




Stillwater Area Hockey Association  
Town Hall Meeting

*Thursday, September 13<sup>th</sup> 2018*

The slide features a white background with abstract red geometric shapes on the left and right sides. The text is centered and consists of three lines: 'SAHA Update' in a large, bold, red sans-serif font; 'Tim McGlynn' in a slightly smaller, bold, red sans-serif font; and 'President' in a red italicized sans-serif font.

**SAHA Update**  
**Tim McGlynn**  
*President*

# Boys Program Updates

Bill Kohn

*Boy Traveling Hockey Director*

# Boys Team's Registration Projections

- ▶ Jr. Gold: Player count TBD
  - Projected 4 teams
    - AA, U16A, U16A, B
- ▶ Bantams: 90 Skaters and 7 goalies for 97 players
  - Projected 6 teams
    - AA, A, B1, B2, B2, C
- ▶ PeeWees: 95 skaters and 10 goalies for 105 players
  - Projected 6 teams
    - AA, A, B1, B2, B2, C
- ▶ Squirts: 90 skaters and 9 goalies for 99 players
  - Projected 7 teams
    - A, B1, B1, B2, B2, C, C,

# Boys Team's Head Coaches

- ▶ Jr. Gold A: Mike Wasko
- ▶ Jr. Gold U16A: Jay Adams
- ▶ Bantams AA: Greg Gripentrog
- ▶ PeeWees AA: Billy Wagner
- ▶ Squirts A: TBD

# Player Development

## Mission

*Continuously: develop and enhance programs for players and coaches of all levels that will enhance our athletes overall playing experience as well as their individual skill development.*

# Player Development

## Methodology

- ▶ Institute a Top Down Player Development Model
- ▶ Enlist the support and involvement of our High School Coaches
- ▶ Incorporate skill development sessions as the foundation for our players/coaches development matrix for the entire season.
- ▶ Skill development sessions will be incorporated throughout the course of the season and will become the “new” normal for your players experience in SAHA.
  - (No more isolated or one-off sessions)
- ▶ We will combine the resources of our talented coaches and that of a highly experienced professional development staff

# Player Development

## *Attributes of Professional Staff*

- ▶ Have a passion for the sport of hockey and the ability to promote enthusiasm with players and coaches of all levels.
- ▶ Have extensive experience in both coaching and playing.
- ▶ Will serve as an extension of Boys & Girls Player Development committees and the Board in developing programs consistent with the vision of SAHA.
- ▶ Will serve as a resource to coaches and players of all levels



# Player Development

## *Professional Staff*

- ▶ Jesse Sampair and Diane Ness's Pro Edge Training Staff
- ▶ Winny Brodt Brown & Justin Brown, and members of the OS Training Staff
- ▶ Scott Bjugstad – NHL Level Shooting Instructor
- ▶ Casey Rooney - Lumberyard On-ice Training
- ▶ Mira Jalosuo - On-ice Training
- ▶ Justin Johnson and the MEGA Goalie Staff

# Player Development

## Core Components

Model customized to the needs of the player/level

- ▶ Large Ice-Skating Training (Overspeed and Edgework)
- ▶ Lumberyard-PEP/Small Area Skills Training
- ▶ Goaltending Training at all Lumberyard sessions and select team practices
- ▶ Acceleration (Hudson and New Brighton)
  - ▶ Treadmill, Shooting, Stick Handling, and Plyometrics
- ▶ Bjugstad Shooting Clinics for select teams

