



Parent Meeting Traveling Boys

2025-26 SEASON

AVBHA Board Members & Leadership

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Gambling Manager

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HDC Player Development Coordinator, BVTC Skills Coach

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HDC CO-CHAIR

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 **MAGGIE Tichawa***
ETrain Owner & Skating Treadmill Coach

 **ALEX Borchert***
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CO-CHAIR

 **CHRIS Sikich***
CO-CHAIR

HDC PLAYER DEVELOPMENT COORDINATORS

 **BRANDON Steege***
HDC Coordinator

 **KELLY JO Powerstorm**
HDC Coordinator

AVBHA Waiver Policy

- ▶ AVBHA considers waivers for players leaving or coming into our Association in accordance with Minnesota Hockey and District 8 policy. Details of the participation policy can be found in section 4 of the MN Hockey Handbook. Waivers must be signed by the AVBHA President. It is the policy of AVBHA to deny Outbound Discretionary Waivers with the exception of:
 - ▶ Ninth grade players that are not attending AVHS or BHS. A conditional waiver will be issued to the player to participate in the association whose boundaries include the location of the high school the player attends. This waiver is conditional based on attendance of the school during their entire ninth grade school year.

AVBHA Waiver Policy (cont.)

Following Minnesota Hockey's January 20-21, 2024 Winter Meetings, it was announced today that rule change modifications with regards to school waivers for Youth and Girls hockey players in Minnesota will be adopted and go in to effect prior to commencement of the 2024-2025 hockey season. These changes are statewide and will be implemented across all of Minnesota Hockey's (13) Districts and (130) plus member Associations.

According to Minnesota Hockey President, Steve Oleheiser, "The most recent rule modifications to our existing waiver process(es) are the direct result of a changing landscape and the need to continue supporting our Districts and Associations who are the backbone of our community based developmental model we are so fortunate to have here in the great State of Hockey. This modification provides some balance, stability and certainties to both families and local Associations as well as preserving our discretionary waiver process that allows Associations and Districts to address unique and/or extraordinary circumstances on an individual case-by-case basis as they may arise."

The rule modification allows players the ability to waive into a Minnesota Hockey Association (outside their own Association as determined by residence) whose boundaries incorporate the school in which that player is enrolled and attending. This waiver must now occur prior to the start of the player's first year of Squirts or 10U level. Should a player stop attending school within that association's boundaries, they will revert to their Association of residence for participation. Players who have not obtained a school attendance waiver prior to being eligible for Squirts or 10U, may only play outside their association of residence by obtaining a discretionary waiver.

Any player previously granted a school-based waiver prior to the changes adopted by Minnesota Hockey at the January 20-21, 2024 Winter Meetings will be "Grandfathered" in and allowed to continue to play in the association of school attendance where the player attended at the time of receipt of the waiver.

For the official rule change, see highlighted below:

Youth Rules and Regulation Change

IV. Participation

3. With the exception of Junior Gold and 19U Players, prior to a player's first year of Squirts or 10U a Mandatory Waiver shall be granted to any player in good standing other than a Mite or 8U and under, without conditions except as described below, who wishes to participate in the MH association whose boundaries incorporate the school in which the player is enrolled and is attending, as follows:

B. Players waived based on school choice shall be deemed to be members of their Association of School Attendance and shall have full rights and privileges accorded to all members of that association, including voting rights. (Exception – see "Changing Schools" below.)

C. Players receiving a waiver based on school attendance shall register with their Association of School Attendance for as long as they continue to attend that school (including the first year). If they stop attending school in that association's area, they revert back to their Association of Residence for participation or waiver.

D. If a player has obtained a waiver based on this section, they shall be allowed to continue to play with their Association of School Attendance. If a player has not obtained a waiver based on school attendance prior to being eligible for Squirts or 10U, they may only play outside of their Association of Residence by obtaining a discretionary waiver.

E. Any player granted a school-based waiver prior to the changes adopted by MH at the January 2024 meeting will be allowed to continue to play in the association of school attendance where the player attended at the time of receipt of the waiver.

Hockey Development Committee

- ▶ HDC Co-Chair
 - ▶ Chris Sikich, AVHS Girls Head Coach
 - ▶ Tate Erickson, AVB HS Boys Head Coach
- ▶ HDC Player Development
 - ▶ Brandon Steege, BVTC Coach
 - ▶ Kelly Jo Powerstorm, Board Member & Girls Coordinator
- ▶ Duties
 - ▶ Advisory body overseeing the process of training and development
 - ▶ Made up of experienced, knowledgeable hockey people
 - ▶ Reports to, and is appointed by, the President
 - ▶ Oversees Player Development Coordinators (PDCs)
 - ▶ Recommends team level designations and sizes
 - ▶ Recommends and trains coaches
- ▶ Programs
 - ▶ E-Train: Summer Treadmill sessions, – In-season treadmill training for teams
 - ▶ Preseason Clinics – Squirts / 10U
 - ▶ In-season Skill Sessions
 - ▶ TPG (Collin/Mac) – Goalie Clinics Fall/Winter

