching Staff

- Greg Siller – Head Coach; Phone _____, Email siller@ProLearning.com
- Ron Smith – Offense Coach; Phone _____, Email _____
- Mike Kerr – Defense Coach; Phone _____, Email _____
- Matt Teague – Team Manager; Phone _____, Email _____
- Ernie Escarcega – Stats Manager; Phone _____, Email _____

Use of Stats (for Gold team only) – we plan to use the following game stats to help our team improve and prepare for upcoming practices and games. The stats we will focus on include; goals (for and against), assists, penalties (for and against), shots on net (for and against), face-offs (won/lost).

Bronze Team Coaching Staff

- Greg Siller – Head Coach; Phone _____, Email siller@ProLearning.com
- Ron Smith – Offense Coach; Phone _____, Email _____
- Mike Kerr – Defense Coach; Phone _____, Email _____

School Liaison – If you are interested in this role, please contact the coaching staff.

Team Moms - If you are interested in this role, please contact the coaching staff.

Team Photographer – If you are interested in this role, please contact the coaching staff.

Coaching Philosophy

The BVMS coaches are involved in this roller hockey program for many reasons. They include:

- Teaching and learning – about both hockey and life lessons
- Enabling our players to effectively compete against other talented teams in our league
- Having fun
- Developing friendships

All coaches, managers, and schools liaisons are volunteers. We do have years of experience coaching, playing, and officiating. We are not perfect. We will make mistakes, and plan to learn from those mistakes. The coaches will strive to make all decisions based on what is best for the team and not an individual player.

We want your input—on game performance, practice effectiveness, etc. We will use this feedback as part of our coach’s discussions and planning activities.

USA Hockey Parent Education Information:

http://www.usahockey.com/Template_Usahockey.aspx?NAV=CO_09&ID=19784&USAHockeyType=ICE

Our philosophy is also encompassed in the following sections in this Packet.

50 Coaching Tenets by Greg Siller

Winning is the by-product of many elements; some of which teams, coaches, and individual players can control and others which they cannot. Below are 50 coaching tenets, developed by **Greg Siller of Pro Learning Systems**, that are designed to remind coaches (players and parents too) of the essential aspects of winning. Visit www.ProLearning.com/hockey/hockey1.htm for more information.

1. Your first shift should be played to let your opponent know that their next hour won't be easy.
2. After a loss, evaluate how your individual play affected the outcome, how your teams' play affected the outcome, how your opponents play affected the outcome, and then reset the clock.
3. Creativity is difficult to teach. The fundamentals to unleash that creativity are not.
4. When your players get frustrated, teach them to skate harder and use their mouth's less.
5. The goaltender owns the shooter; the defense owns the rebound and the opponents near the net.
6. If you are not skating, you better be on the bench.
7. Each shift is not a measure of how long you can stay on the rink; it is a measure of what you can do for your team while you are out there.
8. You can talk about how good you played during your game only when you have contributed both individually as well as for the team.
9. Winning and losing are both variations of learning.
10. Officials are not perfect; but then, neither are the rest of us.
11. Your opponent is only present to test your ability to persevere.
12. The coach always knows best, at least until the next game.
13. Think of overtime as the final course in a good meal—dessert.
14. Each game represents a snapshot of your current ability.
15. The mental aspects of your game are the ones that drive the physical ones.
16. Losing means that you were out-scored by your opponent. It does not mean that you are not the better team.
17. At any given time, only 2 or 3 players are involved in control or pursuit of the puck. Each practice should reflect this competitive principle.
18. Between periods, have your team rally together. Recuperate, hydrate, communicate, and renew the battle, with more knowledge, vigor, and intensity than the period before.
19. Parents can second-guess the coach at any time; however when that second-guessing begins to adversely affect the team (coaches, players, other parents), then its time to talk.
20. Individuals win individual battles. Teams win games.
21. Self-confidence is a trust in yourself to always play your very best.
22. Respect becomes very clear during any competition. You see what your opponents are capable of and they see what you are capable of.
23. On the penalty kill, focus your energies offensively at least once per shift.
24. Power plays involve a patient progression of the five P's; positioning, passing, puck control, pressure, and putting the puck on net.
25. Face-offs are another opportunity for your team to gain control of the puck.

