

# Mississauga Hurricanes

## 2023 - 2024 U13B Coaching Plan



# 1. Introduction

Greetings and welcome to our 2023-2024 U13B coaching plan. My name is Steve Bozicevic, and I'm excited and honored to be heading up this season's U13B squad. In this document, you will find key information about the season plan, team budget, my philosophy and approach to hockey and team building, and various other important topics to help prepare for the season.

## Coach Bio (courtesy of ChatGPT)

Steve Bozicevic, a Mississauga native, has a deep passion for hockey that started at a young age. He played AA and AAA hockey during his youth and developed a strong understanding of the game. After hanging up his skates, he decided to share his knowledge and passion for hockey by becoming a girls' hockey coach. With eight years of coaching experience, Steve has helped numerous players develop their skills and achieve their goals. His coaching philosophy emphasizes the importance of hard work, discipline, and teamwork both on and off the ice. Steve is dedicated to helping his players succeed and is a respected figure in the hockey community. Steve's backyard ice rink is a local attraction (with exception of this past winter) for players to practice and have fun, and parents to gather and bond around the firepit. Steve also coaches recreational girls soccer and plays men's league hockey with several other MGHL coaches. Steve's wife Kathy is an anesthetist assistant at Trillium Hospital and a wonderful and busy hockey mom; and together they have two daughters, Maya (2010) and Clara (2012), both of whom have played house league and rep hockey with the MGHL since they could walk. Professionally, Steve builds and manages global logistics-transportation networks and technology and passionately seeks ways to improve all aspects of life, including girls hockey, with simple but effective technology.

## Coaching Experience

I have been coaching both of my daughters' house league teams since they started playing hockey. Both of my daughters made the jump to rep in the 2022/2023 season (Maya U13B, Clara U11BB) after seeking a more competitive level of hockey. I have a good understanding of the level of competition that our girls will face in U13B and how to help our new-to-rep-hockey girls make the transition.

Season	Association	Position	Category/Tier
2022/2023	MGHL	Assistant Coach	U11BB w/ Adlakha
2022/2023	MGHL	Convenor	U13 House League
2022	Dixie Soccer League	Head Coach	U10 U9 House League
2021/2022	MGHL	Assistant Coach	U13 DS w/ Roche & U11 DS w/ Weir
2021/2022	MGHL	Convenor	U13 House League
2021/2022	MGHL	Head Coach	U13 House League & U11 House League
2019/2020	MGHL	Head Coach & Assistant Coach	U11 House League & U9 House League w/ Forsyth
2018/2019	MGHL	Head Coach & Assistant Coach	U9 House League & U11 House League w/ Dorrington
2017/2018	MGHL	Assistant Coach	U11 House League w/ Reinhart & U9 House League w/ Adlakha

## My Philosophy

I am a firm believer that people enjoy the things that they are good at, and they are good at doing the things they enjoy; it is my goal to make sure our girls enjoy hockey and become good at it. I believe that team sports, especially hockey, teaches important life lessons such as teamwork, hard work, dedication, and accountability, and can form lifelong friendships under the right cultural environment. I do my best to establish a culture of teamwork and team accountability - the girls play for each other, not for their coaches or parents. I seek to establish a fun, but disciplined team environment where players feel valued, respected, and safe. I believe in setting personal goals and team goals, creating plans to achieve those goals, and putting mechanisms in place to track progress against those goals. Most importantly, we will remember that our girls are young and precious and hockey is a game; we're going to make time to have fun.

Girls are generally more literal than boys and are more likely to seek, listen-to, and execute specific instructions; and are more worried about making mistakes or getting in trouble. I feel it is vital to develop their personal on-ice confidence and unlock their own creativity as opposed to 'doing what the coaches say'. Girls also tend to be nicer and more polite, hockey provides them an outlet to unleash-their-inner beast and be more aggressive (but safe) than they would normally be - which I will foster and encourage.

