



# **Simley Spartans Boys Hockey**

**2022-23 Player/Parent  
Pre-Tryout Meeting**





# Introductions

## **Coaching Staff**

Austyn Kryzer, Paul McGrath, Jeff Hauck, Matt Nitti & Luke Beaudoin

## **Team Managers**

Open

## **Athletic Trainer**

Zach Fahrenkrug

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*The BLC (Blue Line Club) is primarily a fundraising entity that supports the needs of the Boys High School Program. Please get involved! Swag, equipment, jerseys, training tools, meals, buses...the list goes on and on!*



# Evaluations & Team Selections

## Monday

3:00pm: Meet in the Activities Office

- Height & Weight
- Weight Room Testing – Pullups, Bench Press, Hip Sled & Shuttle Run

3:45-5:10pm: On-Ice Testing East Rink

- Pick Up Tryout Jersey in Varsity Locker Room
- 4 timed skating/stickhandling Drills

## Tuesday

On-Ice 3:00-4:00pm East Rink

- Compete/Situational Drills 1v1, 2v1, 2v2, 3v2, etc.
- 3v3 Cross-Ice Games

On-Ice 4:10-5:10pm East Rink

- Full-Ice 4v4
- Full Ice 5v5



# Team Evaluations

## Criteria used to select team

- Skating, Shooting, Passing,
- Puck Handling, Position Awareness, Decision Making,
- Coachability, Good Teammate & Effort
- Seniors are evaluated for Varsity Only (no Seniors on JV)

## Team Sizes – One Team/Two Games - 30 Skaters & 4 Goalies

- Varsity, 15 skaters (typically 9 forwards, 6 defensemen) & 2 goalies
- Junior Varsity, 15 skaters (9 forwards, 6 defensemen) & 2 goalies



# Team Evaluations

## **Communications of Teams**

- Coaching Staff will post a list of all players making the high school program at the conclusion of Tuesday's ice time.
- Coaches will be available to talk to all players who do not make team

## **Players that do not make the high school program:**

- 9th Graders – Return to Association Team
- 10th, 11th & 12th Graders – Contact Kent Andrusko (651) 278-9533
- Kent is the district 8 Rep for Junior Gold (19 teams)
- Our goal is to ensure all players have a place to play

## **Football Players**

- All football players will have an opportunity to tryout at the conclusion of the football season
- Next Game: Thursday night @ Forest Lake against Chisago Lakes. 7:00pm.



# Remainder of First Week

## Wednesday

- 3:00-5:20pm: Practice West Rink
- 5:30-6:00pm: Equipment Issue

## Thursday

- 3:00-5:20pm Practice West Rink
- 6:00pm – Welcome Meeting in the Spartan Center

## Friday

- 3:00-5:10pm Practice East Rink (may adjust based on FB game time)
- TBD: State Football Semi-Finals vs. TBD @ US Bank Stadium

## Saturday

- Park vs Simley – 8:00-9:00am (West Rink-JV)
- Park vs Simley – 9:15-10:15am (North Rink-Varsity)
- Mpls vs Simley– 9:15-10:15am (West Rink-JV)
- Mpls vs Simley – 10:30-11:30am (North Rink-Varsity)
- TBD: State Football Semi-Finals vs. TBD @ US Bank Stadium



# Coaching Philosophy

## **OneTEAM**

- Some players will play Varsity, some JV & some will be asked to play both
- There may be movement back and forth during the season
- Playing time is earned and at the discretion of the coaching staff
- Not equal at the Varsity level, JV is treated as development for the Varsity

## **CoachAbility**

- Are you coachable?
- Desire to learn, eye contact, body language, etc.

## **PracticeAbility**

- Compete
- Discipline, effort, purposeful practice, repetitions

## **GameAbility**

- Preparing the right way
- Demonstrate the skills coaches are teaching
- Understand your assignments and your teammates assignments

## **InspireAbility**

- Good teammate
- Staying positive, goal setting, winning mindset, make your teammates better

*Holding the team accountable to high standards is nothing to apologize for. Failing to stretch them to their potential is. -Dave Anderson*