# Player Development - Team Skates

<b>Lumberyard Night Schedule - PLAYERS</b>						
<b>October 22nd - November 29th:</b>						
<b>Group</b>	<b>Arrive Time</b>	<b>Off Ice</b>	<b>Start Ice</b>	<b>End Ice</b>	<b>Depart Time</b>	<b>Total Time</b>
Group #1	5:15	5:15 - 5:45	6:00	6:50	6:55	1 h 40 min
Group #2	6:15	6:15 - 6:45	7:00	7:50	7:55	1 h 40 min
Group #3	7:15	7:15 - 7:45	8:00	8:50	8:55	1 h 40 min
Group #4	8:15	8:15 - 8:45	9:00	9:50	9:55	1 h 40 min
<b>December 3rd - February 14th: (MONDAY/WEDNESDAY)</b>						
<b>Group</b>	<b>Arrive Time</b>	<b>Off Ice</b>	<b>Start Ice</b>	<b>End Ice</b>	<b>Depart Time</b>	<b>Total Time</b>
Group #1	5:55	5:55 - 6:25	6:40	7:25	7:30	1 h 35 min
Group #2	6:50	6:50 - 7:20	7:35	8:20	8:25	1 h 35 min
Group #3	7:45	7:45 - 8:15	8:30	9:15	9:20	1 h 35 min
Group #4	8:40	8:40 - 9:10	9:25	10:10	10:15	1 h 35 min
<b>December 3rd - February 14th: (TUESDAY/THURSDAY)</b>						
<b>Group</b>	<b>Arrive Time</b>	<b>Off Ice</b>	<b>Start Ice</b>	<b>End Ice</b>	<b>Depart Time</b>	<b>Total Time</b>
Group #1	6:40	6:40 - 7:10	7:25	8:10	8:15	1 h 35 min
Group #2	7:35	7:35 - 8:05	8:20	9:05	9:10	1 h 35 min
Group #3	8:30	8:30 - 9:00	9:15	10:00	10:05	1 h 35 min
<b>30 minute dryland/stickhandling/shooting/hockey IQ ALWAYS PRIOR to on-ice session</b>						
<b>Coaches and players must attend</b>						

# Player Development-Goalies

LumberYard Schedule - GOALIES						
October 22nd - November 29th:						
Group	Arrive Time	Start Ice	End Ice	Big Sheet	Depart Time	Total Time
Group #1	5:15	5:30	6:25	6:25-6:50	6:55	1 h 40 min
Group #2	6:15	6:30	7:25	7:25-7:50	7:55	1 h 40 min
Group #3	7:15	7:30	8:25	8:25-8:50	8:55	1 h 40 min
Group #4	8:15	8:30	9:25	9:25-9:50	9:55	1 h 40 min
December 3rd - February 14th: (MONDAY/WEDNESDAY)						
Group	Arrive Time	Start Ice	End Ice	Big Sheet	Depart Time	Total Time
Group #1	5:55	6:10	7:05	7:05 - 7:25	7:30	1 h 35 min
Group #2	6:50	7:05	8:00	8:00 - 8:20	8:25	1 h 35 min
Group #3	7:45	8:00	8:55	8:55 - 9:15	9:20	1 h 35 min
Group #4	8:40	8:55	9:50	9:50 - 10:10	10:15	1 h 35 min
December 3rd - February 14th: (TUESDAY/THURSDAY)						
Group	Arrive Time	Start Ice	End Ice	Big Sheet	Depart Time	Total Time
Group #1	6:40	6:55	7:50	7:50-8:10	8:15	1 h 35 min
Group #2	7:35	7:50	8:45	8:45-9:05	9:10	1 h 35 min
Group #3	8:30	8:45	9:40	9:40-10:00	10:05	1 h 35 min
<p>Goalies report to small sheet at the designated time</p> <p>MEGA will conduct a 55 minute session with the teams goalies</p> <p>Goalies will also join their team for 25 minutes (1st half or 2nd half)</p> <p>Coaches will need to prepare for the goalies being at 1/2 of the session</p> <p>Goalies will be done at the exact same time as their team.</p>						

# Tryouts

- ▶ The schedules are finalized and posted to the website
- ▶ Groups will be created with the goal of creating competitive equality for each group.
- ▶ Always Check the website for the most up to date details.
- ▶ Scrimmage sessions will include specific line assignments in an effort to ensure competitive balance as well as balanced time on ice.
  - ▶ (1 vs. 1) (1 vs 2) (1 vs. 3)
  - ▶ (2 vs 2) (2 vs. 1) (2 vs 3)
  - ▶ (3 vs 3) (3 vs 2) (3 vs 3)
- ▶ Goalie tryouts start next week, Tuesday and Thursday September 18<sup>th</sup> & 20<sup>th</sup>
- ▶ Boys Tryout Coordinators
  - Corey Fredenberg-Bantams
  - Kent Einan- Pee Wees
  - Chip Myers-Squirts