HDC & Coach Tools

▶ Ice Hockey Systems

- ▶ Coaching resource: With over 2,500 pieces of content created by some of the best minds in hockey, our library is categorized by age group and topic for effortless navigation. Our content is designed for all age and skill levels, from youth to pro.
- ▶ Draw Drills, Create Practice Plans, Share Practices with Your Team, Add Drill and Game Videos, Access Anytime

▶ Spiideo & LiveBarn Premium

- ▶ Spiideo Perform's cloud-based sports video analysis tool enables detailed game and player analysis for feedback and development. Trusted globally by teams, clubs, and federations at all levels. Experience the most interactive real-time data and live analysis platform.
- ▶ Spiideo's AI-powered automated sports camera captures detailed, panoramic footage for in-depth analysis of every moment and every player.
- ▶ Paired with Spiideo Perform's flexible video analysis platform, high-definition recordings can be instantly uploaded and analyzed through illustrations and visualizations. Make tactical decisions based on live data, avoiding misunderstandings and ensuring accurate game representation everywhere, every time.

▶ Apple Valley & Burnsville Training Center

- ▶ RapidShot, RapidHands, Plyometrics, Stickhandling, Shooting, Skating Treadmill, and more.

▶ The Coaches Site

- ▶ The Coaches Site provides a platform for the best and brightest coaches to share their expertise.
- ▶ Whether they're sharing lessons on player development, breaking down their team's tactics or posting a video of their go-to drill, TCS is where hockey's top coaches exchange their best ideas.
- ▶ With members from 21 countries, you can connect with coaches of all levels, from around the world. Save and share your favourite content as you build your personal digital coaching tool kit.

▶ Practice Plan Library

- ▶ 100s of practice plans saved on our website AVB > Resources > Coach Practice Plans (i.e. Fortis, USA Hockey, Ice Hockey Systems)

▶ Fortis

- ▶ Leadership Seminar: Leadership is a skill that cannot be acquired during an hour seminar or quick pep talk. It requires consistent attention and focus over time. The Fortis leadership training program puts persistent training at the foundation of our program. We meet with the captains of the sports currently playing every 2-3 weeks. The bulk of our classroom sessions consist of reviewing challenges and issues leaders are facing and discussing how to respond. Participants are also given assignments to complete on their own time.
- ▶ Skills Hockey Training: Fortis Hockey training spans from youth to college and pro hockey skill development. Our staff specializes in a variety of different training elements, from skating and edge work to shooting to advanced defensive movements. We pride ourselves in continually learning to provide the very best product!

Tryouts

- ▶ Tryout Requirements
 - ▶ **CLOSED** to all but Evaluation Committee and other board members
 - ▶ No parents allowed at a child's tryout
 - ▶ Evaluations based on both drills and scrimmages
 - ▶ Four on-ice days
- ▶ Tryout Results
 - ▶ Results of the tryout will be posted to our website as soon as possible following the final ice time. If a player is unsatisfied with their team placement or would like to understand their personal areas of strengths and weaknesses, a parent may request feedback by contacting the Level Coordinator. The Level Coordinator will then contact the evaluation team and pass along the feedback to the parent. At no time should a parent directly contact members of the Evaluation Committee.
- ▶ Final Authority
 - ▶ Tryout results are final unless there are extenuating circumstances related to player participation. An example would be if a player were to quit after tryouts, the evaluation team could determine a replacement player if HDC determines this is necessary.

Tryouts | Areas of Evaluation

- ▶ Skaters
 - ▶ Forward/backward skating
 - ▶ Transitions
 - ▶ Puck control
 - ▶ Passing
 - ▶ Shooting
 - ▶ Compete level
 - ▶ Hockey sense
- ▶ Goalies
 - ▶ Skating ability
 - ▶ Strength/movement on skates
 - ▶ Positioning
 - ▶ Save execution
 - ▶ Compete level
 - ▶ Game awareness
- ▶ Scoring scale: 0-5
- ▶ Tryout Feedback
 - ▶ It's okay to ask, BUT your evaluation on your own child is not part of the process.
 - ▶ Contact level coordinator to get feedback from the evaluation team
 - ▶ Info provided will focus on strengths and weaknesses
 - ▶ Will not cover ranking compared to others
 - ▶ **No evaluation team members should be contacted by parents!**

Ice Bills

- ▶ Based on actual costs & includes:
 - ▶ Tournament fees (Invitational, District, Region, State)
 - ▶ Practice & game ice
 - ▶ District and MN Hockey fees
 - ▶ Training Center fee
 - ▶ Additional fees related to specific teams
 - ▶ For example: additional tourneys, non-parent paid coach
- ▶ Payments
 - ▶ Monthly payments will be handled through SportsEngine
 - ▶ Financial assistance is available
 - ▶ Information is in the AVBHA Handbook
 - ▶ Applications are sent to AVBHA President, Treasurer & Vice President
 - ▶ Financial assistance is for ice bills only
 - ▶ Does not cover registration fees or team dues

