

**Sixteen  
Sixteen.**

**Vermont State  
Amateur Hockey Association**

**Introducing 1616**

**VSAHA Leadership Symposium  
May 4, 2025**



# A MESSAGE FROM OUR CO-FOUNDER

Sixteen  
Sixteen.



# WHAT MAKES 1616 UNIQUE?

Sixteen  
Sixteen.

x

Proactive ~~Reactive~~

x



# THE POWER OF A STORY...

Sixteen  
Sixteen.

**“Having grown up in the game I understand the challenges players face. At 1616 we are intentionally leveraging stories of the top athletes in our game to teach the next generation that in every challenge lies an opportunity to strengthen your mind and grow as a person.”**

**- Andrew Ladd, 1616 Co-Founder**



# THE 4Cs OF 1616

Sixteen  
Sixteen.

## CONNECTION

- *Team Identity and Feelings of Belonging*
- *Teamwork and Task Cohesion*
- *Trust and Support*
- *Parents/caregivers and coaches are part of the team, everyone is in it for the kids' benefit.*



## CHARACTER

- *Shared Leadership*
- *Integrity*
- *Prosocial/Antisocial Behavior*
- *Resilience*
- *Attribution/Focus*

## CONFIDENCE

- *Self Concept & Self Worth*
- *Sport-Specific Confidence & Self-Efficacy*
- *Achievement/Mastery Orientation*
- *Psychological Safety/Creativity*

## COMPETENCE

- *On-Ice Skills Videos developed by Andrew Ladd in partnership with Hall of Famer Adam Oates*



# GETTING STARTED: WHO & WHEN

Sixteen  
Sixteen.

## WHO is 1616 for?

- ✘ 1616 was designed specifically U13 Players (approx ages 10-12), along with their “Hockey Parents” and Coaches. For VSAHA, that means 14U and 12U teams are the perfect age!
- ✘ 1616 is most powerful when an entire team participates. When a Coach, all the Players and at least one “Hockey Parent” per Player commits to the Buffalo Mindset, everyone gets stronger together.
- ✘ Don't have a commitment from the full team? No problem! 1616 can absolutely be experienced as an individual family or small group.

