



OMGHA HOUSE PROGRAM INFORMATION MEETING

October 7th, 2025

Agenda

- Introductions
- Terms and Definitions
- OMGHA Mite Team Goals
- Player Development
- What to expect as a...
 - Player
 - Parent
 - Coach
 - Manager
- Schedule and the Season
- Equipment Requirements
- Volunteer Program
- Voucher Program
- Social Media Communications
- Sources of Information
- Question and Answer Session

How do we put
this equipment on?

How often will they
practice?

Can a hockey bag be
too big?

How long is the
season?



Do we need a
neck guard?

My child can't skate,
is that a problem?

What equipment
will we need?

How long should a
hockey stick be?

What is HEP?

<https://www.youtube.com/watch?v=nNxKs7pxzUc>



Introductions

Hailey Fischer-Anderlie – V.P. House Program

– vphouse@omgha.com

Andy Pierskalla – Supermite Director

– supermite@omgha.com

Dustin Fulton – Boys Mite Director

– mite@OMGHA.com

Chris Docken – Girls U6/U8 Director

– girlsmite@OMGHA.com

Christina Wiencke – House Registrar

– Asst-registrar@omgha.com





Breakout #1

Introduce yourself to someone new around you!

- ✓ Your name
- ✓ Child(ren) name & ages
- ✓ What is your experience with hockey?
- ✓ What is your expectations for this upcoming hockey season?



Terms and Definitions

USA Hockey Terms and Definitions:

- Mite:** Any skater, boy or girl, who is eight years old or younger
8U: Any girl skater who is eight years old or younger

OMGHA Terms and Definitions:

House Program

- Mini-Mite:** Four year old Skater by September 1
Mite 1: Five year old skaters or Kindergarten
Mite 2: Six year old skaters or 1st graders
Girls Mite: Girls in Kindergarten or 1st Grade (5 & 6 year olds)
Supermite: Seven & Eight year old skaters or 2nd and 3rd graders
U8: Seven & Eight year old girl skaters or 2nd and 3rd graders
-

Travel Program

- Squirt / U10
Peewee / U12
Bantam / U15
High School / Junior Gold / U19



Ice Hockey Structure



USA Hockey

Governing body of Amateur Ice Hockey in the United States



Minnesota Hockey

Governing body for community-based hockey in Minnesota



Minnesota Hockey – District 3

District which OMGHA falls within



Osseo-Maple Grove Hockey Association

- Non-profit/volunteer based hockey association for boys and girls living within the Osseo and Maple Grove and Park Center High School Boundaries (~1,100 players)
- House program ~36 teams / Traveling ~30+ teams



OMGHA Hockey Goals

Primary Team Goals

1. Provide a fun hockey experience that improves their hockey ability to be the best that **they can be.**
2. Grow the sport of hockey.
3. Provide a quality coach culture.
4. Keep the cost low.





OMGHA Mite Hockey Player Development

Player Development

1. Station based practice based on ability
2. Learn through games – Small Area Games
3. 10 to 12 coaches on the ice
4. 30 to 40 kids on the ice
5. Practice 2 to 4 times per week (indoor + outdoor ice)
6. Games will start in January



USA Hockey's American Development Model



Hockey for Life

Any Age – Players can enter at any stage. 'Hockey for Life' can provide quality recreational opportunities for all ages. USA Hockey also hopes that as adults we lead a physically active lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

Active Start

Ages 0-6

This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy:

- **In the water:** Swimming
- **On the ground:** Athletics
- **In the air:** Gymnastics
- **On ice and snow:** Sliding (skating)

Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.

6 & Under (Mites):

50-60 ice sessions
2-3 ice sessions per week
50-60 minute ice sessions
7-9 skaters per team
0 full-time goalies
34-40 quality practices
16-20 cross-ice game days

FUNDamentals

Ages 6-8 Female Ages 6-9 Male

The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.

8 & Under (Mites):

50-60 ice sessions
2-3 on-ice/1 off-ice sessions/
week
50-60 minute ice sessions
9-12 skaters per team
0 full-time goalies
34-40 quality practices
16-20 cross-ice game days

Learn to Train

Ages 8-11 Female Ages 9-12 Male

This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills.

Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on.

Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.