## 2. Time Commitment

As part of a rep team, families should be prepared for a schedule and level of commitment that looks something like the following:

**Games:** Games will usually be scheduled and communicated via TeamSnap weeks in advance. There will be one or two games per week, occasionally three. Games run from September through March. Half of the games are home games @ Iceland Arena, and the other half are away games taking place at the opposing team's home arena. The vast majority of games are on the weekend, but we will have several week night games, usually in neighboring cities. The furthest I have heard this age group going is Barrie, Niagara Falls, and Woodstock. Schedules and divisional loops are decided by the OWHA at the beginning of the season based on the number of teams per region. You can expect game days to look like:

Travel Time + Arrive 60 minutes early + Play for 60 minutes + Post Game Debrief (5-10 mins) + Change (10 minutes) + Travel Time.

**Practices:** Practices will be predictable and scheduled on the same days/times every week. There will be two practices per week, on weeknights, generally at Iceland Arena. We have 50 minutes on ice, followed by 15-30 minutes of trainer-led conditioning exercises. You can expect practice days to look like:

*Travel Time + Arrive 30 minutes early + Practice for 60 minutes (50 minutes on-ice) + Dry-Land Conditioning for 15-30 minutes + Change (10 minutes) + Travel Time.*

**Fun Stuff:** We will have a couple of team pool parties and BBQs over the summer, team lunches/dinners at tournaments, attend 1-2 professional hockey games (PWHPA, OWHL, Marlies), and whatever other social activities the parents want to organize in addition to these. These activities are optional, but recommended. We will also have several mandatory playbook review sessions which are great team bonding opportunities as well.

**Tournaments:** Tournaments are booked months in advance, but the specific game times and arenas are generally published two-weeks before the event. We will play in 4 or 5 tournaments (more below). One will be an away-tournament. Based on our schedule, and at the parents' discretion, we may elect to enter a second away-tournament. Tournaments generally run three days, with two games on Friday, two games on Saturday, and one or two elimination games on Sunday for the teams that make it. Tournaments are generally a full-weekend commitment. We **will not** participate in any tournaments during Canadian Thanksgiving or Family Day weekends. We will likely participate in a tournament at the end of the Christmas holiday break; the Huntsville tournament, we'll stay at Deerhurst Resort and make a fun mini winter vacation out of it. We will participate in the Brampton Easter tournament to close off the season.

**Volunteering:** We will have one team-volunteering day that will be organized by our team social event manager in the Sept/Oct to help bond and build culture. Ideas include: on-the ice mentoring some of our U7 and U9 players, visiting a senior citizens' centre, a park cleanup, or running a Thanksgiving food drive. The MGHL also runs an annual Pink at the RInk event to raise funds for breast cancer research each October.

**Development:** Periodic formal and informal development sessions will be organized throughout the pre-season and season. Examples of this include: backyard shooting practice @ Coach Steve's, shooting clinics @ Just Shoot It (in-budget), skating treadmill sessions @ Varsity Sports in Brampton (in-budget), backyard ice rink fun @ Coach Steve's (weather permitting), and re-watching team games in the MGHL room at Iceland.

**Other Activities:** It is common for players at this age to engage in other activities besides hockey. During the spring and summer, I do not expect hockey-related events to be a priority. During the winter months however, I expect these other activities to be scheduled around hockey. The rep level requires a strong commitment and I want to ensure that all families understand the expectations and are ready to make that commitment.

### 3. Development

I am very dedicated to the development of our girls as individuals and as a unit. I believe in four core areas of player development: (1) hockey IQ and player psychology; (2) personal technical skills; (3) team plays and drills; and (4) personal conditioning. MGH Rep programs had two 90 minute practices per week, but due to limited ice availability, we will have two 60 minute practices per week. Most other associations still do two 90 minute sessions, we need to keep up so we are going to compensate with off-ice activities.

Player psychology and Hockey IQ: (1) I authored a hockey handbook that explains positions, roles, and responsibilities which will be distributed to all of our players when we form the team. I will hold summer sessions to walk through it in-person and/or virtual to help the girls get mentally ready. (2) We will periodically re-watch some of our games as a team to discuss, correct, and learn. Games will be published online, to an invite-only YouTube channel, and girls are encouraged to watch reruns.