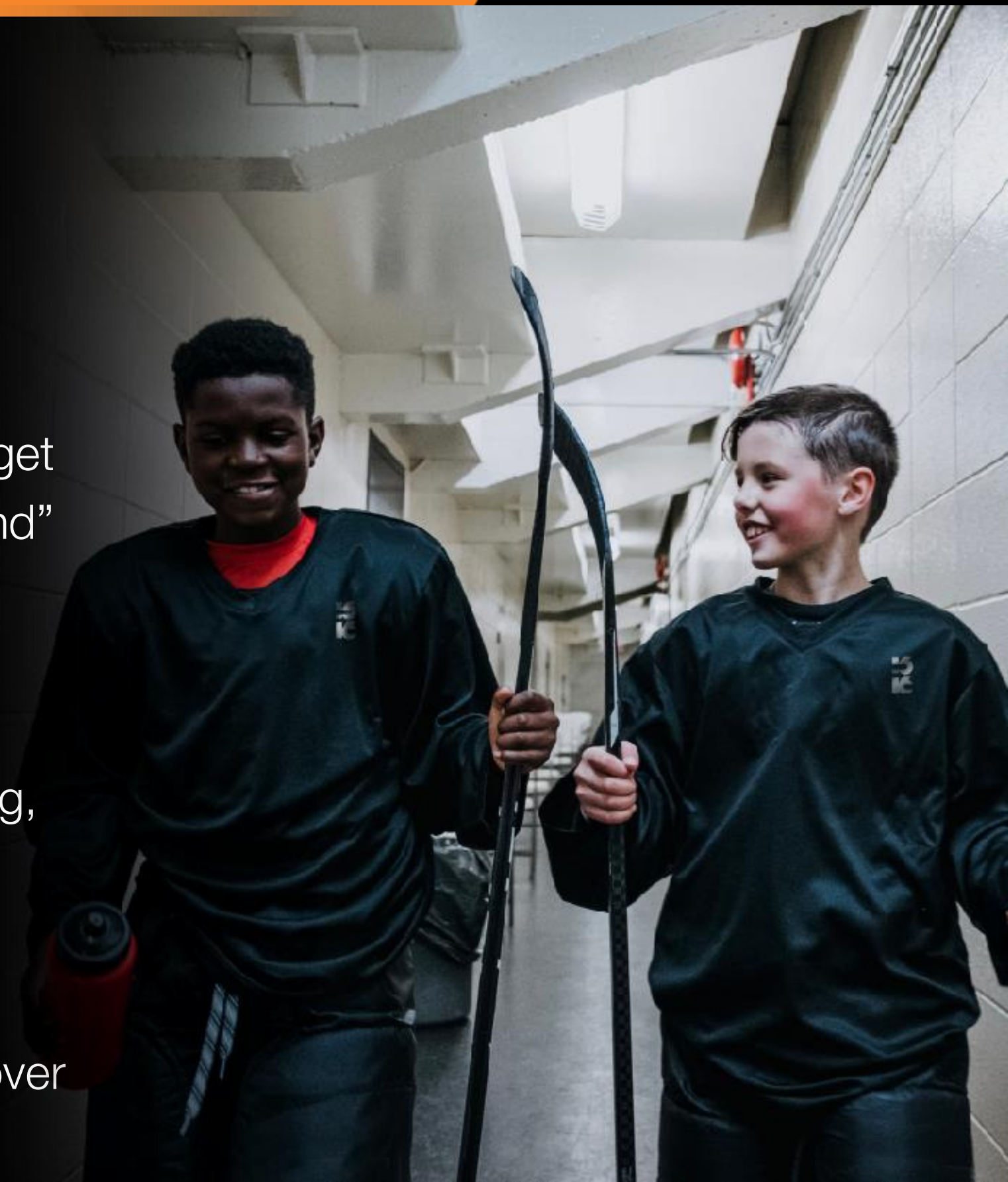


# GETTING STARTED: WHO & WHEN

Sixteen  
Sixteen.

## WHEN is the 1616 season?

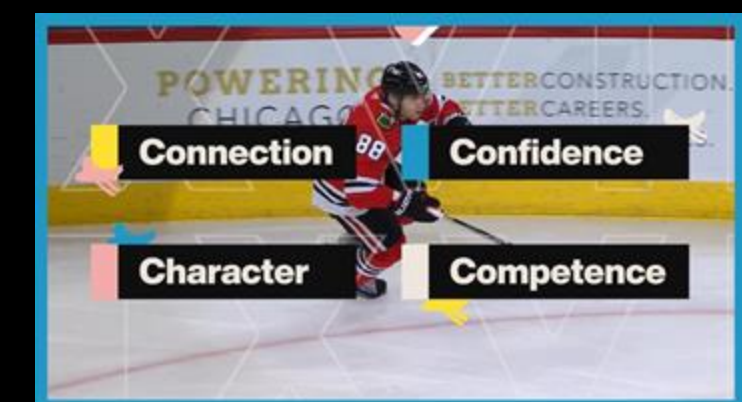
- ✗ Registration for the 2025 season of 1616 opens in **early July**. Teams/Individuals can begin registering *any time* July - early 2026!
- ✗ The 2025 season will officially **begin October 12, 2025**. Teams can get started any time from October 12 until early 2026. The season will “end” March 13, 2026.
- ✗ 1616 is **self-paced**. A Coach or team liaison will select when to “get started” for their team/family any time after October 12th. After starting, a new episode will drop every week for 10 weeks - view it whenever works best for your Player(s).
- ✗ 1616 has **TWO SEASONS!** Your Player/team can experience 1616 over two years, with new pro player stories that reinforce the 4Cs.



# THE PLAYER STORY VIDEO

Sixteen  
Sixteen.

- ✗ Everyone watches the weekly 1616 Player Story Video.
- ✗ Players learn new concepts focused on **Connection**, **Character** and **Confidence** and are guided through prompts to ensure they understand the story and can relate it to their own lives. 1616 offers a printable **Playbook** to support learning and reflection.
- ✗ Hockey Parents and Coaches learn what we are teaching the Players that week and why it is important for their development.
- ✗ Coaches will also have access to an on-ice skill video developed by NHL Hall of Famer Adam Oates and Andrew Ladd (“Competence”).



# PLAYERS' 2nd TOUCHPOINT: LIVE IT OUT

Sixteen  
Sixteen.

