



## Welcome to the 2016/2017 Crossfield Minor Hockey Season Initiation (Tyke)

### Initiation (Tyke) Program

Welcome to the Initiation (Tyke) Program. The Initiation (Tyke) Program is a developmental hockey program for children age 5 and 6 years old. This program is designed to advance your child's hockey skills by featuring a well structured practice plan, as well as being introduced to 1/2 ice game play as recommended by Hockey Alberta and Hockey Canada.

This information sheet will tell you everything you will need to know to get prepared for your family's upcoming hockey season.

### Respect in Sport

Respect in Sport, is an online training program that helps define a model of behaviour for all parents, and create a more rewarding, safe and respectful environment for everyone involved.

**At least one parent/guardian must have completed the Parent Version of this online course before their child will be allowed to go on the ice.** The cost of the program is \$12.50. The program can be found through the [CMHA website under the "Links" tab](#).

### Team Split

There **will not** be an evaluation process for the Initiation (Tyke) Division. Players will be placed on two teams, being Senior and a Junior team, by birth date. The older players will be placed on the senior team and the younger players on the junior team. Any special circumstances (ie. siblings, skill level) will be taken into consideration when deciding the final team rosters. The Director of Hockey Development and the Initiation (Tyke) Head Coaches have the ability to make player/team changes, with parental consultation, based on individual player skills as well. Changes can be made at any time throughout the season.

Players will be placed on teams no later than October 1, 2016.

### Ice Schedule

The Initiation (Tyke) Ice Schedule is as follows:

**Mondays 6:15pm to 7:15pm (Combined practice of both junior and senior teams)**

**Wednesdays 4:45pm to 5:45pm (Combined practice of both junior and senior teams)**

*\*Note: Combined practices will involve players being placed in three groups based on skill level for enhanced player development. Players may move amongst the skill levels throughout the season.*

**Saturdays 1:00pm to 2:00pm - Initiation (Tyke) Junior**

**Saturdays 2:15pm to 3:15pm – Initiation (Tyke) Senior**

*Saturday ice times will initially be used for practices. The ice slots will be used for games when the teams are prepared to play other teams. Initiation (Tyke) Senior will begin playing games after November 1<sup>st</sup>, 2016 and the schedule will be available approximately by October 14, 2016. Initiation (Tyke) Junior will also have games during the season. Game readiness will be decided on by the Initiation (Tyke) Junior coaches, the Director of Hockey Development and the CMHA Board. Game scheduling will be determined by the CMHA Board and/or the Initiation (Tyke) team managers.*

Your Child's first ice time will be **Saturday September 24<sup>th</sup> from 2:15pm to 3:15pm**

*Ice time will be shared/split with the Learn to Play division. The Learn to Play division will occupy 1/3 of the ice surface and Initiation (Tyke) will occupy the other 2/3 on Wednesdays and Saturdays with Initiation (Tyke) Junior only.*



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*It is recommended that you arrive 15 minutes before practice and 30 minutes before game times to ensure your child is prepared for their ice time.*

*Please remain in the arena the entire time your child is on the ice.*

Practice times and schedules can be found on the [CMHA website under the "Schedules" tab](#). Please refer to this section throughout the season for changes to scheduling as a result of tournaments or other items.

### Hockey Development

The P3 Program will be implemented again this upcoming season in order to better develop our young hockey players and to help our coaches with a balanced practice plan throughout the hockey season.

P3 nights will be held during Wednesdays night practice times and will consist of 10 sessions of power skating and technical sessions. P3 staff will be at the rink to teach the power skating and technical portions. Coaches will also be on the ice assisting with these sessions.

Further information regarding the P3 program can be found on the [CMHA website under the "Links" tab](#).

### Coaches, Assistant Coaches and Parent Helpers

If you are coaching or assistant coaching, or are planning to help out during practices, you must complete the Respect in Sport Coach version and register with the Crossfield Minor Hockey Association. The cost for this program will be reimbursed by the Crossfield Minor Hockey Association with a supporting receipt of completion. The programs can be found through the [CMHA website under the "Links" tab](#).

