

Welcome to your first year with the CBR Renegades!

A parents' guide to your child's first year of hockey Welcome to the CBR Renegades Initiation Program (IP)

The Initiation program was developed to make children's first contact with hockey a safe and positive experience. In this guide you will find the following information:

- 1) What is initiation hockey?
- 2) Skills developed and focused on in IP
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What is Initiation Hockey?

The Initiation Program (IP) division is designed for boys and girls to experience their first taste of organized ice hockey. Ages of players may range from 4 to 7 years of age. The program is about 40 hours per season consisting of a ratio of 3:1 for practices over mini-games. Small area games of hockey and other fun games are played to assist players to improve their skating skills and abilities. Players are organized into levels based on a combination of age and skill level as determined by the Technical Director/Staff.

Our IP Teams are sponsored by Tim Horton's Timbit Hockey Program. When our teams are selected for the year, each player will receive a Timbit's Jersey to wear for the season (to be returned at the end of the year).

Skills developed and focused on in IP

The focus is on the development of physical literacy. Fundamental movement skills should be mastered, motor development emphasized, and participation in many sports/activities is encouraged.

For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment. Learn all fundamental movement skills and build overall motor skills. Skill development in the FUNdamentals stage should be well-structured, positive, and FUN!

The skill of skating speed can be developed quickly with players this age. The ABC's of agility, balance and coordination should be emphasized through the teaching of skills and small games to emphasize the ABC's. Ensure that the skills the player acquires during the FUNdamentals stage will benefit them when they engage in recreational activities, enhancing their quality of life and health. Hockey Canada recommends in the early stages of FUNdamentals that players spend 85% of their time on the introduction and development of technical skills.

Once you see how much your child will learn and improve in their first year, you'll understand why it's all worth it. From experience, ice hockey has the fastest noticeable progression of skills involved with a sport. This is what makes people fall in love with it. Even the practices are fun to watch. Your child is going to learn a huge set of skills over the next season.

They are going to learn how to:

- Skate forward
- Skate backward
- Move from side to side
- Fall and get back up quickly
- Skate forward with the puck
- Skate backward with the puck
- Stick handle
- Skate making large turns (crossovers)
- Skate making tight turns
- Shoot – forehand and backhand
- Pass – forehand and backhand
- Stop

We challenge you to not notice an improvement in at least one of those skills each week. That's what makes it awesome and great for kids' confidence. As their skills and comfort level on the ice increases every week, so does their confidence. Keep in mind that they are introduced to these skills however they may not master them.

Hockey Canada's Long Term Player Development (LTPD) model

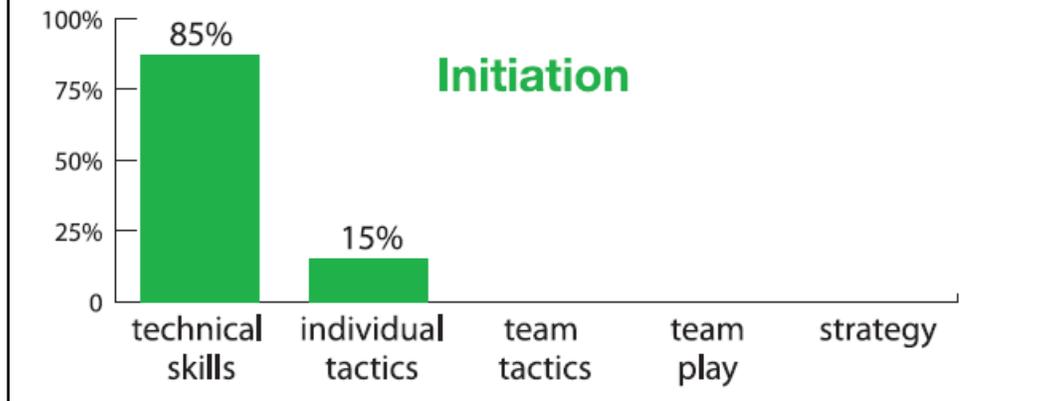
Hockey Newfoundland has adopted program guidelines and resources to support and provide direction for our Local Minor Hockey Associations to implement and operate a skill development program for players six years of age and younger -- the Initiation Program.

Based on Hockey Canada's Long Term Player Development (LTPD) model, players who are six years old and younger should be focusing on having fun, learning skills and developing physical literacy. The ultimate goal of this level of hockey is to make the first impression of hockey a positive one for all players and parents.

Aligning with the LTPD model, the guidelines for Initiation-aged players are based on the following principles:

- The technical curriculum should focus on physical literacy and having fun.
- The official playing surface for practices and games should be reduced to one-half, one-third or one-quarter the size of the regulation playing surface.
- The equipment should be amended to fit the size and skill level of the players.
- Registration and regulation should not be the same as for higher levels or older age divisions.
- Instructors should be trained in an appropriate manner to teach players of this age and level of development.