# Squirt Tryout Schedule

FacName	EventStart	EventEnd	SchedDuration	SchedNotes	
Rec/St. Croix TCO South	9/29/18 3:35 PM	9/29/18 4:49 PM	75	Squirt A Tryout 1	
Rec/St. Croix TCO South	9/29/18 5:00 PM	9/29/18 6:14 PM	75	Squirt A Tryout 1	
Rec/St. Croix TCO South	9/30/18 9:35 AM	9/30/18 10:49 AM	75	Squirt Tryout 2	
Rec/St. Croix TCO South	9/30/18 11:00 AM	9/30/18 12:14 PM	75	Squirt Tryout 2	Cut to ? Skaters And ? Goalies/ All Cut Players Report to B1/B2 Tryouts
Rec/St. Croix TCO North	10/5/18 6:00 PM	10/5/18 7:00 PM	60	Squirt Inter Scrimmage	Cut to ? Skaters And ? Goalies/ Cut Skaters And Goalie Placed on B1 Team
Rec/St. Croix TCO South	10/6/18 5:15 PM	10/6/18 6:14 PM	60	Squirt A Final Pool-Outside Scrimmage	A Team Named/ Cut Skaters And Goalies Placed On B1 Team
Rec/St. Croix TCO South	10/7/18 12:35 PM	10/7/18 1:49 PM	75	Squirt B Tryout 1	
Rec/St. Croix TCO South	10/7/18 2:00 PM	10/7/18 3:14 PM	75	Squirt B Tryout 1	
Rec/St. Croix TCO South	10/10/18 5:45 PM	10/10/18 6:59 PM	75	Squirt B Tryout 2	
Rec/St. Croix TCO South	10/10/18 7:10 PM	10/10/18 8:24 PM	75	Squirt B Tryout 2	B1 And B2 Team Picked, All Cut Skaters And Goalies Report To C Evals
Rec/St. Croix TCO South	10/12/18 5:45 PM	10/12/18 6:44 PM	60	Squirt C Evals	

# Pee Wee Tryout Schedule

FacName	EventStart	EventEnd	SchedDuration	SchedNotes	
Somerset	9/25/18 6:50 PM	9/25/18 8:04 PM	75	PW AA Tryout 1	
Somerset	9/25/18 8:15 PM	9/25/18 9:29 PM	75	PW AA Tryout 1	
Somerset	9/27/18 6:50 PM	9/27/18 8:04 PM	75	PW AA Tryout 2	
Somerset	9/27/18 8:15 PM	9/27/18 9:29 PM	75	PW AA Tryout 2	Cut to ? Skaters And ? Goalies/ Cut Players Report To B1 Tryouts
Rec/St. Croix TCO South	9/28/18 8:00 PM	9/28/18 8:59 PM	60	PW AA Inter Scrimmage	Cut to ? Skaters Keep ? Goalies/ Cut Players Report To B1 Tryouts
Lumberyard	9/30/18 8:00 AM	9/30/18 10:49 AM	170	PW AA 3 v 3	Cut to ? Skaters And ? Goalies Cut Skaters are on the A team, Cut Goalie To B1 Tryouts
Rec/St. Croix TCO South	10/2/18 8:00 PM	10/2/18 9:30 PM	90	PW AA Final Pool Outside Scrimmage	AA team Picked The Cut Skaters and 1 Goalie Are Placed On The A team
Rec/St. Croix TCO North	10/4/18 6:55 PM	10/4/18 8:09 PM	75	PW B1/B2 Tryout	
Rec/St. Croix TCO North	10/4/18 8:20 PM	10/4/18 9:34 PM	75	PW B1/B2 Tryout	
Rec/St. Croix TCO South	10/5/18 5:50 PM	10/5/18 7:05 PM	75	PW B1/B2 Tryout 2	
Rec/St. Croix TCO South	10/5/18 7:20 PM	10/5/18 8:35 PM	75	PW B1/B2 Tryout 2	Cut to 3? Skaters And ? Goalies/ All Cut Players Report to B2/C Tryouts
Lumberyard	10/7/18 8:00 AM	10/7/18 10:49 AM	170	PW B1/ B2 LY	No Cut
Rec/St. Croix TCO North	10/9/18 6:55 PM	10/9/18 7:54 PM	60	PW B1/B2 Scrimmage	B1 Team Picked Cut Players Placed on B2 Team
Rec/St. Croix TCO South	10/11/18 6:55 PM	10/11/18 7:54 PM	60	PW B2/C Tryout	B2 Teams Picked