WEEK 10

## LIVE IT OUT ✖

**Pick one thing to focus on this week to show you are a leader on your team.**

**Some examples are:**

- ☉ Stay positive and don't complain
- ☉ If you see trash on the ground in the dressing room, pick it up
- ☉ Set an example for your teammates by working hard on the ice
  - ☉ Show up on time
- ☉ Pick up pucks at the end of practice
- ☉ Ask a question if you don't understand something

**15 Sixteen.**



Week 5 Live it Out with Natalie Spooner

# COACHES' 2nd TOUCHPOINT: MID-WEEK REFLECTION

Sixteen  
Sixteen.

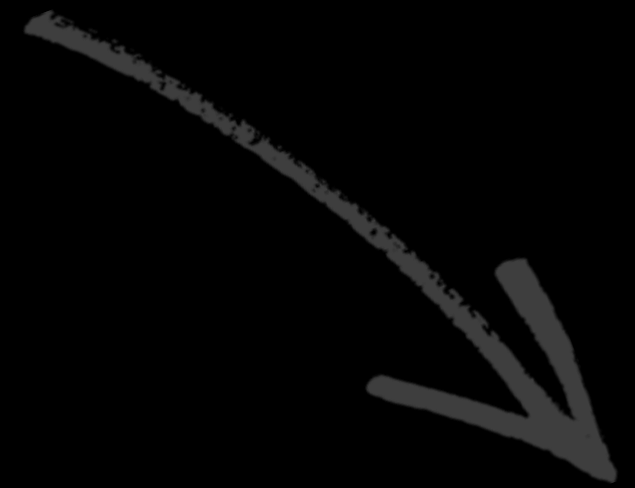
## MID WEEK REFLECTION

Adversity, failure and challenges are inevitable and they are all necessary for growth.

*How are you helping your Players learn from their challenges?*

**This week when you see a Player struggle, take the time to explain why it's ok and how it's helping them grow.**

**Sixteen.15**



# HOCKEY PARENTS' 2<sup>nd</sup> TOUCHPOINT: CONNECT WITH YOUR KID

Sixteen  
Sixteen.

## CONNECT WITH YOUR KID

### CAR RIDE HOME TIP

*Give them time to think and encourage them to take the time to think.*

Ask your Player which two teammates they are building up this week and why.

### CATCH YOUR KID

When you see your Player being a "People Builder" on or off the ice, build them up by acknowledging the behavior. e.g., when you see them tap the shin pads of a teammate, check on an injured Player, high five a teammate after a tough shift, or when they're generous/sharing with a sibling at home.

 Sixteen.



**JUST 20 MINUTES PER WEEK!**

**Sixteen  
Sixteen.**

## **Player**

**1616 Player Story Video  
(+/- 7 min)**

**Live it Out Video  
& Activity**

## **Coach**

**1616 Player Story Video  
(+/- 7 min)**

**Mid-Week Reflection**

**Hockey Skills Video**

## **Hockey Parent**

**1616 Player Story Video  
(+/- 7 min)**

**Connect with Your Kid**

# 1616's IMPACT

Sixteen  
Sixteen.

- ✘ Athletes felt closer to their teammates, coaches and parents.
- ✘ Athletes felt more confident, had more of a mastery outlook, and felt competitive excitement.
- ✘ Athletes felt more mentally tough, thought they had greater sportspersonship and demonstrated better values.
- ✘ Coaches were more confident in their abilities to motivate their athletes, teach them proper technique, and build their character, because of 1616.
- ✘ Hockey Parents felt that because of 1616, they were more capable, were aware of opportunities, and motivated to help improve the 4Cs in their children.



# 1616 PARTICIPANT TESTIMONIALS

Sixteen  
Sixteen.

“I really enjoyed writing into the storm together on my stick, and I also wrote ‘buffalo mindset,’ ‘work hard,’ and ‘I love hockey.’ I really used those messages, and it helped me. And I’m hoping we can do something like that again next year.”