10 & Under (Squirts):

95-100 ice sessions
3-4 on-ice/2 off-ice sessions/
week
60 minute ice sessions
10-12 skaters and 1 goalie
75-80 quality practices
20-25 game days

12 & Under (Peewees):

105-120 ice sessions
4 on-ice/2 off-ice sessions/week
60+ minute ice sessions
12 skaters and 2 goalies
80-90 quality practices
30-35 game days

Train to Train

Ages 11-15 Female Ages 12-16 Male

The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.

Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

14 & Under (Bantam) & 16 & Under (Midget):

160 ice sessions
4-5 ice sessions per week
80 minute ice sessions
Combined and separate practices for team/position
9 month training calendar
16 skaters and 2 goalies
120-130 quality practices
40-50 games
Appropriate off-ice training for LTAD stage

Learn to Compete

Ages 15-18 Female Ages 16-18 Male

This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.

The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.

18 & Under (Midget) & 19 & Under (Female):

200 ice sessions
5-6 ice sessions per week
80 minute ice sessions
Combined and separate practices for team/position
10 month training calendar
18 skaters and 2 goalies
130-140 quality practices
50-60 games
Appropriate off-ice training for LTAD stage

Train to Compete

Ages 19-21 Female Ages 19-23 Male

The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

Junior, NCAA:

Training calendar that equally supports both training and competition.

Train to Win

Ages 19+ Female Ages 19+ Male

The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

NCAA, Professional:

Appropriate training that supports competition calendar.

For complete details, visit ADMkids.com

Active Start

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8 & Under (Mites):

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Station Based Practice Benefit

- ★ Engages the players/Keeps players active
- ★ Better Coach/Player ratio
- ★ Good coaches are more involved
- ★ Better use of ice time = more ice time.
- ★ More repetitions equals = Better development & more confidence

Play. Love. Excel.

What to expect at 8U

- ★ More Puck Touches
- ★ Maximum Ice Utilization
- ★ Increased Competition for all Players
- ★ Fun for all Participants (Using fun & games to hide skill development)

Play. Love. Excel.



ADM Video

https://youtu.be/KW9boifnxB8?si=MMstL_YxEmqFfoB6



Player Expectations

1. Best Effort
2. Have Fun
3. Be Respectful





Parent Expectations

1. Parents are expected to provide their players with the required **equipment** and assist them with properly caring for it.
2. Parents are ultimately responsible in a serious injury situation, **be present**. Please watch from the **bleachers**.
3. Be aware of the **OMGHA Handbook** – please take the time to read it.
4. Positive reinforcement of the children – *How is your car ride home, “**car coaching**”?*
–https://www.youtube.com/watch?v=FZM4RO1ty3E&list=PLBC3fYq3T51V_vorD7Vh_jH5EZSq9Rr4c&index=2
–<https://youtu.be/-0e8zvvY-x8?si=S6gy2zyqsOVc1Kpx>
–<https://youtu.be/RA90nRQ-W9I?si=GmJxVDpjY6boOmBD>
–<https://www.youtube.com/watch?v=n-wrolx-DYk>
5. Conduct yourself in a **sportsmanship-like manner** and instill in your own player.
–<https://www.youtube.com/watch?v=xfjKMpbJOs4>
6. Failure to be a positive role model will hurt you and your child
<https://www.youtube.com/watch?v=do2nuC4iqG8>
7. Have access to the OMGHA and your team website, check it frequently for updates.
<http://www.omgha.com/>



Breakout #2

Group up with a few people around you –

- ✓ Did you play any sports or do any extracurricular activities? If so, what was your experience with your parents/guardians and their support style.
- ✓ What can you say to your child after hockey that would not be considered “car coaching”?
- ✓ How can you encourage your child off-ice or before hockey starts?



Positive or Negative Car ride home comments?

#	Comment	Positive <input checked="" type="checkbox"/>	Negative <input checked="" type="checkbox"/>	Neutral / Tricky <input type="checkbox"/>
1	"I can see you really are improving on your shooting."	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	"You should have scored on that breakaway."	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3	"You played well, but that one mistake really cost the team."	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	"It looked like you had fun out there!"	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	"I wish the coach would play you more — you deserve it."	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6	"I'm proud of you for working hard, no matter the score."	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Coach Expectations

A coach is responsible for the operation and conduct of their team.

They are the teacher of skills and developer of players; socially, physically, and psychologically.