# Bantam Tryout Schedule

FacName	EventStart	EventEnd	SchedDuration	SchedNotes	
Somerset	9/18/18 9:00 PM	9/18/18 9:59 PM	60	Bantam Goalie Tryouts	
Somerset	9/20/18 9:00 PM	9/20/18 9:59 PM	60	Bantam Goalie Tryouts	
Rec/St. Croix TCO South	9/23/18 9:10 AM	9/23/18 10:24 AM	75	Bantam AA Tryout 1	
Rec/St. Croix TCO South	9/23/18 10:35 AM	9/23/18 11:49 AM	75	Bantam AA Tryout 1	
Rec/St. Croix TCO North	9/24/18 7:10 PM	9/24/18 8:24 PM	75	Bantam AA Tryout 2	
Rec/St. Croix TCO North	9/24/18 8:35 PM	9/24/18 9:49 PM	75	Bantam AA Tryout 2	Cut to ? Skaters And ? Goalies/ Cut Players Report To B1 Tryouts
Rec/St. Croix TCO South	9/27/18 8:05 PM	9/27/18 9:19 PM	75	Bantam AA Inter Scrimmage	Cut to ? Skaters Keep ? Goalies/ Cut Players Report To B1 Tryouts
Lumberyard	9/29/18 8:00 AM	9/29/18 10:49 AM	170	Bantam AA 3 v 3	Cut to ? Skaters And ? Goalies Cut Skaters are on the A team, Cut Goalie To B1 Tryouts
Rec/St. Croix TCO South		9/30/18 4:20 PM	75	Bantam AA Final Pool Outside Scrimmage	AA team Picked The Cut Skaters and 1 Goalie Are Placed On The A team
Rec/St. Croix TCO South	10/1/18 5:45 PM	10/1/18 6:59 PM	75	Bantam B1/B2 Tryout 1	
Rec/St. Croix TCO South	10/1/18 7:10 PM	10/1/18 8:24 PM	75	Bantam B1/B2 Tryout 1	
Rec/St. Croix TCO South	10/3/18 5:45 PM	10/3/18 6:59 PM	75	Bantam B1/B2 Tryout 2	
Rec/St. Croix TCO South	10/3/18 7:10 PM	10/3/18 8:24 PM	75	Bantam B1/B2 Tryout 2	Cut to ? Skaters And ? Goalies
Lumberyard	10/6/18 8:00 AM	10/6/18 10:49 AM	170	Bantam B1/B2 LY	No Cut
Rec/St. Croix TCO South	10/7/18 4:35 PM	10/7/18 5:34 PM	60	Bantam B1/B2 Scrimmage	B1 Team Picked Cut Players To B2/C Tryout
Rec/St. Croix TCO South	10/9/18 7:25 PM	10/9/18 8:24 PM	60	Bantam B2/C Tryout	B2/C Team Picked



# Boys Tournaments Hosted By SAHA

## ▶ PeeWees:

- ▶ Stampede Tourney for B1 and B2 teams November 23-25<sup>th</sup> 2018
- ▶ Lumberjack Cup for AA and A teams in December 6-9<sup>th</sup> 2018  
(Run by Youth Hockey Hub)
- ▶ Round Up for PeeWee C on January 18<sup>th</sup>-20<sup>th</sup> 2019

## ▶ Squirts:

- ▶ Round Up for Squirt C on January 18-20<sup>th</sup> 2019

# Girls Program Updates

Eric St. Martin

*Girls Hockey Director*

# Girls Team's Registration

- ▶ U19: Very excited to have a U19 team this year
- ▶ U15: A1 and A2 format (2 “A” teams projected this year); tryouts will occur after HS tryouts this year
- ▶ U12: 48 skaters and 7 goalies (Pending tryout results, projecting A, B, B, B); 4 teams
- ▶ U10: 39 skaters and 7 goalies (A, B, B); 3 teams

# Girls Team's Level Leaders/Coordinators

- ▶ U19: Todd Anderson
- ▶ U15: Joe Cheney
- ▶ U12: Rick Bancroft
- ▶ U10: Doug Schmidt
- ▶ Tryout Coordinator: Damen Lobinsky
- ▶ Player/Coach Development will be led by Mira Jalosuo

# Girls Tournament Hosted By SAHA January 24-27, 2019

## **Tournament Coordinators:**

Cari McGlynn

Jenny Tuccitto

Tournament is FULL!!!!

