

PARENT MEETING OUTLINE

Coach's Background; playing level, coaching level, father's coaching level.

- AAA Kamloops, BC (Coached by Don Hay, Terry Bangden, Randy Rota, Colin Patterson)
- Jr. A Kelowna, BCHL #5-86 and #6-87
- MSU #7-91 (Coached by Ron Mason, Tom Newton, Tom Anastos CCHA Chairman, George Gwozdecki U of Denver NCAA Champs)
- Drafted by Hartford Whalers #8 - AHL Springfield Indians 91-92 - Canadian Olympic Team #2
- Level 5 USA Hockey (GR #5)
- Dad played for Father David Bauer at UBC, one of the first Level 5 Coaches in Canada

TOPIC 1: Objective of youth sports (10 min)

- Youth sports should help youngsters acquire and develop the kinds of attitudes, values, and skills that promote achievement and success in all areas of life.
- When done improperly, sports can create a fear of failure, a reduction in enjoyment, and poor sportsmanship. We have to remember youth hockey is for development. Our players are not professional athletes and should not be treated like they are.
- Our kids are here to learn, have fun, and be the best that they can be. Success means different things to different people, but there are two basic ways to define success.
- The unhealthy way would be to define success only by wins, or by always comparing yourself to others and only finding gratification if you are better than those you compare yourself to. Walter Gretzky used to tell Wayne that no matter how good you are, there is always someone better.
- The healthy way to define success is by focusing on your own effort and accomplishments instead of always comparing yourself to others. In other words it's good to have our players compare themselves to themselves. This way they can feel success and satisfaction when they have learned something new, noticed their own skill improvement, or given maximum effort. In the long run if our kids focus on being their best they are more likely to realize their potential and be free of performance-destroying fear of failure that causes some athletes to choke under pressure.
- **We as parents are not going to focus on wins.** That is beyond anyone's control. Wins and losses will take care of itself, and kids don't remember wins and losses later in life anyway. We're going to focus on effort and positive growth as athletes and people. We need to make everyone feel like they are an important part of the team. What our kids will remember about this season is their social interactions and friendships, not wins/losses or point totals.

TOPIC 2: Season details

The website will be the centre of communication. www.tchockey.com

TEAM JOB TITLES (Off-Ice Managerial Duties . Everyone Has a Job)

Duty:

Name:

¹Team Manager

²Team Treasurer

³Team Fundraising Coordinator

⁴Trip/Itinerary Manager.

⁵Pot-Luck Coordinator (Food on the road)

⁶Home Jersey Parent.

⁷Visitor Jersey Parent.

⁸Off-Ice Officials:

Score Keepers

1. _____

⁹

2. _____

¹⁰

Time Keepers

1. _____

¹¹

2. _____

¹²Home Tournament Coordinators

1. _____

¹³

2. _____

¹⁴Team Photographer

¹⁵Banner Sponsor %DVD+Coordinator

TOPIC 3: Coaching Roles and Relationships

I will do my best to be positive with your child through and through. I will do my best to sandwich all my instructions within a compliment and a positive statement. Most of us tend to focus on the negative side of ours and others' mistakes, and regard these mistakes as bad, and something to be avoided at all costs. Really mistakes do have a positive side. John Wooden refers to mistakes as, **%stepping stones to achievement.** Mistakes are essential to improving and we all need to help our kids accept and learn from mistakes, not to be afraid to make them. The bottom line is that the athlete that is not afraid to make mistakes, but learns from them will peak under pressure. The athlete that is motivated by fear of failure, dreads the high pressure situations and will not perform

well. We cannot and should not punish a player for making a mistake if the effort is there. We will focus on effort and learning from mistakes. The only time a player will be punished is for inappropriate behavior, breaking a team rule or lack of effort to improve. Lack of effort to improve is a tricky one. This usually means making the same mistake, over and over again without an effort to change it.

I also want the kids to have ownership in their sport. This is the time that they need to transition into taking care of themselves. This will take the form of tying their own skates, carrying their bags and sticks, knowing how they like their skates sharpened and why, bringing their own tape to the rink, filling their own water bottles, picking up the pucks after practice, opening their own doors during games, coming up with their own team rules, their own team goals, knowing some history about hockey, knowing more about their favorite players, etc. Some games we will have only one coach on the bench. Practices are where you develop your skills and games are where you display them. We won't be yelling directions from the bench.

TOPIC 4: Parent obligations and commitments

Watch and listen to your child. Is this where they want to be?

Parent commitment: are we able to commit ourselves to the success of our program. You must be able to answer YES to the following questions:

1. ***Can you share your son/daughter?*** This means putting the coach completely in charge of your child's hockey experience. This involves accepting the authority of the coach, and reinforcing the teaching at home.
2. ***Can you accept your child's disappointments?*** Parents must be able to see the positive side of the situation. Help your child learn from their disappointments, don't shield them from them.
3. ***Can you show your child your self control?*** Parents are important role models for their child's behavior. If we have parents that lose their temper during games, coaching the kids becomes that much more difficult. We can't teach the players sportsmanship and self-control if our parents lack it.
4. ***Can you give your child some time?*** Don't promise your child more than you can actually deliver. If you can't be there to watch a game, make sure you ask the right questions afterwards.
5. ***Can you let your child make his/her own decisions?*** Sports, particularly hockey, is an opportunity for parents to experience the major process of letting go.

Dangers of over-identification by parents. Some parents might unknowingly become a source of stress to young athletes. All parents identify with their children to some extent, and thus want them to do well. Unfortunately, in some cases, the degree of identification becomes excessive. The child becomes an extension of the parents. When this happens, parents begin to define their own self-worth in terms of how successful their child is. Some parents thus become %winners+or %losers+ through their children, and the pressure placed on the child to perform can be extreme. The way to reduce this parent-produced stress is to remember that this is youth hockey and it is for the kids. Kids are not miniature adults. You must acknowledge the right of each child to develop athletic potential in a positive atmosphere.

Team Rules for Parent Behavior

- Do remain in the spectator area during games and practices.
- Don't interfere with your child's coach. Parents must be willing to relinquish the responsibility for their child to the coach for the duration of games and practices. No Hand signals from stands.
- Do express interest, encouragement, and support for your child.
- Don't shout instructions or criticisms to the players.
- Do lend a hand when a coach or an official asks for help.
- Don't make abusive comments to athletes, parents, officials, or coaches of either team.
- Don't talk about other people's kids. **Negativity is toxic and spreads quickly.**

Summary Card from Warde Publishers 800-699-2733

Coach/Parents relations

Feel free to discuss any problems that might arise. However, if high emotions are involved I suggest the 24hr rule.

Closing Q/A

Supervision in locker room . New USA Hockey Policy

Players carry their equipment . Players to air out equipment at home

Passports?? Travel to Canada

Register at www.usahockey.com and www.tchockey.com

Registration online by Aug 11th or in person Aug 11th 6pm Centre ICE

Be at rink 30min before practice

Be at rink 45min before games (First 10 min get sticks and gear ready . 10 min team warm-up)