- **Respect, encourage, and compliment players**
- Develop each player as much as possible
- Enforce rules fairly and consistently
- Give equal time for all players
- Always maintain proper control and discipline and serve as model for team
- **Show enthusiasm and make hockey fun**
- Learn to know the parents and encourage an open and positive communication line
- **Anyone who is on the ice, other than the team players, must:**
 - ✓ Register as a coach with OMGHA
 - ✓ Be on the roster
 - ✓ Hold a current CEP certification
 - ✓ Have completed a background check
 - ✓ Have complete the pertinent USA Hockey module
 - ✓ Have completed SafeSport Training
 - ✓ Concussion Training





Coach Meeting & Clinic

- **Tuesday October 14th**
 - ✓ Meeting
 - ✓ 7:00-8:30pm MGCC Ballroom
 - ✓ On-Ice Clinic
 - ✓ 9:00-10:00pm MGCC TCO



Manager Expectations

The team manager is the liaison between coaches and the parents. She/he will support the coaching philosophy, foster good communications with parents, and manage the business of the team.

- Schedule necessary parent/player meetings
- Compile, complete, and/or distribute critical documentation
 - Team roster, ice schedules, Code of Conduct
 - Distribute jerseys, socks
 - Team pictures, snacks, etc.
- Coordinate team-related activities
 - Collect and Manage Team Fund
 - Max \$100 per skater
 - Team pictures, snacks, etc.
 - 3o3 Event day treats
 - Team events outside of hockey
 - Tubing
 - Feed My Starving Children
 - Bell Ringing
- Maintain team page on OMGHA website





Manager & Head Coach Meeting

Monday October 20th

7:00 - 9:00 pm MGCC Ballroom



Season Schedule

When do we start?



Teams	HEP Testing	Season Starts
Supermites / U8	October 4 & 11	October 25
Mites	NA	November 1
Mini Mites	NA	November 8

How are teams formed?

- To the best of ability, teams are formed by schools/neighborhoods
- Supermite and U8 teams factor in HEP testing scores
- Teams are formed about one week prior to season starting

When/Where do we practice?

- Indoor ice: Saturday and Sundays
- Outdoor ice: Mites - Tues, Supermite / U8 - Mon & Thur

Practices and scrimmages – Shared Ice

- Supermite/U8 Full Ice – After Jan 15th (10 total games)
- Mites Half Ice

Mid-Season 3 on 3 Events

- Great Fun, Food, Music

Mite Jamboree

- March 13th (Mini Mites), 14th (Mites 1,2 & Girl Mites) & 15th (Supermites & U8)



What do we need for equipment?



Parents are expected to provide their players with the required equipment and assist them with properly caring for it. Hockey is a game that carries with it a certain risk of injury to the player, this risk can be greatly reduced by following certain guidelines.

- Garter belt/jock shorts/Jill shorts to hold socks and protect pelvic area
- Shin pads
- Breezers
- Shoulder pads
- Neck protectors
- Elbow pads
- HECC approved helmet and face shields
- Colored mouth guards, attached to helmet
- Hockey gloves
- Skates and Skate Guards
- Stick
- Big Hockey Bag
- Outdoor warmth



Socks and jersey are provided by the association





Where should I get equipment?

- OMGHA Equipment Rental
 - Nicole Hurt cultureandinclusion@omgha.com
- Lettermen - \$100 Voucher
- Play-it-again Sports
- Dave's Sport Shop
- Dick's Sporting Goods
- Facebook - **OMGHA Hockey Equipment Sell, Swap or Give**



Volunteer Program

OMGHA operates on a volunteer basis, each family contributes.

- **Hours Required**
 - 15 hours required for 1 player
 - 21 hours required for 2 or more players
- **Volunteer Deposit Check**
 - Volunteer Deposit Form and \$850 check per player
 - Collected by **team manager** at start of season
 - Parents are responsible for claiming and completing their hours via Dibs
 - Hours must be completed by April 31st
- **Volunteer Buyout (\$750)**
- **No-Show Policy**
 - \$50 for first offense,
 - \$100 2nd Offense
 - Forfeit full volunteer deposit 3rd offence
- **Volunteer hours given for team roles:**
 - Head Coach – 20 volunteer hours
 - Assistant Coach – up to 14 volunteer hours
 - House Team Manager – up to 14 volunteer hours



Volunteer Program (Continued)

Examples of Volunteer Hours include:

- Osseo Concession Stand
- OMGHA Hosted Tournaments
 - Penalty box, timekeeper, announcer
- HEP Testing
- Travel tryouts
- OMGHA Celebrations
 - Mite Jamboree, Scholastic Achievement

Claim Volunteer Hours on the Dibs page of the OMGHA website

The screenshot shows the website's navigation menu with the following items: Home, About, New to Hockey?, Registration Info, House, Travel, Coaches, Tournaments, and More +. The 'More +' dropdown menu is open, showing options for Sponsors, Board, Resources, Volunteer, and Dibs. The 'Volunteer' page content includes a message stating 'The Registration "Volunteer" is not currently available.' Below this, there is a section for the '2021-2022 VOLUNTEER SEASON' with details about the start date (early September) and registration requirements. There is also a section for 'VOLUNTEER IDEAS' and a section for 'DIBS (ON-LINE VOLUNTEER SYSTEM)'.