The emphasis of Hockey Canada's Initiation Program is on teaching technical skills and individual tactics. This foundation of skills will enhance a player's enjoyment of the game. The Initiation Program recommends that player development be built on practicing technical skills 85% and individual tactics 15%.



Hockey Equipment You'll Need for Your First Season

One of the most intimidating things about learning the ropes as a new hockey parent is all the gear your child will need. Here's a list of the ice hockey equipment your child will need (Listed in order of how we recommend putting it on them):

- Hockey jock/jill with a cup (*Note: Hockey jocks have Velcro areas that holdup hockey socks*)
 - Or a regular jock can also be purchased, however, a garter belt will also be needed to hold up hockey socks.
- Skate socks (*Not necessary, but they provide a bit more comfort than cotton athletic socks*)
- Shin guards (*Different than soccer shin guards*)
- Hockey socks (*They go on over the shin guards and attach to the Velcro squares on the hockey jock*)
- Ice hockey pants
- Shoulder pads
- Elbow pads
- Neck guard (*This important piece of safety gear is 2nd only to the helmet*) **(Mandatory)**
- Practice jersey (for September Assessments)
- Skates (*To make sure you have a proper fit a good way to checking is getting your child to push their feet all the way to the front of the skate, if you can fit one finger between the skate and their heel it's a good fit, more than one finger and the skates are too big*)
- CSA Approved helmet with a cage **(Mandatory)**
- Mouth guard **(Recommended)**
- Hockey gloves
- Stick (*Make sure you get a "youth" stick vs. cutting down a regular, full-size stick to fit him. Youth sticks have skinnier shafts, smaller blades and are better balanced to help your child have more control of it.*)

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FULL EQUIPMENT CHECKLIST FOR KIDS



A Few Other Accessories

- Stick Tape (*Tape up the end of the shaft for grip with hands and the blade for grip on the puck*)
- Shin Pad Tape (*Some people like to put tape on the outside of their child's hockey socks to help keep the shin pads in place*)
- Hockey Water Bottle (this will have a long spout so that it fits between the rungs of the face mask)
- Hockey Bag (Makes transporting your gear to and from the rink a lot easier)
- Long underwear or equivalent (to wear underneath their hockey equipment)

As an option, instead of purchase this equipment separately; some places (e.g. Canadian Tire) do sell "hockey in a bag" which comes with most of the gear needed. They can range from \$84.99 to \$149.99.

***** Allow Time To Gear Up*****

It takes a while to help your child put on all that hockey gear. Make sure you arrive at the rink early enough to gear up in the locker room before practices and games. Do a couple of practice runs at home before their first practice. Time how long it takes you. Then you'll have a good idea of how early you'll need to get to the rink. It is always a good idea to allow for extra time. Not being rushed helps your child to be able to focus, relax before their on-ice experience. Mouth guards can take time to get used to especially for younger children. Practice at home for a few minutes at a time each day so to work up to a 50 minute on-ice session.

How does the IP season look?

Your child will start off the season being assigned to a specific try-out group. The group they are assigned to may switch several times over the first few weeks as our IP players are assessed on skating/hockey ability. These group changes will be listed on our website and should be checked prior to the showing up to the following week's practice.

These assessments are completed by our technical staff and are based on several factors. Our technical staff has final say over team placement.

Please note: There is no pre-requisite for the assessment stage. We will have many children who can't stand up on skates and we will have others returning for their third year. Your child does not need to have participated in hockey camps or training of any nature for the assessment stage. Regardless of their skill, every child will be placed into a group and onto a team. Levels vary greatly at the IP stage and we expect this – that this is why the first couple of weeks of assessments are important – we do this to properly place them in a team in order to build the confidence of all of our players throughout the season.

After the assessments are complete, each player will be assigned a team. At this point – each team will be given a name and a set of jerseys. This will be their assigned team for the year. Jerseys will be assigned to each player for their individual use, and must be returned at the end of season.

You can expect your player to have about 40 hours of ice-time from the beginning of assessments to the last hockey practice (usually before Easter). This typically runs over 24-28 weeks. This means that you will see weeks where your child will have only one practice and other weeks where they will have two.

As our ice time fluctuates weekly – due to needs for tournaments (for all divisions), Hockey NL league games, Town requirements and other ice rental groups – the location and times of practice will vary week-to-week. We will post all practice times on our website in a timely manner.

We suggested that you “subscribe” for your teams schedule available under our “schedule” tab at www.cbrminorhockey.com to ensure you have the latest schedule always available. Our website is our main means of communication and we suggest that you check it regularly.