Conditioning: Conditioning and stamina is vital to winning games. Starting with a bang and being able to play the third period strong wins games. Games are 32 minutes long, and there are 3 lines; each girl plays 10-12 minutes per game. On average, players are engaged in the play for about 50-70% of their shift which means I expect the girls to work their butts off for **only 6-8 minutes per game**. They should come off tired after every shift and if they're not sweating at the end of every game and practice, something is missing. Two 60 minute practices per week is not enough to condition our girls, particularly when mixing in skills and drills. This is why we will run a dryland conditioning program, followed up with a mini protein recovery booster after every practice. We are fortunate enough to have two fitness buff parents who will run our conditioning program after practices and warmups before games!

Undoing bad habits and developing good ones:

- Most forwards that make the jump from House League to Rep have only played centre and don't know how to play wing. Egos and emotions may complicate things when kids think the best player plays centre. My plan is to teach the F1, F2, F3 play style where we do away with static positions. a process that will need a whole other level of on-ice awareness and hockey IQ.
- Rep hockey is not won with breakaways, it's time to learn how to play as a team.
- Advance away from "hit and run hockey", don't smack the puck away as soon as you get it. Be patient and confident - it's better to carry and lose the puck than it is to smack it away to the other team.
- Don't one-time / swipe at the puck when it is moving, you will miss most of them. Stop the puck, control it, then make a play.
- Be hard on your stick when you are checking the other team and when you have the puck.
- Keep your feet moving when you have the puck and when you are back-checking the other team, don't draw a penalty and don't skate beside the girl on the other team with the puck, attack the puck!
- Hold your stick like a hockey player - always - your stick is not a microphone 😊 .
- Hold your stick in one hand when skating forward and backward, unless you're expecting the puck.
- When you're expecting the puck - "two hands on the stick, stick on the ice".
- Don't just watch your teammate skate with the puck, follow them and/or drive to the net.
- Clear rebounds in front of your net.
- Lift your feet off the ice when you skate, don't drag your toe.
- Don't wait for the puck to get to you, skate to it and buy yourself some extra time.
- How to have more than one speed.
- The boards are the sixth player - bang it off the boards to your teammate, or get to the boards for a pass.
- Don't stare down at the puck when you are stick handling.
- Don't stick handle the puck when the other team isn't around. Do one handed puck pushes to build up speed and go!
- If you lose the puck, don't overskate it (keep going and do a big wide turn), stop hard and get back in the play.
- On-ice communication - loud voices and banging sticks.
- What to do when a teammate gets injured.
- How to talk to, encourage, and protect your goalie.
- We don't want to hear "I'm tired" on the bench.
- When you fall, get up FAST, your team needs you!
- And many many more... 😊

## Development Plan:

The season is split into four-quarters, each will have a different focus.

### Quarter 1 - Sept/Oct

Quarter 1 will be focused on changing gameplay from House League to Rep Hockey. Everyone will be at a different level, our goal is to create more parity in skills and hockey IQ that we can then layer on more sophisticated skills and drills as the season progresses. The coaching staff will learn more about the girls' skills, personality, and play style and develop lines and plays that complement their abilities. We are going to concentrate a lot of our extra development sessions in the first quarter to maximize their value.

Positional play: Base positional play and responsibilities. Forechecking and backchecking. Basic faceoff scenarios. Defense inside the blue line and hold the line. Defensive zone player coverage.

Team play: Basic zone entry (dump and chase). Changing on the fly. Introduce F1, F2, F3 offensive and defensive play style. Offensive zone cycling. What to do when we pull the goalie. Goalie Protection.

Basic Breakout: Big emphasis on skills required to facilitate the defensive zone breakout: Defense shooting the puck up the boards, forwards picking/receiving the puck off the boards.

Technical puck skills: One handed puck pushes. Back hand pass and receive. Passing: sender still + receiver moving; sender moving + receiver still. Using your feet. Wrist shots.

Technical skating skills: Two-foot starts & stops. Two-foot turns. V-starts. Forwards & backwards crossovers. Inside and outside edges. One hand vs. two hands on the stick skating. Fast-feet. Falling and getting up fast.

