

Mississauga Hurricanes

2024 - 2025 U13BB Coaching Plan



1. Introduction

Greetings and welcome to our 2024-2025 U13BB coaching plan. My name is Steve Bozicevic, and I'm excited and honored to be heading up this season's U13BB 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 (Boz-itch-a-vitch, but Steve B is great), 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 nine 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 past two lackluster winters) 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 hockey 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

Season	Association	Position	Category/Tier
2023/2024	MGHL	Head Coach	U13B
2023	Dixie Soccer League	Head Coach	U11 House League
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

Our 2023/2024 U13B statistics can be found here: <https://www.owha.on.ca/team/8767/1580/14779/194023>, and here: https://myhockeyrankings.com/team_info.php?y=2023&t=11378

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. 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. 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.

What I look for in a Player

In our U13 hockey program, we prioritize the character and determination of young athletes over mere skill level. We seek players who bring a strong work ethic to every aspect of the game, whether it's during matches, practices, warmups, or dryland training. The motivation to excel can stem from various sources—be it the thrill of victory, the drive to make teammates, parents, and family proud, or the aversion to defeat. It's essential that players possess a focus and determination to improve, regardless of their current skill set.

We value players who understand and embrace the power of teamwork. "Teamwork makes the dream work," as the saying goes, and it's a principle we hold in high regard. A successful team is a balance of diverse skills, talents, and personalities, all unified by a shared commitment to hard work and improvement. In our eyes, there is no hierarchy based on talent alone. We believe a cohesive group of dedicated, above-average players who are committed to the team and each other can achieve greater success than a team reliant on one or two superstars.

Furthermore, we highly value humility and the ability to embrace both positive and constructive feedback. It's crucial for young athletes to come to the ice without a sense of entitlement, ready to learn, grow, and accept guidance that isn't always rosy. Our coaching philosophy emphasizes the importance of resilience in the face of critique and the capacity to use it as a stepping stone for improvement. We believe in nurturing players who can listen, reflect, and adapt, understanding that growth often comes from challenging our limitations and embracing the lessons hidden within feedback. Such attributes not only make for a stronger player on the ice but also foster a more supportive, unified, and dynamic team environment where every individual feels valued and motivated to contribute their best.

What I look for in the Families of Players

In our U13 hockey program, we believe the role of parents is just as crucial as that of the players. We look for parents who understand the importance of letting the coaches do their volunteer job, ensuring a consistent and focused learning environment for the girls. Mixed messages can be confusing and counterproductive; for example, overly praising the team for a game lost without acknowledgment of areas for improvement, or conversely, being overly critical after a well-played game, can undermine the coaches' feedback and the lessons we aim to teach.

We encourage parents to familiarize themselves with the team's manuals and playbooks, reinforcing the core messages and strategies that the coaches impart during training and games. Should there be any concerns or suggestions regarding the team's approach, we welcome constructive discussions with the coaching staff to explore possible enhancements. Understanding and being realistic about one's child's skill level helps in setting appropriate expectations and supports the developmental journey of each player.

Active involvement in the team's activities, such as volunteering for team roles and participating in fundraisers, is greatly appreciated and contributes to a strong, supportive community around our young athletes. Finally, enthusiastic cheering and positive support during games not only boost team morale but also exemplify the spirit of sportsmanship and community we strive to build in our U13 hockey program.

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 be scheduled at the beginning of the season; schedules and divisional loops are decided by the OWHA at the beginning of the season based on the number of teams per region. The schedule is then uploaded and managed via TeamSnap by the coaching staff shortly after being set by the OWHA. There will be one or two games per week, occasionally three. Regular season games run from September through March. Half of the games are home games in Mississauga (usually at 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. Some weekend games may be as far as Barrie or Niagara Falls. You can expect game day commitments 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 (PWHL, 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, Family Day, or Easter weekends. We will 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.

Volunteering & Community Service: We will have one team-volunteering day that will be organized by our team social event manager in 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, running a Thanksgiving food drive, or joining the MGHL's annual Pink at the RInk event to raise funds for breast cancer research (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 fall and 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.

Player psychology and Hockey IQ: (1) I authored a playbook that explains positions, roles, and responsibilities at the U13BB level which will be distributed to all of our players when we form the team. I will hold sessions to walk through it in-person and/or virtual to help the girls build awareness. (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 portal and girls are encouraged to watch them. (3) We will have regular check-ins between myself and parents and players on the team to make sure that we are aligned on what is going well and what could use some improvement.

Conditioning: Conditioning and stamina is vital to winning games. Starting with a bang and being able to play strong in the third period 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**. Girls should come off tired after every shift and if they're not sweating at the end of every game and practice, something is missing. To build strength and endurance, every practice will end with 15-20 minutes of dryland conditioning, followed up with a mini protein recovery booster. We are fortunate enough to have two fitness buff parents who will run our conditioning program!