26. While you are on the bench, observe your opponents patterns and use that knowledge to beat them on your next shift.
27. A good penalty is one that occurs in your defensive zone; in a potential scoring situation.
28. If your team does not have control of the puck, position your players to gain control of it.
29. If your team has control of the puck, position your team to keep control of it.
30. When playing defensively, always force the play to the boards.
31. Communicate with your teammates both on the rink and on the bench.
32. Respect yourself, your team, your opponents, and the game.
33. If you have the puck and are not in a high percentage shooting location, move to a better location, pass the puck, or shoot with the intent of forcing a rebound.
34. In any given game, you will be the better team.
35. Over time, you have the ability to win more games than you lose.
36. The breakout play is like a play in football. The quarterback (puck carrier) has about 5 seconds to pass, hand-off, or run the football (puck) up the field.
37. Words (trash talk) can temporarily defeat the mind. Solid team play can consistently defeat any opponent.
38. Words of encouragement are seeds for future first-class play.
39. At the end of the game, the immediate contest is over, and your next one begins.
40. Always view each game in terms of opportunities and learning.
41. Passing will advance the puck quicker than skating with it.
42. Keep your mind active, both on the rink and on the bench.
43. Find time for fun. This helps make all your hard work seem worthwhile.
44. Even though the game is fast-paced, both speed and patience are required to win.
45. Use what you learn in practice and apply it creatively during your games.
46. Line changes are an opportunity to renew your teams' challenge.
47. Move the puck North/South or East/West no more than 2 times in a row to avoid predictability.
48. Winning means many things. And whether you played good or bad, your team has jumped two points in the standings.
49. If you're losing by a goal or two late in an evenly matched game, consider pulling your goaltender. Besides the obvious objective of providing your team with an extra attacker, it allows your team the opportunity to test its character, as well as that of your opponent.
50. Always keep in mind why you got involved in hockey in the first place. It helps put the superfluous aspects of the game in perspective.

Overall Team Strategy

From one perspective, the game of hockey (whether the roller or ice variant) can be broken down into 4 core elements. These elements are (1) Team Puck Control, (2) Team Puck Pursuit, (3) Team Puck Transition, and (4) Communication. These are the four overall areas we will focus on when teaching our players this season.

(1) Team Puck Control (when we have the puck)

- Breakouts
- Neutral Zone Penetration
- Offensive Zone Penetration/Regrouping
- Offensive Zone Play
- Special Teams (power play, penalty kill, pulling our goaltender, overtime)
- Line Changes

(2) Team Puck Pursuit (when our opponent has the puck)

- Forechecking
- Backchecking
- Neutral Zone Protection
- Defensive Zone Penetration by Opponents
- Defensive Zone Team Play
- Special Teams (power play, penalty kill, pulling our goaltender, overtime)
- Line Changes

(3) Team Puck Transition (neither our team nor our opponent has the puck)

- Face-offs
- Player battles in the offensive, neutral, and defensive zones (generally 2-4 players)

(4) Communication

- Coaches communicating with players
- Players communicating with their teammates and the coaching staff
- Team communication with Officials

Hockey Seasons

There are three seasons in the 2007-2008 *School Hockey League*;

- ***Pre-Season '07*** – Games on Friday and/or Sunday evenings. Season runs approximately 9/26 thru 11/7. Six games plus possible playoffs. Coaches meeting 9/17 @ 7pm @ ESC.
- ***Winter '07/08*** - Games on Friday and/or Sunday evenings. Season runs approximately 11/14 thru 2/29. Ten games plus possible playoffs. Coaches meeting 11/12 @ 7pm @ EVCC.
- ***Spring '08*** - Games on Friday and/or Sunday evenings. Season runs approximately 3/5 thru 6/1. Ten games plus possible playoffs. Coaches meeting 2/27 @ TBD.

League Fees

Unlike some teams, the BVMS Bears teams are coached by volunteer coaches (i.e., experienced coaches that do not charge a season coaching fee). This helps keep the cost of participation reasonable.

