



PSM Force 8U Select  
2019-2020 Season

# AGENDA

- Welcome
- FWAHA Overview
- “The Path” Overview
- PSM Force 8U Select Overview
- Q&A

# FWAHA

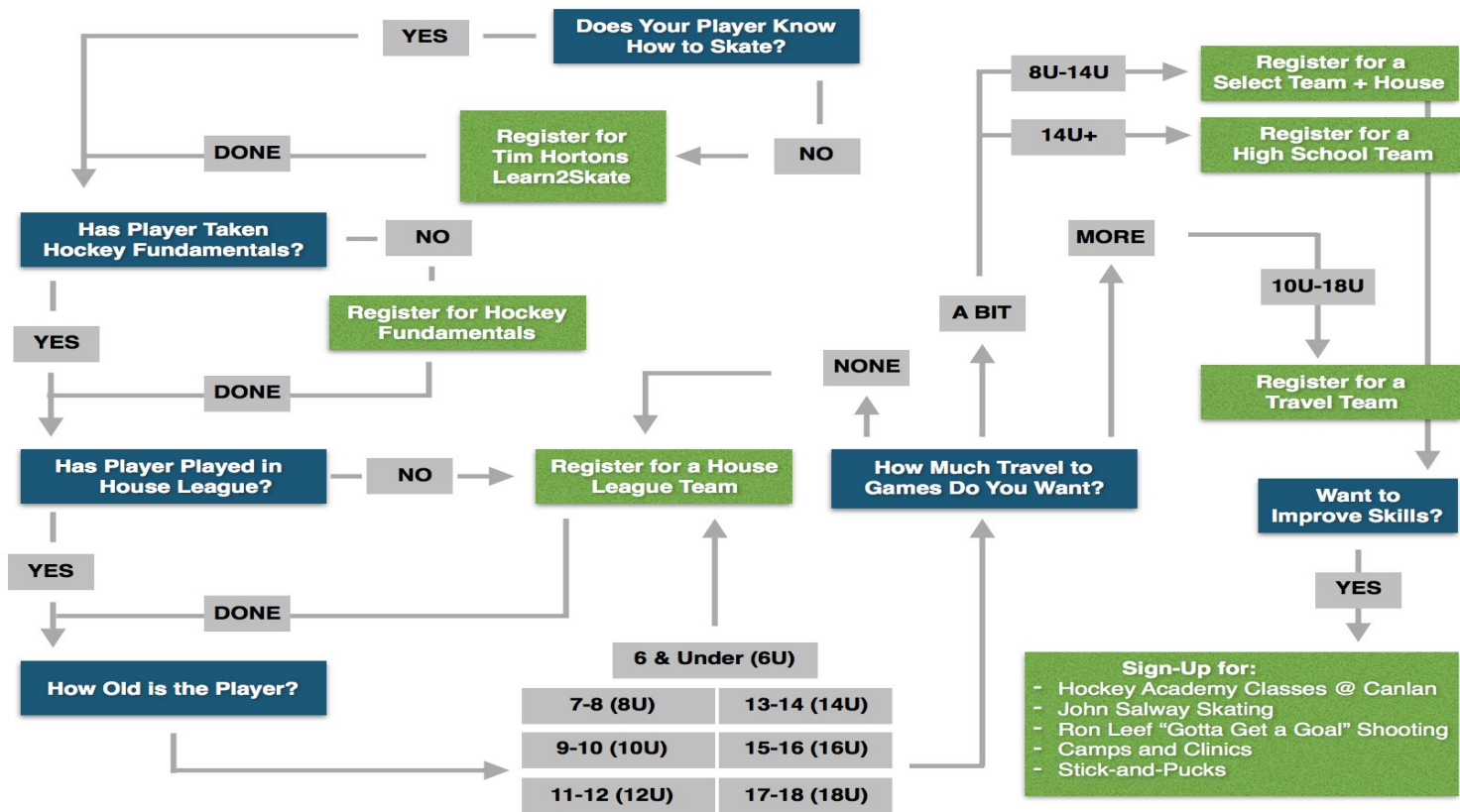
## MISSION

- We commit to provide all hockey players, families, and coaches with a premier development experience through appropriate levels of play.

