

DC Prospects Development Weekend - East

March 24-26, 2015

Gimli Rec Centre



THURSDAY	TIME	RINK	GAME	TEAM	TEAM
Mar-24	6:00 PM	Gimli Rec	1	Interlake	Central Plains
Mar-24	8:00 PM	Gimli Rec	2	Pembina Valley	Eastman
FRIDAY	TIME	RINK	GROUP	TEAM	TEAM
Mar-25	9:00 AM	Curling Club	COACH	<i>Seminar (Part A)</i>	ALL COACHES
Mar-25	10:00 AM	Curling Club	FWD	Pre-Ice Presentation	ALL FWDS (All Regions)
Mar-25	10:45 AM	Gimli Rec	FWD/G	Dynamic Warm-up	FWD/G - Group 1 (INT, CP, NOR)
Mar-25	11:30 AM	Gimli Rec	FWD/G	Specialty Skills (1.5 hr)	FWD/G - Group 1 (INT, CP, NOR)
Mar-25	12:30 PM	Gimli Rec	FWD/G	Dynamic Warm-up	FWD/G - Group 2 (PV, EST, NOR)
Mar-25	1:15 PM	Gimli Rec	FWD/G	Specialty Skills (1.5 hr)	FWD/G - Group 2 (PV, EST, NOR)
Mar-25	1:30 PM	Curling Club	DEF	Pre-Ice Presentation	ALL DEF (All Regions)
Mar-25	2:00 PM	Gimli Rec	GOALIE	Pre-Ice Meeting	G - Group 1 (INT, CP, NOR)
Mar-25	2:15 PM	Gimli Rec	DEF/G	Dynamic Warm-up	DEF/G - Group 1 (INT, CP, NOR)
Mar-25	3:00 PM	Gimli Rec	DEF/G	Specialty Skills (1.5 hr)	DEF/G - Group 1 (INT, CP, NOR)
Mar-25	4:00 PM	Gimli Rec	DEF/G	Dynamic Warm-up	DEF/G - Group 2 (PV, EST, NOR)
Mar-25	4:35 PM	Gimli Rec	GOALIE	Pre-Ice Meeting	G - Group 2 (PV, EST, NOR)
Mar-25	4:45 PM	Gimli Rec	DEF/G	Specialty Skills (1.5 hr)	DEF/G - Group 2 (PV, EST, NOR)
Mar-25	7:45 PM	Gimli Rec	3	Interlake	Norman
SATURDAY	TIME	RINK	GAME	TEAM	TEAM
Mar-26	8:45 AM	Curling Club	COACH	<i>Seminar (Part B)</i>	ALL COACHES
Mar-26	11:15 AM	Gimli Rec	4	Norman	Pembina Valley
Mar-26	1:15 PM	Gimli Rec	5	Eastman	Central Plains

UPDATED MARCH 23/16



DC Prospects - Development Weekend

East - Gimli, MB

March 24-26, 2016

East Site:

Gimli Recreation Centre

Interlake (*Host*), Central Plains, Eastman, Pembina Valley, Norman

Schedule:

March 24-26, attached.

Skill Sessions:

- FWD Group 1 - Interlake, Central Plains, 1/2 Norman
- DEF Group 1 - Interlake, Central Plains, 1/2 Norman
- Goalie Group 1 - Interlake, Central Plains, 1/2 Norman
- FWD Group 2 - Pembina Valley, Eastman, 1/2 Norman
- DEF Group 2 - Pembina Valley, Eastman, 1/2 Norman
- Goalie Group 2 - Pembina Valley, Eastman, 1/2 Norman

Goalies:

Goalies will participate in both FWD Skills & DEF Skills sessions as follows;

- Goalie Group 1 will participate in FWD Group 1 session (take shots, no specific goaltender coaching)
- Goalie Group 2 will participate in FWD Group 2 session (take shots, no specific goaltender coaching)
- After FWD Group 1 session, Goalie Group 1 will join DEF/G Group 1 (goaltender-specific skills coaching)
- After FWD Group 2 session, Goalie Group 2 will join DEF/G Group 2 (goaltender-specific skills coaching)