- ***Pre-Season Fees*** – league fees are \$50 (which includes tryouts, practices, and games). Jersey fee is an additional \$50 (includes jersey, crest, numbers, last name).
- ***Winter Season Fees*** – league fees will be \$70. If we decide to acquire additional rink time (for either practices or scrimmage games), the fee will be \$5 per player per practice or game.
- ***Spring Season Fees*** – league fees will be \$70. If we decide to acquire additional rink time (for either practices or scrimmage games), the fee will be \$5 per player per practice or game.

Location of Tryouts, Practices, and Games

Escondido Sport Center
3315 Bear Valley Parkway
Escondido, CA 92025

Phone: 760-839-5425; Fax: 760-739-7019

Office Hours; M thru F; 3 – 7pm. Sat; 8am – 6pm. Sun; 1 – 6pm

Pat Martinez League Coordinator – 760-839-4270; sportscenter@escondido.org

Main Website: <http://www.ci.escondido.ca.us/sportscenter/>

League Information located at <http://www.ci.escondido.ca.us/sportscenter/hockey/flyers/shl.pdf>

League Rules

Rules are governed by both USA Hockey Inline (<http://www.usahockey.com/>) and the School Hockey League (Escondido Sports Center).

The ***2007-2009 USA Hockey Rule Book*** is located at:

http://www.usahockey.com/Template_UsahockeyInline.aspx?NAV=LD_04&id=788&USAHockeyType=INLINE

USA Hockey Inline Rule Change Summary for the 2007-2009 seasons is located at:

http://www.usahockey.com/Template_UsahockeyInline.aspx?NAV=LD_04&id=190360&USAHockeyType=INLINE

Specific rules for the ***School Hockey League*** are located at:

<http://www.ci.escondido.ca.us/sportscenter/hockey/rulebook/2007.pdf>

Team Selection Process

We are registering two teams for BVMS. These are planned to consist of one gold level (highest skill level) team and one bronze level (intermediate) team.

Players will tryout for the teams for each of the seasons (Pre-season, Winter, Spring) and be selected by the Coaches based, in general, on the following criteria – ability, age/grade, years of (roller/ice) hockey experience, position(s) played, coachability, teamwork/individual play, ability to participate in practices and games, particular needs of each team, playing by the rules, and intangible attributes (such as determination, motivation, leadership, confidence, discipline, commitment, sportsmanship, teamwork, respect, as well as how players handle winning and losing).

Players who do not conduct themselves within the guidelines defined in this *Parents and Players Information Packet* may forfeit their ability to participate on their team.

Team Size

The size of each of the Bear Valley Middle School teams (Gold and Bronze) is planned to be limited to a maximum of 12 players. In general, that will include the following;

- 1 Goaltender
- 5 Defense
- 6 Forwards

While the *School Hockey League* allows us to carry up to 14 players (including goaltenders), we believe that having a maximum of 12 players allows players to get more playing time during games and enables us to provide more one-on-one attention during practices.

Captains/Assistant Captains

The coaches will choose up to 3 assistant captains for each team (gold and bronze). The role of these players will include providing leadership at practices and games (both on the rink and off), helping to communicate information within the team, and to represent the team for communication to on-rink officials. We plan to select these individuals within the first 3 games of the Pre-Season season.

Game and Practice Arrival Time

Players should arrive at the rink approximately 30 minutes prior to any game or practice (or earlier depending on pre-practice/pre-game activities). Parents need to be aware of this team guideline to ensure that they get their kids to the rink on time. Getting players to the rink at least 30 minutes before practices/games allows them to get physically and mentally prepared. Warming-up and stretching should be part of the pre-game/practice routine. Arriving early also allows the players to talk amongst themselves; creating opportunities for synergy and team chemistry. In addition, the coach(s) need time to talk with the players to discuss the game strategy/practice goals.

Player Eligibility

Players who are in 6th thru 8th grades, registered and attending Bear Valley Middle School are eligible to play for the Bear Valley Bears Roller Hockey teams. We can add one home-school player by submitting an appropriate form to the league for approval. An Escondido Sports Center Pass Sport Card + School ID is required as well. The coaches need a color copy (front and back) of the Pass Sport card to be eligible for the first game. Please purchase a new card or check the expiration date of an existing card as the player will not be able to participate in games if the card is not up-to-date. Once the school provides ID cards for this year, the Coaching Staff will need a color copy of the ID card as well. *Note:* If School ID Cards are not available during the Pre-Season season, players will still be able to play in games. They must provide a copy of the School ID Card to the coaches no later than the first Winter Season game.