Technical stick skills: Stick lifting. Attack triangle. Being hard on the puck.

Extra development: We will split the kids and organize development sessions where they would benefit most: shooting clinics vs. treadmill clinics vs power skating, etc.

Culture: At least two team building activities. Volunteering day + at least one fun team activity.

Hockey IQ: When to come on vs. go to the bench. How to get in and out of the bench. When to change. The math of hockey. Be ready for the puck: Two hands on the stick, stick on the ice.

Quarter 1 exit goals: Every player should make at least one good pass per game. Forwards should have at least one shot. Each player should skate with the puck for at least 3 seconds. Players should limit whack-a-mole hockey to <2 per game. Limit icings. Limit offsides. Players are in the right zone position 60% of the time.

## Quarter 2 - Nov/Dec

Quarter 2 will continue to build on the technical skating and puck skills we started in the first quarter, and introduce more complicated skills and team play concepts.

Positional play: Advanced forechecking. Advanced faceoffs. Offside avoidance. Controlling the boards. Cutting off the opposing team's defense behind the net.

Team play: Build on F1, F2, F3 offensive and defensive play style. Advanced offensive zone cycling. Advanced zone entry (1-on-1, 2-on-1, and 1-on-2). Forward to Defense passing. Defense to Defense passing (neutral zone and offensive zone). Screening the goalie. The wrap around.

Technical puck skills: Give and go. Bouncing the puck off the boards. Giving and receiving hard passes. Spin and shoot. Flip shots. Backhand shots.

Technical skating skills: One foot turns. One foot stops. Cross-over starts. Pivots. Inside edge mohawks.

Technical stick skills: Puck protection. Sweeping and poke checks.

Player Safety: Don't skate straight at the boards. Falling safely, concussion avoidance. Safe shot blocking.

Special Lines: Power Play, Penalty Kill, Overtime 3on3, empty net.

Hockey IQ: Know how to get in and out of the penalty box. How to handle taunting. How to speak with referees. Have a quick look before you receive the puck.

Quarter 2 exit goals: Players are in the right zone position 75% of the time. We're able to get the puck out of our end on 75% of clearing attempts.

## Quarter 3 - Jan/Feb

Quarter 3 will continue to build on the technical skating and puck skills we started in previous quarters, but we're building for playoffs and developing advanced skills and plays.

Technical body skills: Physical play, pinning on the boards, handling body impact.

Positional play: Penalty awareness. Winning the neutral zone. Overtime 3v3. Protecting the lead.

Technical puck skills: Puck protection. Distance shooting. Catching the puck. Deking. Penalty shots. Saucer passes.

Technical skating skills: Outside edge mohawks. Wrap arounds.

Positional play: Advanced forechecking. Advanced faceoffs. Offside avoidance. Controlling the boards. Cutting off the opposing team's defense behind the net.

Team play: Build on F1, F2, F3 offensive and defensive play style. Advanced offensive zone cycling. Advanced zone entry (1-on-1, 2-on-1, and 1-on-2). Forward to Defense passing. Defense to Defense passing (neutral zone and offensive zone). Screening the goalie. The wrap around.

## Quarter 4 - Mar/Apr

The season is wrapping up with playoffs, provincial playdowns, and final tournaments. At this point we will work on perfecting our play style, emphasize player conditioning, and create adaptive play styles as we learn about our opponents.

## 4. Budget

The full team budget will be between about \$60,000. Details have yet to be finalized, but players should expect to pay between \$3000 and \$3500 in registration fees which will include all practices, games, tournament registration, extra player + goalie development, jerseys + socks + apparel, and some other activities. A full budget will be provided at the time we provide an offer letter. The budget will be updated no less frequently than monthly, and will be available on the team drive for viewing at any time. The budget is owned and operated by the team Treasurer. Note: The MGHL is a non-profit organization, and the coaching staff does not get paid.

Sponsorships and Fundraising: In addition to this, we will seek to raise an incremental \$5000-\$6000 through sponsorships and fundraising activities.