Undoing bad habits and developing good ones:

- Offensively, I coach the F1, F2, F3 play style where we do away with static positions. It will be a process that requires a whole other level of on-ice awareness and hockey IQ for those girls who have not yet played system hockey.
- Rep hockey is not won with breakaways, we will learn how to play as a team.
- You almost never see a player start with the puck in their end and stick handle around the entire team to get a shot on net.
- No more "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.
- Be hard on your stick: (1) when you are checking the other team; and (2) 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 tripping or hooking penalty; and don't skate beside the girl on the other team with the puck, attack the puck!
- Line up at every faceoff like you're ready to GOOOOOOOOOOOOOO!!!!!!
- Hold your stick in one hand when skating forward and backward, unless you're expecting the puck.
- 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. Fast.
- Protect and defend your goalie! Do not let the other team pick at her, and if they do, dispose of them.
- 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 - at least regular and fast!
- 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.
- When a teammate gets injured, the game keeps going on. Our team has to touch the puck before the ref blows the whistle. It seems mean, but you have to keep playing and get the puck. When the ref blows the whistle, one person stays by your injured teammate's side until the trainer comes, then you take their stick and any equipment..
- When your goalie lets in a goal, you don't crowd around her and say "are you ok?" and make a lot of drama out of it. You can bang your goalie on the pad, go line up for a faceoff, and work as hard as you can to get that goal back.
- Mistakes are ok, it means you're trying things. But if you make a 'bad teammate play', like you didn't pass when you should have, or you went offside on your teammate's breakaway, apologize to your teammate(s) and work super hard.
- Congratulate your team mates when they make a good play and your goalie when they make a good save.
- We don't want to hear "I'm tired" on the bench.
- Don't shoot the puck or carry the puck in front of your own net!

Development Plan:

The season is split into four-quarters, each will have a different focus. The exact quarterly development plan will be established once we get a sense of the skill levels and areas for improvement. By way of example, our 2023/2024 U13B development plan is below.

Quarter 1 - Sept/Oct

Quarter 1 will be focused on leveling the gameplay to what is expected in U13 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 'hit and run' 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 about \$60,000. Details have yet to be finalized, but players should expect to pay ~\$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.

Payments: Payments can be made in lump sum or by installments. More to come on this.

Non-Refundable Deposit: A non-refundable deposit of \$400 will be required at the time of offer letter acceptance, payment via email money transfer.

Financial Assistance: There are a variety of financial assistance options available including the MGHL Hurricanes Assist Fund, see the [MGHL Website](#) for more information and a full list of available funds. 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.

5. Team Communication

Schedule	Team Chat	Game Videos	Budget	Team Media
 teamsNAP	 WhatsApp	 Pixellot	 Google Drive	 Google Drive
Paid subscription	Private, invite only	Private, invite only	Private, invite only	Private, invite only

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

Game Videos: I have purchased a Pixellot Air Artificial Intelligence camera to automatically record games, you may have seen these kicking around the rink on top of large tripods. The software records the games and uploads HD videos to a private cloud for watching on your mobile device, computers, or TVs. The quality is excellent and organized professionally. The upload is incredibly fast, and it sends an email out when the videos are ready to watch - it's great for parents or grandparents who can't attend games, and an invaluable tool for coaches to identify gaps and skill development opportunities.



6. Code of Conduct and Compliance

Code of Conduct: All players and guardians on the U13BB 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 focussed before games and practices and dressing room rules are being adhered to.

Safety First: We are a safety first team. Practically speaking, this means that we don't do things like throw tape, skate-snow, or anything else, in the dressing room. We don't wrestle in the dressing room. We don't wear our roller guards in the arena without a helmet. We are careful when we have our skates on and we are around others who aren't wearing skates. A little bumping and grinding in the hallway is fine, but must be respectful.

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 Siblings Rule: This may seem harsh, but trust us that it comes with good experience; siblings are disruptive. Siblings are not allowed in the dressing room - the dressing room is for the players to talk and bond.

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.

Ice Time 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 Overtime: 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. It is important to note that as of Feb 5 2024, we have shortened the bench and/or had girls miss shifts less than 10 times all season.

Goalie Rotation: Playing goalie is hard physically and emotionally. We will make reasonable efforts to provide a 50/50 split for goalie rotation. Injuries, illness and other uncontrollable events notwithstanding. The coaching staff and goalie families will create a set of standard operating procedures as it relates to goaltending operations, particularly related to in-game decisions such as in-game goalie swap, etc.

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*.

Captains and Alternate Captains: While these roles are traditionally seen as liaisons with referees, their significance extends beyond that. These positions are about leadership, inspiring and motivating teammates, and setting an example both on and off the field. It's about embodying qualities that others, particularly younger players, can look up to and emulate. However, the practice of designating Captains and Alternate Captains with "C" and "A" on jerseys raises concerns for me. Such visible markers can inadvertently make them targets for opposition teams, potentially putting them at a disadvantage. Although I am open to the idea of recognizing formal leadership roles within our team, I remain undecided on whether this should be explicitly indicated on the team jerseys.