In addition, you will be required to complete the following courses:

- [Coach 1 - Intro to Coach](#) is not necessarily targeted to the inexperienced coach. This program shows coaches how to teach hockey's basic skills while keeping the theme of their practices with an emphasis on fun and fundamentals. Coach 1 reviews the basic tools they will need in the areas of leadership, communication, teaching skills, and lesson planning. All this is taught with the special considerations of the youngest athletes in mind
- [Hockey Canada Safety Program](#) - This program is a great introduction to team safety, injury recognition and important information for anyone who wishes to be a team Safety Person. From the Fair Play Code and Code of Ethics, to Safety at the Rink, Injury Management and the Emergency Action Plan, this program gives you the information and confidence needed to be the go-to-person on your team for health, wellness, injury recognition, safe and proper recovery and return to play procedures

These courses will also be reimbursed by the CMHA with a supporting receipt of completion. The programs can be found through the [CMHA website under the "Links" tab](#).

If you are interested in coaching for Crossfield Minor Hockey this upcoming 2016/2017 season, please follow the link below to fill out the application form **as soon as possible**. The form can be found under the ["Coaches Toolkit" tab on the CMHA website](#). \*Note all applications must be filled in online and submitted electronically.

Coaches will be decided and designated to their respective teams by October 1, 2016.

Certifications must be completed by November 15<sup>th</sup>.



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### Volunteer Information

Initiation (Tyke) parents **are required** to complete 8 hours of volunteer time during the 2016/2017 season to avoid additional fees for the season. Volunteer deposits (\$300.00) will be refunded at the end of March 2017 if ALL required volunteer hours per family have been met. There will be no credit for partial hours met. Parents are encouraged to help out with all CMHA endorsed events to fulfill these hours. The easiest way to complete your hours is to volunteer at the casino which is scheduled for February 26<sup>th</sup> and February 27<sup>th</sup>, 2017. A sign-up sheet will be posted on the bulletin board in the arena. In addition, we would also appreciate any time that parents can donate to help with certain tasks at our tournaments. The Initiation (Tyke) tournament is scheduled for January 2017 and the Novice tournament is scheduled for November 2016. Signup sheets will be posted on the bulletin board in the arena. Donations for the silent auctions and draws are also appreciated and will qualify towards your volunteer hours. More dates to follow and volunteer opportunities will be provided throughout the season.

### Equipment

Below is the list of equipment your child needs to come out on the ice:

**Jock Strap/Jill Strap**  
**Shin pads**  
**Socks**  
**Hockey Pants**  
**Skates**  
**Neck Guard**  
**Shoulder pads**  
**Elbow pads**  
**Practice Jersey**  
**Mouth Guard (optional)**  
**Helmet w/ face shield or cage**  
**Gloves**  
**Stick**  
**Bring your own Water Bottle**



**Quick Tip:** A good way to tell how long your is to have your child stand straight up on his/her skates, with their arm straight by their side. The stick blade should be flat on the ice.

Additional information regarding equipment and general parent information can be found on the [CMHA website under the "Information/Parents" Tabs](#)

### Contacts and Additional Information

Any additional information you may require can be found at the Crossfield Minor Hockey Website.  
<http://www.crossfieldmha.com/>

You can also email any questions to Barrett Moore, [vicepresident.crossfieldmha@gmail.com](mailto:vicepresident.crossfieldmha@gmail.com) or Wes Giebelhaus, [president.crossfieldmha@gmail.com](mailto:president.crossfieldmha@gmail.com)

We encourage you to watch these relevant videos regarding player development:

- NHL Analytics Tracking of 8U Hockey Players - [https://www.youtube.com/watch?v=CB\\_Ygapyl7c](https://www.youtube.com/watch?v=CB_Ygapyl7c)
- From Child's View, Parents Find Full-Ice Hockey No Fun - <https://www.youtube.com/watch?v=cXhxNq59pWg>