Locker Room Monitors

- ▶ Not optional – Suspensions and fines if we do not comply
 - ▶ Must be IN the locker room – Must have MN Hockey background screening
 - ▶ Must complete SafeSport training
 - ▶ Must be same gender as team
- ▶ USA Hockey's locker room monitor policy requires a screened and SafeSport-trained adult to supervise locker rooms during all team events, ideally with two monitors present to ensure safety and deter misconduct. Monitors must remain vigilant, report any signs of abuse or hazing, and enforce a zero-tolerance policy on cell phone use for recording. Member organizations must publish their specific locker room policies, outlining procedures for monitoring, parent access, and prohibited conduct.
- ▶ Prohibited Conduct
 - ▶ Zero Tolerance: A strict "zero tolerance" policy is in effect for abuse, hazing, bullying, threats, and harassment.
 - ▶ Cell Phones: The use of cell phones or any mobile devices with recording capabilities (video, still camera, or voice) is strictly prohibited in locker rooms.

Volunteer Policy

- ▶ <https://www.avbhockey.com/volunteers>
- ▶ https://www.avbhockey.com/dib_sessions
- ▶ AVBHA relies on the dedication of its volunteers to provide a positive and enriching experience for all youth athletes and their families. The time, talent, and energy each family contributes help offset the cost of participating in hockey. All registered AVBHA families are expected to complete a set number of volunteer hours each season. While we encourage every family to support the Association by contributing their time, we understand that some may be unable to meet these requirements. In such cases, families may choose to fulfill their obligation by paying a fee in lieu of volunteering. Families who do not complete their required volunteer hours by the end of the season (March 2026) will be billed for any unmet hours. Families with outstanding invoices will not be allowed to register for the next season.
- ▶ We sincerely appreciate the contributions of all our families. Your support plays a vital role in creating a successful program and a rewarding hockey experience for our children.
- ▶ **Volunteer Policy**
 - ▶ Each registered family is required to complete 7.5 volunteer hours (but no more than 10) during the current season. Families who prefer not to volunteer may choose to opt out by paying a \$450 buyout fee per family. Families receiving financial aid are still required to complete their 7.5 hours.
 - ▶ Head coaches of traveling teams are exempt from volunteer (Dibs) hours.
 - ▶ Traveling teams will receive a 12-hour credit to be distributed among coaches.
 - ▶ Traveling teams will also receive a 4-hour credit to be used for team managers.
 - ▶ The head coach will determine how these team credits are distributed

Parent Code of Conduct

- ▶ Parents can contribute many things to support their child, team and our association; they can also cause unnecessary distractions. Please remember your child's participation in an AVBHA hockey program is a privilege, not a right, which requires them and you to conduct yourselves with good behavior and sportsmanship. It also requires a significant financial and time contribution.
- ▶ To provide a healthy and fun environment for all the following are your responsibilities as a parent or guardian of an AVBHA player:
 - ▶ Support our coaches and managers. Leave the “coaching” to the coach; let them handle the coaching and constructive criticism.
 - ▶ A mandatory 24 hour cooling off period must be observed before confronting any member of the coaching staff due to a disagreement
 - ▶ Do not compare your child with other players. Be honest with yourself about his/her skills and abilities.
 - ▶ Behave in a law-abiding manner when at AVBHA events
 - ▶ Keep negative comments to yourself: Never yell, taunt, or inflict physical violence upon any player, coach, official, or spectator at any youth hockey activity
 - ▶ Teach your child to have fun and enjoy competition. Compliment and encourage your player; win or lose
 - ▶ Never tell them that winning does not matter because it does, and they know it
 - ▶ Help them to develop a healthy, competitive attitude towards winning and losing
- ▶ Inappropriate behavior may result in a penalty ranging from a written warning to suspension from AVBHA based on the number of offenses and the severity of the violation. [DETAILS IN AVBHA HANDBOOK]

BETTER THAN YESTERDAY

FOCUS ON THE PROCESS - ONE DAY AT A TIME

THE PROCESS MINDSET

- ✓ Focus on what you can control
- ✓ Take it one day at a time
- ✓ Be better than you were yesterday, on the ice, in the gym, in school and in life



The results will take care of themselves when we live the process

THE E'S & A'S - OUR CONTROLLABLES

- Effort
- Energy
- Engagement
- Enthusiasm
- Attitude
- Attention
- Awareness
- Accountability

Bring these EVERY SINGLE DAY!

PLAY HARD. PLAY SMART. PLAY TOGETHER

We focus on the process, not the outcome. Each day, our goal is to be better than we were yesterday, whether in attitude, effort, skill, school, recovery, or mental health. By living out the E's & A's, we control what we can, and the results will follow

TEAM STATEMENT