Volunteer Program Summary

- ✓ Communicate special circumstances with your team manager or email volcoordinator@omgha.com
- ✓ Sign-up for your hours early in the season, but don't panic as hours will be available throughout the season
- ✓ "LIKE" OMGHA on Facebook for notification when large amount of Dibs are added

For questions or concerns about the volunteer process please contact your volunteer coordinator:

- Erika Kreye -- VolCoordinator@OMGHA.com
- Angie Passehl -- VolCoordinator@OMGHA.com



Voucher Program/Fundraising

Cut the Cost of Hockey with OMGHA Personal Fundraising

OMGHA is pleased to be able to offer families the opportunity to offset the costs of hockey by working for vouchers.

- MGCC Concessions is the main resource for earning vouchers
- Schedule is flexible with no minimum hours. Work when you can.
- **100%** of the vouchers goes toward hockey expenses (registration, travel subsidies, pre-tryout camps, 3on3 and more)

The screenshot shows the website for the Osseo Maple Grove Hockey Association. The navigation menu includes: Home, About, House, Travel, Coaches, Tournaments, Sponsors, Resources, Board, Dibs. The 'ABOUT' dropdown menu is open, listing: Administration, Charitable Gambling, Media, Financial Assistance, Fund-Raising, High School Pages, Registration Info, SafeSports, Scholastic Achv., Volunteer, and Scholarships. The 'Fund-Raising' option is highlighted in red. Below the menu, the 'Personal Fundraising' section is visible, featuring a 'WhenToHelp' logo and a description of the program. A yellow arrow points from the 'Info Online' box to the 'Fund-Raising' menu item.

Info Online



Social Media Communications

Follow these communication channels throughout the season for updates:

Twitter

@omgha2k

Instagram

@OMGHAMN



Facebook

- OMGHA - www.FB.com/OMGHockey
- OMGHA Hockey Equipment (closed group for anyone within OMGHA to sell/swap/give used hockey equipment)
- OMGHA Hockey Managers (closed group only for OMGHA managers to share ideas and tips/communicate reminders)



OMGHA Emails

Make sure your email address tied to your players registration is accurate (in SportEngine), this will ensure you receive association wide emails.



Intro to Hockey Camp

Date	Day of Week	Start Time	End Time	LocationName	Group
9/4/2025	Thu	05:45 PM	06:45 PM	Brooklyn Park Rink 1	A
9/11/2025	Thu	05:15 PM	06:15 PM	Brooklyn Park Rink 1	B
9/18/2025	Thu	05:00 PM	06:00 PM	Brooklyn Park Rink 1	A
9/23/2025	Tue	05:00 PM	06:00 PM	MGCC-Kottemann	B
9/25/2025	Thu	05:00 PM	06:00 PM	MGCC-Kottemann	A
9/30/2025	Tue	05:00 PM	06:00 PM	MGCC-Kottemann	B
10/2/2025	Thu	05:15 PM	06:15 PM	Brooklyn Park Rink 1	A
10/7/2025	Tue	05:00 PM	06:00 PM	MGCC-Kottemann	B
10/9/2025	Thu	05:00 PM	06:00 PM	MGCC-Kottemann	A
10/14/2025	Tue	05:00 PM	06:00 PM	MGCC-Kottemann	B





Sources of Information

www.omgha.com

Misc. information regarding Osseo and Maple Grove hockey including teams, schedules, OMGHA handbook, equipment swap, parent/player information, and multiple related hockey links.

www.minnesotahockey.org

This site is designed to provide information to all Minnesota hockey family members, coaches, officials and parents.

www.usahockey.com

USA Hockey, Inc., is the national governing body for the sport of hockey in the United States. As such, its mission is to promote the growth of hockey in America and provide the best possible experience for all participants by encouraging, developing, advancing and administering the sport.



Questions?