## VISION

- To be a hockey program developing the whole athlete for all levels of hockey.

# FWAHA | Player Development Path



# FWAHA | USA Hockey's ADM

*ADM = American Development Model. Used nationwide to successfully developing American hockey players. Tool to ensure every kid will have a great chance to succeed. Blueprint designed to help kids reach their full potential.*

Associations using ADM will:

- Deliver more efficient skill development,
- Produce more skilled players, and
- Experience an increase in player retention.

# “The Path” Strategic Plan

- Builds on success and structure of previous two FWAHA seasons
- Includes feedback from families in August 2018 survey
- Improves consistent delivery of Skills training
- Increases attention to USA Hockey’s ADM
- Continues collaboration between High School and Travel teams

# “The Path” Strategic Plan

What “The Path” is....

Long-term, Individual Player Development

*What “The Path” is not....*

*Team Focused*

“We Play to Develop, then Win.”

# “The Path” | Culture

## EXPECTATIONS



## CODES OF CONDUCT

USA Hockey developed codes of conduct for coaches, parents, players and spectators to help everyone understand the expectations associated with their role in the game.

### COACH'S Code of Conduct

**WINNING** is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game.

**REMEMBER**, players are involved in hockey for fun and enjoyment.

**BE A POSITIVE ROLE MODEL** to your players. Display emotional maturity and be alert to the physical safety of players.

**BE GENEROUS** with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.

**ADJUST** to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.

**ORGANIZE** practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and

strategies of hockey; encourage all your players to be team players.

**MAINTAIN** an open line of communication with your players' parents. Explain the goals and objectives of your association.

**BE CONCERNED** with the overall development of your players. Stress good health habits and clean living.

### PLAYER'S Code of Conduct

**PLAY** for fun.

**WORK HARD** to improve your skills.

**BE A TEAM PLAYER**—get along with your teammates.

**LEARN TEAMWORK**, sportsmanship and discipline.

**LEARN THE RULES** and play by them. Always be a good sport.

**RESPECT YOUR COACH**, your teammates, your parents, opponents and officials.

**BE ON TIME**.

**NEVER ARGUE** with an official's decision.



### PARENT'S Code of Conduct

**DO NOT FORCE** your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.

**ENCOURAGE** your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.

**DO NOT EMBARRASS** your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.

**EMPHASIZE** skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.

**KNOW AND STUDY** the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.

**APPLAUD** a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice—it is destructive. Work toward removing the physical and verbal abuse in youth sports.

**RECOGNIZE** the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.

**IF YOU ENJOY THE GAME**, learn all you can about hockey—and volunteer.



### SPECTATOR'S Code of Conduct

**DISPLAY** good sportsmanship. Always respect players, coaches and officials.

**ACT APPROPRIATELY**; do not taunt or disturb other fans; enjoy the game together.

**CHEER GOOD PLAYS** of all participants; avoid booing opponents.

**CHEER IN A POSITIVE MANNER** and encourage fair play; profanity and objectionable cheers or gestures are offensive.

**HELP PROVIDE** a safe and fun environment



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# “The Path” Member Engagement

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- USA Hockey Parent Code of Conduct
  - FWAHA is an all volunteer organization - member engagement is essential to sustainability
  - Capitalizes on all our talents and skills
  - Per Player:
    - Sign-Up to via MemberDibs for Mandatory Hours
      - Team Management
      - Events & Tournaments
      - Coaching
      - FWAHA Committees (ex: Apparel, Fundraising, etc.)
- OR
- \$100 Fee at Registration

# “The Path” Fundraising

# “The Path” | Fundraising

## PLAYER: 90%/10% SPLIT

- Player Sponsorships. Using \$618 avg gift:
  - 18-19 Season: Player received \$494
  - 19-20 Season: Player receives \$556
- “RallyMe” and “RallyMe Rosters”

## TEAM: = Max 1 per Team per Season

- Managers equipped with big \$ opportunities
- Funds raised will be equally distributed among participating players

# “The Path” Communication

# “The Path” | Communication

- [www.FWAHA.org](http://www.FWAHA.org)
  - News
  - Team Pages & App
- Email - *bi-weekly or monthly*
- Facebook - timely News and Events; Fun
- Instagram - News and Fun
- Twitter - Scores and News