Incremental Travel Budget: Families should budget travel and accommodation costs such as gas, food, and lodging. I estimate that the Huntsville tournament will cost approximately \$600 per family (2 nights @ \$300-ish per night) + food. Families should also be prepared to (optionally) spend the night in a different city if we create a travel weekend (e.g., Woodstock on Saturday and Waterloo on Sunday), or we encounter bad weather.






Extra Training: Players are encouraged to participate in extra development on off-weeks (summer, winter break, march break), these are not mandatory and are at the family's expense.

Pay by Installments: Payment by installment is welcome and encouraged.

Non-Refundable Deposit: A non-refundable deposit of approximately \$700 will be required at the time of offer letter acceptance, payment via check.

Financial Assistance: There is financial assistance available via the MGHL. The Hurricanes Assist Program is in place to ensure that hockey is accessible for all players in the MGHL. The Assist Program helps reduce financial barriers by connecting MGHL players and families with financial resources and supports available in the community, providing funding opportunities through the MGHL [Hurricanes Assist Fund](#), providing the opportunity for individual player sponsorship through the [Sponsor-A-Hurricane Initiative](#), and providing the opportunity for families to help themselves with opportunities through league-wide fundraising programs. [Learn More!](#)

## 5. Team Communication

Schedule	Team Chat	Game Videos	Budget	Team Media
 <b>teamsNAP</b>	 <b>WhatsApp</b>	 <b>YouTube</b>	 <b>Google Drive</b>	 <b>Google Drive</b>
Paid subscription		Private, invite only	Private, invite only <b>Will be emailed as a PDF File</b>	Private, invite only

Emails: Will aim for no more than one email every two weeks. Important information only, must-read.

## 6. Code of Conduct and Compliance

Code of Conduct: All players and guardians on the U13B team will be required to sign and return the [MGHL code of conduct](#) prior to the start of the season. In the event of a player or guardian breach of the code of conduct, the respective player or guardian may be required to review and re-sign the document. Repeat breaches may be dealt with by the MGHL's disciplinary practice.

### Certifications:

- [OWHA Guidelines](#)
- The head coach must be D1 certified.
- Assistant coaches must have their C1/C2, be registered with Hockey Canada, and have a valid NCCP number.
  - <https://thelocker.coach.ca/account/login?ReturnUrl=%2f>
- All staff must have Level 3 Vulnerable Sectors Check (below).
  - <https://www.peelpolice.ca/en/services/record-checks-and-suspensions-pardons.aspx>
- All staff must have their Respect in Sport (below).
  - <https://owha.respectgroupinc.com/>
- Trainer must have their HTCP Level 1:
  - <https://htohockey.ca/>

Dressing Room Supervision: Dressing rooms are meant for the players and bench staff/trainer. I will ask for two parent moms to be present as well to ensure players are focused before games and practices and dressing room rules are being adhered to.

Rule of Two: To avoid complications, kids should never be alone with any adult. The MGHL has imposed a Rule of Two for all child interactions, including in dressing rooms (two moms) and coach/player discussions (coach + another adult), not including discussions on the bench.

Respect in Sport: All parents and volunteers must complete their Respect in Sport. <https://owha.respectgroupinc.com/>

No Phones Rule: The OWHA and MGHL strictly forbid any phones or cameras to be used in the dressing room. This is a zero-tolerance rule that applies to both parents and players. I will not allow any personal devices in the dressing room at any time, these items will need to be left with a parent. One bluetooth speaker is permitted in the dressing room, but it must have music loaded onto it (i.e., you cannot bring a phone into the room to play music on a speaker).

No Pictures Rule: The OWHA and MGHL strictly forbid any pictures to be taken in dressing rooms. This is a zero-tolerance rule that applies to both parents and players.

Vulnerable Sectors Checks: All coaching staff and volunteer positions held by people over the age of 17 that will have direct interaction with children, particularly in a dressing room, must complete a Level 3 Police Vulnerable Sectors Background Check.