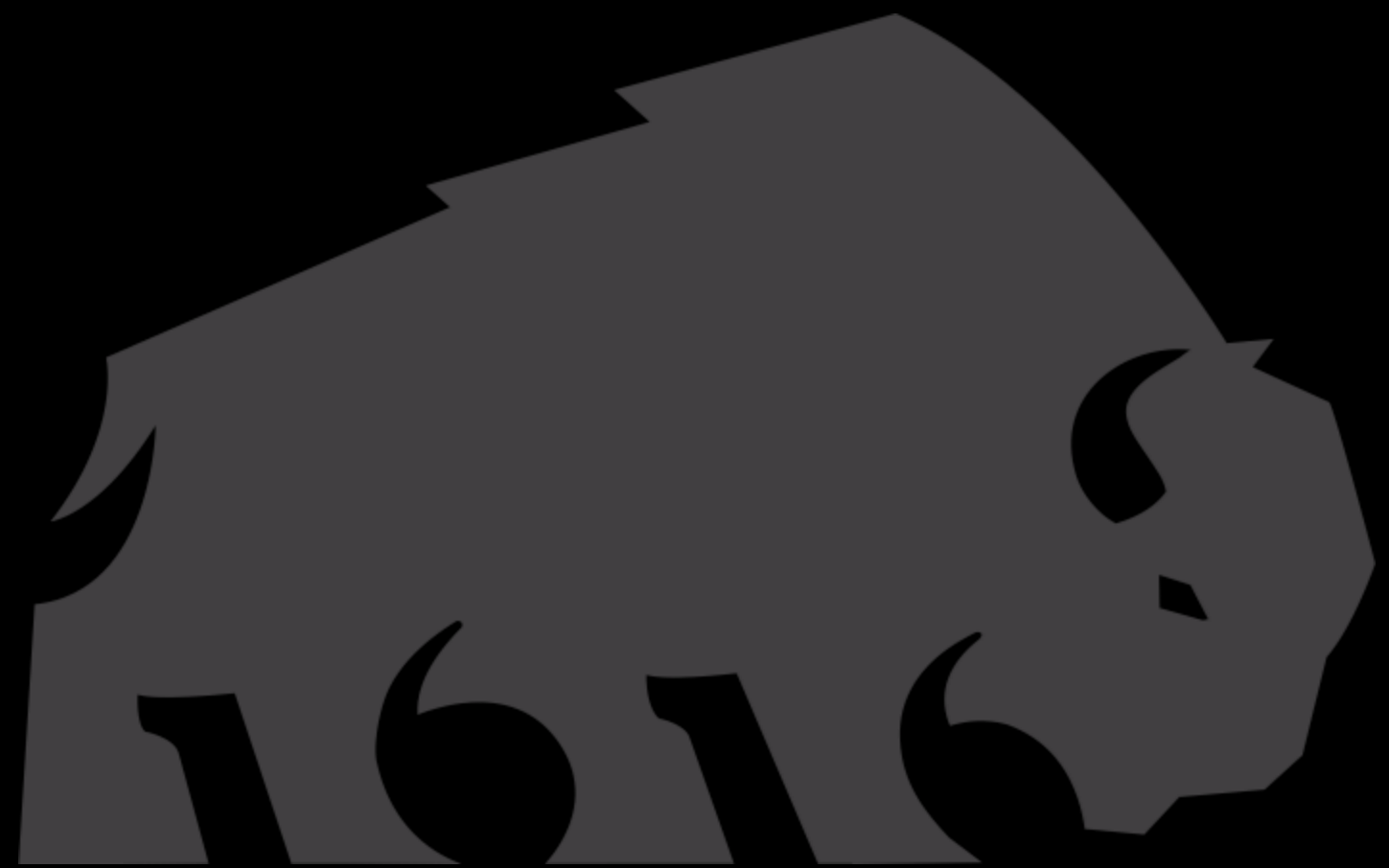
**“The program was awesome. For those that I thought were using it, I could see a clear difference, and I could see actual results stemming from what they were learning.”**



**“... the program helped me to keep my cool in a game because I don't do that most of the time when we're losing bad and then I just get frustrated. And also, it helped me understand the importance of helping my teammates out.”**

“I do think that as things came up throughout our hockey season that maybe aren't always the easiest... just some of those drama things that come up in hockey. There was almost always a video or a solution to that within 1616.”

“I used to not believe in myself, but since I've been doing 1616 for the past season... I've been starting to be more confident over time. Also, I've been making good bonds with my teammates both on and off the ice.”



**INTO THE STORM TOGETHER**

**Thank You!**

**Sixteen  
Sixteen.**