One other area of potential player eligibility for these teams is a players grades and how they are doing in school. This area should be a joint consideration of parents, players, and coaches. If a parent is concerned that grades or school conduct are being adversely impacted by a players participation on one of the roller hockey teams, the coaches request that the parents discuss the matter with them as soon as possible to identify an appropriate path forward. Appropriate learning should be able to be performed both in school and on the rink.

Attendance/Participation

Showing up and contributing during practices and games demonstrates two strong team elements; commitment and participation, and also can help grow team chemistry. As coaches, our expectation is that each player will make it to every game and practice. However, we realize that during the season, a player may miss some practices or games due to family, health, school, or other activities. For those missed practices or games, ***the player*** is responsible for informing the coaches (via phone or email) of this absence ahead of time. The coaches need this information to best plan practices and to setup player pairings for games. If a player continues to miss practices and/or games without contacting the coaches, he/she may eventually be removed from the team.

Playing Time

In general, we will rotate lines on an equivalent basis during games. We will also observe how players are playing during their shifts. In cases where a player is struggling (having a bad day), playing as an individual (not working as part of the team), or not listening to the coach's instructions, we may have the player skip a shift or two (to observe the overall game) to re-focus his or her efforts. In cases late in a close game or during special teams play (penalty kill, power play, pulling our goaltender, or overtime/shootouts), the coaches will decide which player combinations are appropriate for those situations, and it will result in some missed shifts by players.

Team Events

We are considering holding a couple of team dinners, as an opportunity for parents, players, and coaches to meet on an informal basis and enjoy a couple of hours together over a meal. We would like to solicit ideas for an event such as this through the parents or team-mom. We would like to consider a couple of events, one for the Pre-Season (sometime before October 15) and one at the end of the Spring season (immediately after our final season game).

If this is something that would be of interest to you, and you would be interested in helping to plan/coordinate such event, please contact the coaches or team-moms.

Equipment Readiness

It is the responsibility of each player to check their equipment before/after each practice and game to ensure that it is ready. It is essential that coaches or players not waste time during the practice/game for something that should have been taken care of prior to getting to the rink. Three reasons to check your equipment are to (1) make sure players have the necessary gear to be able to enter onto the playing surface--safety and insurability considerations, (2) make sure that the equipment is in proper working order (are your hockey wheels in good shape, is your stick cracked, does your helmet have all screws tightened)—maintenance and safety considerations, and (3) make sure that the players equipment properly fits the player—size and safety consideration. A player, whose equipment does not fit well, will not be able to move as efficiently as possible on the rink and will not play to full potential.

Players should make certain that equipment that wears out or needs periodic maintenance—such as sticks, laces, wheels/bearings, helmet adjustments, and straps—is checked frequently to ensure that it is in practice/game-ready condition.

The coaches will perform a couple of equipment spot-checks with the players during the season to ensure the players are following through with their responsibilities.

The equipment needed to play roller hockey in the *School Hockey League* includes the following.

Skaters

- Skates
- Helmet/Face protection (shield or cage)
- Mouth guard
- Gloves
- Jersey with unique number
- Shoulder pads (optional)
- Elbow pads
- Pants/hip protection/girdle
- Shin pads
- Protective Cup/supporter
- Stick(s)

Goaltenders (the league can provide goaltender equipment if necessary)

- Skates
- Mask (Helmet/Face protection/neck protection)
- Mouth guard
- Catching Glove
- Blocker
- Jersey
- Upper Body pads (shoulder, arm, and chest protection)
- Goalie Pants/girdle
- Socks (optional)
- Leg pads
- Protective Cup/supporter
- Stick(s)

Pre-Game/Practice Meal Guidelines

Nutrition is very important to our players' physical and mental well-being as well as their ability to work hard for the entire game/practice.