- <https://www.peelpolice.ca/en/services/record-checks-and-suspensions-pardons.aspx>

24-hour rule: If there is a situation where a parent wants to address an issue about a game, I do promote the 24-hour rule. I am more than happy to have a conversation with any parent about their child but after a game is not the best time. Cooler heads can prevent issues from escalating.

Discipline: My expectation is that all players will conduct themselves in a respectful manner to all bench staff, team mates, opposition, and officials on and off the ice. For proper player development, absenteeism (outside of illness, family obligations) should be kept to a minimum, it is difficult to develop a team when players are missing from practices and games. All team/player/bench staff violations with respect to discipline reasons will be reviewed through communication first and depending on severity may include an escalating process with the organization.



**Punctuality:** Punctuality is very important to team culture and discipline. All players are required to arrive as outlined in the respective Games and Practices section below. We have a one-strike policy for players that arrive more than 10 minutes late for game cutoff time. For clarity, the first strike is a warning; on the 2nd strike, the player will miss their first shift; on the 3rd strike, the player will miss their first two shifts; and so on. Exceptions may be made in times of inclement weather, or complex game times.

**Bullying:** Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose. In order to be considered bullying, the behavior must be aggressive and include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

I am a firm advocate of a healthy team culture that is built on fun, hard work, trust, respect, and transparency. Regardless of skill level, contributions, or attitude, our culture is only as strong as our weakest link. With all due respect to 'kids will be kids' and every child has a different competitive spirit; I do not tolerate bullying of teammates on the ice, in the dressing room, at the rink, at team events, online, or any place else. I request any player or parent that is the victim or witness of bullying, report it to a member of the coaching staff to be addressed.

## 7. Games

Arrival Time: Players are expected to arrive and be in the dressing room ready to warm up **50 minutes prior to game start time**.

Game Day Apparel: Players are to wear their MGHL track suits and running shoes. They can wear whatever footwear to the arena, but they must have a pair of running shoes on hand for the warmup.

Warmup: Pre-game warm up exercises and stretches will be 20 minutes long, conducted by our conditioning staff.

Icetime Equity: Recognizing this is a sensitive topic, here is my position on icetime equity. I've seen all sides, as a coach, parent, player and teammate. Player fatigue or injury notwithstanding, missing shifts or being benched sucks; especially when you drive an hour away. Sometimes this tactic can be motivating, but most times it is embarrassing and confidence killing, and I will do my best to use this tactic as an absolute last resort. If a girl does have to sit for some reason, I promise that she will understand why she is sitting - more specifically - she will know what is expected of her, and she will know what she needs to do next time.

Penalty Kills, Power Plays and 3v3: It is often easy for a coach to pick out the top five kids who should be able to score on a PP, or top four kids who would be the best defenders to break up a PK. The complexity is that PPs and PKs are two minutes long and need multiple shifts, and once you break up a line, it's hard to put it back together without someone sitting an extra shift. The bottom line is that it's hard to get better if you don't get to play on the PP or PK, the coaching staff will try our best to provide equal opportunity on special lines. Similar to *The Final 4* below, we reserve the right to pump up PP and PK lines during important games.

Final 4 Minutes: In the final 4 minutes of important and/or close games, the coaching staff reserves the right to adjust lines and ice time for girls who in our view will best handle the situation. This could be in the form of playing defensively minded girls in a "protect the win" situation, or offensively minded girls in a "need to score" situation. As a matter of principle, these decisions will be made based on historical evidence and girls who are playing exceptionally in that particular game. I use the last 4 minutes as a motivator for the girls to work hard the entire game - so they can earn their place in the *Final 4*.

Goal Math: We need to be able to score 3 goals per game, obviously more is better, but we need at least 3 goals per game. 90% of goals should come from forwards, 10% of goals should come from defense. Our top three scoring forwards each need to score at least 2 goals every 5 games, the other six forwards each need to score at least 1 goal every 5 games, and the six defense should collectively aim to score 2 goals every 5 games.