All of our IP teams will participate in the Tim Horton's Jamboree (normally held at Mile One during the month of February). If ice-time and organization permits, CBR may host its own IP Jamboree which would be open to all of our players/teams.

Other optional Jamboree's may be offered throughout the season depending upon invitations from other associations. Cost and transportation associated with these Jamboree's are in addition to a player's regular CBRMHA fees. Participation is completely optional. Selection and participation is at the discretion of the IP Coordinator and CBRMHA Executive and is usually offered to our more senior IP teams.

Safety First!

Please make sure your player is on the ice with full hockey attire — helmet, mouth and neck guards, elbow and shin pads, athletic support, hockey pants, shoulder pads, socks and jersey. **Helmet with full face protection, neck & mouth guards are mandatory.**

If your child has any medical issues (i.e. asthma, allergies, attention/behavioural issues, etc.) inform your team's head coach to ensure the proper attention is given to this child. Please ensure that you have any and all required medical devices/medicine available with you for each practice (i.e. inhaler, epipen etc.).

No player is permitted on the ice while the Zamboni is on and the Zamboni gate is open.

All players must wait for a coach prior to going onto the ice.

Please use assigned dressing rooms. Each team is designated a dressing room and it is usually incorporated into the schedule. Please follow your assigned dressing room to ensure smooth hourly transitions and to prevent overcrowding.

Parent Requirements

Positivity!

Parents serve as role models for their children, who often look to adults for advice, direction and approval. Never lose sight of the fact that you are a role model, and strive to be a positive one.

Parents need to avoid placing pressure or unreasonable expectations on their children, particularly at the Initiation Program Level. No matter what happens on the ice, children need your support, so always strive to remain positive.

Good sportsmanship!

As a parent, one of the most important things you can do is show good sportsmanship at all times to coaches, referees, opponents, and team members. Remember that your children are playing hockey. It is important to allow them to establish their own goals and play the game for themselves.

Give praise!

Our young hockey players are working hard and learning a lot of new things this season that tests their agility, balance, coordination and motor skills. For a lot of our players this will be their first experience in a coach/player relationship. Be patient with them. Children learn at different speeds so don't compare them to their fellow teammates. Remember to praise your player for the great things they do, rather than complain about what they didn't do.

Be on time!

Again, you should allow for time to gear up before practices and games. There are always special circumstances that can be understood however please respect the coaches, managers, players and other volunteers by showing up on time.

Get involved!

Our IP division relies on parent volunteers in order for the team to run smoothly. This includes parents to help each team. There is usually one main coach and a few assistant coaches. The more assistant coaches we have the more one-on-one attention we can give our players. If you have any experience on skates, please consider helping out your child's team.

All of our coaches & assistant coaches do require prior approval by the association and must have completed training (as outlined by Hockey NL, our technical staff and the association). CBRMHA supports coaching development and will fund coaches who volunteer to receive the appropriate certification.

In previous years, we have been able to host CBR IP events with the help of parent volunteers. If you aren't able to help out on the ice, but would love to help organize an event, please let your coordinator know.

Respect in Sport Program

All parents are required to take the **Respect in Sport** online program. Your child will not be allowed to play in a game if you have not completed the online course.

Respect in Sport for Parents provides information on a parent's natural influence over their child, and the role they play in their child's enjoyment of a sport or activity. The program also provides parents with tools to evaluate their own behaviour. The course is completed online and takes about an hour.

For more information on the program is available at: <https://hnlparent.respectgroupinc.com> More information on registering for this program will be available on our website.

Finally...

Sit Back and Have Fun

Hopefully this will help you prepare for your child's first season of Initiation Hockey. It will probably feel a bit hectic at first, but once you get all the gear and get into the swing of things, you will have a blast watching your child out on the ice. Make sure you video and take photos of them from the beginning to the end of their first season. When their first season is over, it will be awesome to look back at how far they've come in a few months.

How to get a hold of us

Your personal contact for the IP division is your IP Co-ordinator. They are most easily reached through email at:

IPCoordinator@cbrminorhockey.com

We do hold office hours for administrative purposes, but most likely our office will be unable to assist you with specific IP issues; please contact your coordinator first.

Please remember that CBRMHA – your executive, coordinator & coaches - is run by a team volunteers who have the best intentions of all players involved.

If you have concerns over something that happened on the ice or at the rink, please consider the 24-Hour Rule. The 24-Hour Rule is simply explained as when problems arise it is a benefit for all concerned to wait for a day before you report an issue so as to not let the emotion of a situation to get in the way of the facts.

Please also be mindful of conversations or complaints in front of our young players – we want them to have fun and enjoy hockey! Let's leave these conversations between adults.

We hope you and your player have a great year in IP! We look forward to watching them progress.

Go Renegades Go!