- ***Meal Do's*** - General advice to players should be to eat a pre-game/practice meal two hours prior to the event (this is a good guideline for younger players—players and parents can adjust based on age and metabolism rate). The meal should consist of foods that are high in carbohydrates (called carb-loading). These foods include lean meats, chicken, fish, whole grain breads and cereals, pasta, low-fat milk and cheese products, yogurt, fresh and dried fruits, nuts, and fresh vegetables. Players should get used to pre-game/practice meals consisting of the above items if they want to make sure they are truly ready for games and practices. In addition, players should ensure that they are hydrated before games/practices. Drink a couple of glasses of water before the event or, at least, drink a bottle of water on the way to the game/practice. Drinking cool water will enhance the body's ability to rebound from the stress during the course of the game/practice, and will help keep the player hydrated, which helps the body better process the stress of a game/practice.
- ***Meal Don'ts*** - Avoid getting a meal on the way to or at the rink just before a game or practice. Side effects of eating just before practices/games can include an upset stomach or heartburn. In addition, a late meal forces the body's blood supply to digest the meal, which takes it away from supporting the muscles needed to skate, shoot, and defend opponents. A meal close to game-time will essentially deprive a player of needed energy for the game/practice. Foods to avoid before a practice include fried foods, most fast/convenience foods, cakes and pies, fatty meats or soups, or sugary foods (such as candy bars or soft drinks). Even though these foods contain carbohydrates, they will not provide your body with the sustaining energy it needs for a full practice/game.
- ***Sports Drinks and Energy Drinks*** - According to Dave Ellis, a certified strength and conditioning specialist and registered dietitian, most sports drinks (such as Gatorade®™, PowerAde®™, etc) focus on supplying carbohydrates in a fast digesting form as well as some of the components that are lost in sweat (i.e., fluids, sodium, potassium). Energy drinks, on the other hand, primarily depend on caffeine to enable a player to *feel* energized. While carbohydrates supply a source of energy that muscles can use, caffeine makes you *feel* like you have energy by stimulating the nervous system. Caffeine will make you feel *fired-up* right until the minute it wears off and then you come down quickly. Another problem with caffeine is that it makes you go to the bathroom more often, and that is not what a player needs when he or she is already sweating. This additional fluid loss causes the body to not be able to cool itself as effectively and can lead to more rapid fatigue. Utilizing water or sports drinks are both acceptable fluid replenishment systems during games and practices, but avoid energy drinks.

Player Warm-up/Stretching

Properly warming up and stretching muscles, tendons (tissues that connect muscle to bone), and ligaments (tissues that connect bone to bone) *before* every practice and game *will* improve your flexibility and range of motion, lubricate your joints, reduce the risk of injury, and help get you practice/game-ready before you put one skate on the playing surface. These activities provide a player's body with the ability to more effectively start, stop, turn, get by an opponent, and shoot as quickly as possible; in other words--allowing you to play your best. Time spent warming up and stretching can also help players channel any pre-practice/game nervous energy by allowing them to focus on a specific activity.

Before stretching, players need to warm-up their muscles. A cold muscle does not easily stretch and is more likely to be injured than a warmed-up one. A warm-up activity could consist of walking a couple of laps around the rink. This increases blood flow and warms-up muscle tissue, preparing it for stretching.



Six muscle areas to focus on when stretching include the following.

1. ***Neck*** - allows your head/eyes to view the entire playing surface.
2. ***Shoulders, upper back, and upper arms*** - supports the shooting movement, glove and blocker saves by goaltenders, and 1-on-1 confrontations.
3. ***Wrists and lower arms*** - supports stickhandling, passing, shooting, deking, puck deflections, and stick-checking.
4. ***Lower back*** - supports an effective and efficient skating posture, passing, shooting, and 1-on-1 confrontations.
5. ***Upper legs and groin*** (including hips, hamstrings, quads, and knees) - supports quick and powerful skating strides, a balanced stance, strong shooting, and for a goaltender, the ability to make quick leg saves.
6. ***Lower legs and ankles*** - supports full leg extensions for powerful skating strides, balanced movement, and provides for quick turning, starting, and stopping.

An initial off-rink warm-up phase will eliminate the need to take actual on-rink practice/game time to perform the warm-up and stretch phase. By doing so off of the rink, players can ensure that they are ready to begin games and practices once they enter onto the playing surface.

Injuries

It is important that the coaching staff have each player's up-to-date contact information in case there is an injury during a game or practice. Please ensure that the coaches have your home and cell phone number and any pertinent emergency information available to them to use in case of an emergency.