40 teams/4 game guarantee

15A/12A/12B/10A/10B



# Tryouts

- ▶ The schedules and groups are being finalized. Check website often for the most up to date details
- ▶ Tryout format
- ▶ U10 pre-tryout skills skates begin on 9/15; U10/U12 goalie tryouts begin on 9/18
- ▶ “A” Head Coaches will have final say in the final 2 team player placements; for example, if projected “A” team size is 13 players, independent evaluators will lock in 11 players; My goal is to have U10A and U15A1 HC in place prior to tryouts; U15A2 and 12B/10B coaches will be named after final tryout results; 12B/10B (parity) teams will be selected by Girls’ Director, Tryout Coordinator, Level Coordinator and ALL named coaches; **ALL COACHES WILL BE NAMED PRIOR TO “B” TEAMS BEING FORMED**

# Other Highlights

- ▶ Girls Outdoor Hockey Classic at Oval for our U8's and additional player development for our U8's
- ▶ Registration costs flat YOY for U8's/Mites
- ▶ Non-parent Head Coaches at U19 (Alyssa Shelton) and U12A (Mira Jalosuo); Non-parent Assistant Coaches at U12A (Tori McNamara and Karly Vohden)
- ▶ All U10 and U12 teams will participate in a total of 4 tournaments this year; U15 teams will participate in a total of 3; THANK YOU Jen Cheney
- ▶ Very excited about player development and the tweaks we made this year; we listen to member feedback



Mite Program  
Pete Johnston  
*Initiation Director*



# Mite/U8 Program Goal

## *Mission*

Introduce the game of hockey to our boys and girls, focus on skill development while providing a fun and positive experience for our players

# Mite/U8 Program Overview

- ▶ Beginner Mites
- ▶ Intermediate Mites, U81
- ▶ Upper Mites, U82, U83

# Beginner mites

## ▶ Learn to Skate Group

- ▶ Approximately 30-40 Skaters
- Lead by Jackie Loughrey – Stillwater Skating Director and Assisted by her Staff

## ▶ Learn to Play Hockey Group

- ▶ Approximately 30-40 Skaters
- Lead by Jackie Loughrey – Stillwater Skating Director and Assisted by High School Boys and Girls Players and wells as selected parent coaches

## ▶ SAHA Players get 25% off enrollment for the Rec Center's Learn to Skate Courses

(Tiny Tots, Tots, Pre-Alpha)

# Intermediate Mites & U8 Level 1

- ▶ Boys are placed in Intermediate Mites
  - ▶ Projected 4 Teams for 2018-2019 Season
- ▶ Girls are placed in U8 Level 1
  - ▶ Projected 1 Team for 2018-2019 Season
- ▶ SAHA Players get 25% off enrollment for the Rec Center's Learn to Skate Courses
  - ▶ (Tiny Tots, Tots, Pre-Alpha)

# Upper Mites & U8 Levels 2 and 3

- ▶ Assessments: October 24<sup>th</sup> – 28<sup>th</sup> 2018
- ▶ Boys Teams
  - ▶ Black Level – Projected 2 Teams for 2018-2019 Season
  - ▶ White Level – Projected 4 Teams for 2018-2019 Season
  - ▶ Red Level - Projected 4 Teams for 2018-2019 Season
- ▶ Girls Teams
  - ▶ U83 – Projected 1 Team for 2018-2019 Season
  - ▶ U82 – Projected 2 Teams for 2018-2019 Season

# Ice Time and Game play

## ▶ District Changes

- ▶ Game Play – 6 Full Ice Games Per Year
- ▶ Purchased Cross Ice Hard Divider Boards
  - ▶ Shorten the Rink or Play Two Half Ice Games

## ▶ Practices

- ▶ Black, White, U83
- ▶ Red Level, U82
- ▶ Intermediate Mite, U81
- ▶ Beginner Mites

## ▶ Game Play

- ▶ Black, White, U83
- ▶ Red Level, U82
- ▶ Intermediate Mite, UA81

# Season events

- ▶ Pony Mite/U8 Nights
- ▶ Thanksgiving Classic
  - ▶ Black, White, U83 at The Lumberyard
- ▶ Girls Outdoor Classic
  - ▶ SAHA Girls Fund Sending 3 SAHA Teams
- ▶ Year End Jamboree
  - ▶ All SAHA Mite and U8 Teams Participate

Q & A