**#FWAHA**

**#PSMForce**

**#HighSchoolHockey**

# “The Path” PSM Force Teams

# “The Path” | PSM Force Teams

	HOUSE	SELECT	TRAVEL
DEVELOPMENT	ADM Practice:Game	ADM Practice:Game Team Size	ADM Practice:Game Team Size
SKILL INSTRUCTION	ADM Stations	Skill Instructors Weekly On-Ice Dry Land, Shooting, Goalie	Skill Instructions Weekly On-Ice +Add'l Dry Land, Shooting, Goalie
COMPETITIVE LEVEL	Recreational	A or B	AA
LEAGUE PLAY			LCAHL
TOURNAMENTS		Yes	Yes

# “The Path” | 8U ADM

8U	
<i>Select 7U</i>	<i>Select 8U</i>
<b>FUNdamentals</b> Half-Ice/Cross-Ice 25% hockey; 75% other activities 9-13 Skaters; 0 Full-Time Goalies 5-month/20 week season 50 min ice sessions 2-3 ice touches/week or 50-60/season Max: 20 games and 40 practices	

# “The Path” | 8U SELECT

Season: September - February

	Practice /Game Ratio	Game Total	Tournaments	House Games	Practice Total	PSM Performance	Gotta Get A Goal	Est. Overnight Stays	8U Select Player Fee	House League Player Fee	Total Cost per Player
<b>8U 2011</b>	1.4	34*	4 Total 2 home 2 away	18	46*	1x/Week 5 months	8	3-4	\$600	\$758	\$1,358
<b>8U 2012</b>	1.4	34*	4 Total 2 home 2 away	18	46*	1x/Week 5 months	8	3-4	\$600	\$758	\$1,358

*\*Includes House League Games and Practices*

# FWAHA | PSM Partnership

- All Travel & Select teams receiving PSM Performance off-ice training and nutrition education

	FWAHA AVERAGE	TOP TEAM
Vertical Jump +	1.6 inches	2.8 inches (14U Select)
Broad Jump +	3.8 inches	10.8 inches (14U Select)
Change in Direction Decrease in Time	0.2 seconds	R: 0.34 seconds (8U 2010 Blue) L: 0.51 (14U Select)
10 yd Sprint Time --	0.2 seconds	0.37 (10U Select)
20 yd Sprint Time --	0.3 seconds	0.48 (10U Select)

# “The Path” | PSM Force Teams

## Fixed Player Fee

- Set fee for set benefits per hockey product
- No team budget = no variance by team or year by year

## Team Roles

- Manager - League Schedule; Tournament Selection; Hotel Blocks; Team Communication including website

# COSTS | 8U Select

NOT INCLUDED in Player Fees:

- \$170 for jerseys (total cost for home & away jerseys)
- \$16 for Select hockey socks
- \$12 for Personalized Decal/Sticker Sheet
- *OPTIONAL* \$125 for Warm-Up jacket and pants (total for both)
- Hotel nights during Tournaments

# TOURNAMENTS | 8U Select

DATE	TOURNAMENT	LOCATION	HOTEL NIGHTS
Sat, Nov. 9*	Fight for the Fort 8U Tournament	Fort Wayne, IN	0
Sat/Sun, Dec. 7 & 8	Mid-Am Regional Silver Stick	Troy, OH	1
TBD	TBD	AWAY	1-2
Sat/Sun, Feb. 22-23*	State Championship/Border Wars - 8U+	Fort Wayne, IN	0

*\*NOT CONFIRMED DATES*

# Next Steps

## 2019-2020 Season Schedule

- August 18 Register for House by or price increases to \$455
- August 23 & 24 House 8U Tryouts
- September 6 & 7 House 8U First Practices
- September TBD PSM Force 8U Select Tryouts
- September TBD PSM Force 8U Select First Practices
- September TBD Parent Meeting & Commitment Fee Due
- September TBD Jersey Orders Due

## NO HOUSE

- October 18 & 19 and 25 & 26
- November 1 & 2 and 29 & 30
- December 13 & 14