Player of the Game: We will assign a player of the game after every game. We award the Player of the Game award to the player who played an outstanding game when compared to their regular game play. We don't always give it out because sometimes no one deserves it. It is not on a rotational basis - sometimes a kid will get it twice (or even thrice) before another gets it for the first time. This year we had an awesome goalie mask POG tradition!



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
- 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 2024 to August 2024

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 5v5 Shiny Hockey: We are working to organize a weekly spring 5v5 shiny game, likely on Friday evenings, constructed mostly of girls from the U13BB team. We will register about 24 girls and 2 goalies and will run in May/June (target 9 games) in Mississauga. The cost will be about \$160 per player, this is optional, but recommended, and incremental to budget. More to come.

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: It is every girls' responsibility to practice their shooting throughout the summer. **My expectation is that by the time September comes, every girl can do a wrist shot and get the puck at least 18" off the ground 9 times out of 10 attempts from a standing position. Forwards should be able to hit the net in the air from 15' away (hash marks), defense should be able to hit the net in the air from 20' away (almost top of circle).** The first step is height, then we will work on accuracy and speed. We'll organize some backyard shooting sessions @ Coach Steve's place over the summer. 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.

Super Decker: If you are into tech, check this out. <https://superdecker.ca>. The Pro version is pretty expensive @ \$600, but the Advanced version is \$400 if you can find it. [Sportchek sells them](#), but they seem to be slowly disappearing out of stores. My girls do 5-10 45 second games per day, the improvement was very noticeable after 3 months.

Treadmill Skating: If you're interested in improving your daughter's stride, there's a great treadmill upstairs at Iceland Arena. This is not a 'fire and forget' type of activity. The treadmill coaches 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 2024 to April 2025

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 22 regular season games. In Feb -> April, playoffs and provincial playdowns occur, each adding 4-8 games to the season.

Provincial Playdowns: The OWH A 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 (Oakville, Huntsville, Mississauga, Brantford) with an optional 5th (Hamilton) if we do not make provincial playdowns or continue into playoffs. The tournament entry fees will be covered in the team budget, additional fees for accommodations and food will be extra. [OWHA Tournament List.](#)

Tournament	Dates	Notes
Oakville Tournament	Late Sept	Benchmarking tournament.
Mississauga Winter Classic	Late Nov (U.S. Thanksgiving)	Home Tournament. Mandatory Attendance.
Huntsville Tournament	Mid Jan	Stay at Deerhurst Resort. Main away tournament (est. \$250-300 per room per night x 2 nights).
TBD	TBD	TBD
Hamilton Tournament	Late Mar	If we don't make provincial playdowns or playoffs. But we will make provincials. :)

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 2023/2024 tracksuits next season if they still fit, and are the same or nearly the same as the 2024/2025 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.



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



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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, bench role	Steve Bozicevic
Treasurer	Mo money mo problems	
Team Manager	Ice bookings, Teamsnap administration, Ramp system administration, Team What's App administration, Website updates	
Tournament Manager	Tournament coordination, Hotel blocks	
Team Moms	Dressing room oversight	
Female Trainers	First aid kit, on- and off-ice first aid, bench role, player safety	
Dry-land Trainers	Post-Practice conditioning, Pre-Game warmups, Protein boosters	
Goalie Coach	Supplement goalie training during practices	
Assistant Coach	Core Bench Staff	
Assistant Coach	On-ice practice support, backup bench staff	
Equipment Manager	Signs, pucks, extra gear bag, water bottle holder, music, door lock, repair kit	
Videographer	Video every game, publish to skynet	
Team Statistician	Track and communicate division statistics, track other key metrics (SOG, FO, PIM, etc.)	
Sponsorships & Fundraising	Macgregor's meats, Holiday Survivor, sponsorship coordinator, other?	
Community service events	Organize team volunteering / community service events	
Social event manager	Team dinners / lunches, Birthdays, MGHL parents gala organizer, Other events and activities,	
Team Swag	Jump suits, water bottles, hats, pants, gloves, and bags	
Yearbook	Organize pictures and prepare the team yearbook	
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 2024-2025 U13BB Rep program. I am open to discussing any questions, comments, or feedback you may have.

I am open to coming to watch your daughter play in any game that is accessible based on my schedule, or videos as available.

Email me at: coach.steve.mghl@gmail.com, or call me at: 416-804-3034.

14. Revision History

Date	Change Description
Feb-13	Changed Varsity Treadmill to FullStride Skating at Iceland
Feb-13	Changed Brantford February Tournament to TBD
Feb-13	Captains and Alternate Captains