Coaches:

Coaches (Head & Asst.) from each region will be assigned to participate and help instruct each Specialty Skills Session. Hockey Manitoba Skills Instructor will oversee the sessions by facilitating station assignment, teaching points, etc;

FWD Group 1:

Interlake	2 Coaches
Central Plains	2 Coaches
Eastman	1 Coach
Pembina Valley	1 Coach
Norman	1 Coach

FWD Group 2:

Interlake	1 Coach
Central Plains	1 Coach
Eastman	2 Coaches
Pembina Valley	2 Coaches
Norman	2 Coaches

DEF Group 1:

Interlake	2 Coaches
Central Plains	2 Coaches
Eastman	1 Coach
Pembina Valley	1 Coach
Norman	2 Coaches

FWD Group 2:

Interlake	1 Coach
Central Plains	1 Coach
Eastman	2 Coaches
Pembina Valley	2 Coaches
Norman	1 Coach

Coach Seminar:

All coaches (Head & Asst.) to attend the designated coach development seminars as listed on the schedule.

March 25 - 9:00 AM Curling Club (Lower Level)

Content: Overview of Specialty skills sessions, what we're teaching, why, station assignments, video review, etc.

March 26 - 8:45 AM Curling Club (Lower Level)

Content: DC Prospects teaching curriculum, Program of Excellence standards, regional program updates

Alternates:

As previously outlined alternates are eligible to participate only as a replacement if another player is injured or unable to attend the Development Weekend & DC Prospects Tournament.

Physical Prep:

Please ensure your players are prepared to follow the physical prep routines with dynamic warm-ups and cool downs as per the DC Prospects technical package.

Game Periods:

- 5-minute warm-up
- 2, 15-minute periods
- Flood
- 1, 20-minute period
- Overtime is 5 mins 4x4 (3-player shootout if needed)

Game Notes:**Format**

It is an exhibition weekend, there is no formal tournament process, no championship awarded or considered. Compete hard, have fun, and enjoy the weekend with your peers. Periods are 2-15 minute periods, then flood for 20-minute 3rd period. Overtime is 5 mins 4x4, followed by 3-player shootout if needed.

Suspensions

All standard Hockey Manitoba/Hockey Canada rules apply, suspensions will be handled by the Host chair with the Host Regional Director if needed in accordance with minimum suspension guidelines.

Statistics

Stats will be kept, however in the likely event that officials report a # wrong on the game sheet the Host or Hockey Manitoba we cannot accommodate stat change requests. These are not important to the weekend they are not used for scouting in any way so let's keep the right perspective here. Hosts are asked to ensure that officials do their best to get the proper #'s recorded by the timekeepers.

Uniforms

Your weekend Host will have the uniforms for all teams, after your last game each coach/manager is responsible to ensure all jerseys & socks are returned in an organized manner. Use a roster sheet to track that each # and complete pair (2) of socks per player have been returned before submitting to your Host. Teams will be charged for missing items; \$65 per jersey, \$10 per sock.

Ice Time

We shouldn't have to remind this but unfortunately we always have someone who forgets that this is a development program. Coaches, ensure all 4 lines are rolling including for special teams situations and ensure goalies get equal time or close as possible. Managing discipline issues through ice time is of course another case outside of this note. Hockey Manitoba does not evaluate coaches within this program for game strategy, line combos, line matching, etc it is about the coaches who are helping all players get better with proper error detection and effective instruction to help correct.

Gate Admission

Hosts are eligible to charge a gate fee at the door for the weekend to help offset their costs of hosting the event. The maximum prices are based on daily prices being \$4/Adult, \$2 Sr/Student, 12-Under are free. This is a notice in case some were unsure if there would potentially be any gates.