Player of the Game: We will assign a player of the game after every game. We will do so on a rotational basis for the first 17 games (i.e., rotate through the roster based on performance). After that, we will award the Player of the Game award to the player who played an outstanding game when compared to their regular game play. I'm thinking about opening this up to the parents as an anonymous voting app during every game for some audience involvement - open to feedback!

## 8. Practices

Since we only have 50 minutes of practice, I would like to review some of the drills with the girls before we get on the ice so we can maximize our ice time. I'd like the girls to be ready when the zamboni hits the ice, it takes about 10 minutes for the zamboni to do its thing. The post-practice plan is to start the season with 15 minute dryland training, and up to 30 minutes leading into important games (e.g., tournaments and playoffs). By way of example, the recommendation is:

- Practice time is 7:00pm, Zamboni hits the ice at 6:50pm
- Arrive 6:30pm
- Be dressed and lined up outside the rink at 6:50pm
- Review the practice plan until the zamboni is done at 7:00pm
- On-Ice practice 7:00pm through 7:50pm
- Quick change 7:50pm - 8:00pm
- Dryland training 8:00pm - 8:15pm (earliest) / 8:30pm (latest)\*\*
- Protein boost
- Go home

We are required by the MGHL to include a minimum of 15 paid player development sessions and 10 goalie development sessions with league sanctioned professional trainers throughout the season. We will aim for all paid player development to occur on the same night every week, and standard team skills and drills to be on the other practice night.

## 9. Pre-Season Plan - May 2023 to August 2023

Intake Survey: All players and parents will complete their intake survey which helps the coaches better understand the girls personalities, why they like hockey, and what their goals are.

Spring 3v3 @ Harrigan Hockey: We will submit a spring 3v3 team constructed of girls from the U13B team. We need a minimum of 9-players and a goalie. I'd like to open it up to all the girls on the team on a rotational basis to help get to know each other and the coaches. The cost is \$2550 per team which works out to \$150-\$200 per player for those who are interested. [Link to more info.](#)

Recommended Hockey Camps:

- [Half day summer camp @ Frontline](#)
- [Full day summer camp @ Frontline](#)

Summertime Personal Conditioning Program: Our conditioning trainers will create a light program for the girls to follow to get into great shape for the fall. We'll keep it to <15 minutes a day of medium intensity activities (skipping, squats, lunges, core-activation, stick swings, fast feet, burpees, etc.).

Summertime Shooting: We'll organize some backyard shooting sessions @ Coach Steve's place.

Recommended Shooting Classes: If you're interested in having your daughter take some professional shooting classes, I highly recommend Just Shoot It. They do singles or pairs classes. [Link to more info.](#)

Treadmill Skating: If you're interested in perfecting your daughter's stride, Varsity Hockey in Brampton has a great treadmill skating program. We can organize small groups to head over and work on improving their skating. [Link to more info.](#) This is not a 'fire and forget' type of activity. The folks at Varsity will help identify bad habits and skating defects and give tips on how to correct them. To get the most out of their time there, girls should listen closely and practice the corrections both at the clinic and every time they hit the ice.

## 10. Season Plan - September 2023 to April 2024

**Regular Season:** The regular season runs from early October through late February. We will have 4-5 exhibition games with local teams to warm up before the season starts and 24 regular season games. In March and April, playoffs and provincial playdowns occur, each adding 2-8 games to the season.

**Provincial Playdowns:** The OWSA Provincial Championship is an annual competition to determine a Champion in each Division and Category and to provide an opportunity for each Region in the province to have representation. This playdown occurs at the end of the season. [Click here for more information.](#)

**Tournaments:** We plan to attend 4 tournaments during the season. The plan is to attend all of the top three in green (Huntsville, Mississauga, Brampton), and one or two of the bottom three in orange (Oakville, London, Barrie) depending on parent vote. The tournament entry fees will be covered in the team budget, additional fees for accommodations and food will be extra.

Tournament	Dates	Notes
Huntsville Tournament	Usually the last weekend of Christmas break	Stay at Deerhurst Resort Main away tournament (est. \$250-300 per room per night)
Mississauga Winter Classic	Late November	Home Tournament Mandatory Attendance
Brampton Easter Tournament	April - Easter weekend	
Oakville Harvest Classic	Late September	Pre-season tournament Usually for teams deciding what level they want to play
London Tournament	Early Feb	
Barrie Tournament	Late October / Early November	

# 11. Apparel and Equipment

Our goal is to have all the girls look the same on and off the ice. It shows team unity, 'professionalism', and it makes it difficult to distinguish them on the ice. E.g., "don't let the girl in the pink helmet skate with the puck!" The league works with RYR Sports in Vaughn for Hurricanes banded pants and bags, fittings will be in May/June to ensure equipment readiness by September. There are hand-me-down options for returning players, more on this to come.

Tracksuits: Players and bench staff will be provided with Hurricanes track suits, which is part of the budget. Players are expected to wear their tracksuits to every game for warmups. Returning rep players with tracksuits may be able to re-use their 2022/2023 tracksuits next season if they still fit, and are the same or nearly the same as the 2023/2024 editions. Re-usability and potential reduction in fees are TBD based on seeing the new apparel.

Hockey Pants: Rep players must have Hurricanes pants, or shells on top of their regular pants.

Hockey Bags: Players can optionally purchase a Hurricanes hockey bag. Not required.



**MISSISSAUGA HURRICANES**

## CUSTOM HOCKEY PANTS & BAGS

SKATER, GOALIE & PANT SHELLS AVAILABLE  
• FULLY CUSTOMIZED FIT • CUSTOM STRIPING • TEAM LOGO • PLAYER NUMBER

SKATER PANT	\$160.00
GOALIE PANT	\$225.00
PANT SHELL	\$50.00
HOCKEY BAG	\$85.00
DUFFEL BAG	\$65.00

PRESENTED BY

**RYR**  
EST. 1987  
SPORTS INC.



Hockey Gloves: Hurricanes blue gloves are highly recommended, but not mandatory. The MGHL works with Duke's Sporting Goods for gloves, a league discount is applied.

Helmets: Helmets must be black or navy blue, no exceptions. Hurricanes navy blue helmets are highly recommended, but not mandatory. The MGHL works with Duke's Sporting Goods for helmets, a league discount is applied, but they can be purchased at any sporting goods store.

## 12. Staff & Volunteer Positions

I am a big fan of building a culture of family engagement, where every family is responsible for driving something throughout the year. Roles highlighted in blue require certifications.

Role	Description of Responsibilities	Name
Head Coach	Head coach	Steve Bozicevic
Treasurer	Mo money mo problems	
Team Manager	Ice bookings, Tournament coordination, Hotel blocks	
Communications Manager	Team snap administration, Ramp system administration, Team What's App administration, Website updates	
Female Trainer	First aid kit, Bench staff role	
Dry-land Trainer	Post-Practice conditioning, Pre-Game warmups, Protein boosters	
Goalie Coach	Supplement goalie training during practices	
Defense Coach 1	Creating and running practice drills, bench duty	
Defense Coach 2	Creating and running practice drills, bench duty	
Forward Coach 1	Creating and running practice drills, bench duty	
Forward Coach 2	Creating and running practice drills, bench duty	
Equipment Manager	Signs, pucks, extra gear bag, water bottle holder, music, door lock, repair kit	
Videographer	Video every game, publish to private youtube channel	
Team Statistician	Track and communicate division statistics, track other key metrics (SOG, FO, PM, etc.)	
Fundraising	Macgregor's meats, wine survivor, other?	
Social event manager	Team dinners / lunches, Birthdays, Tournament hotels Other events and activities, Volunteering events, MGHL Gala organizer	
Team Swag	Jump suits, water bottles; pants, gloves, and bags	
Lord of Equipment & Safety	Periodically make sure sticks are the right size, remind parents how to check equipment sizing and effectiveness	
Snack Master	Post game snack management	

## 13. Conclusion

That's my plan. I hope it has answered any questions you may have about what to expect out of the 2023-2024 U13B Rep program. I am open to discussing any questions, comments, or feedback you may have - [coach.steve.mghl@gmail.com](mailto:coach.steve.mghl@gmail.com).