

AAHA Mites Parents Meeting

2019-2020 Season

Introductions

- Intro
 - Tom Wroblewski – Mite Director, Co-Chair PDC, Director of Hockey
 - Mike Brolsma – Mite Director, Co-Chair PDC
 - Luke Kohtala – Mite Committee Member
 - Ryan Cunniff – Mite Committee Member

Season Goals and Values

GOALS:

1. Player has FUN
2. Learn and develop their skills as a hockey player
3. Develop passion and respect for the game of hockey
4. Player wants to play again next year

VALUES:

1. Sportsmanship, honesty and integrity
2. Positive Attitude
3. Team work and communication
4. Work ethic, discipline and fundamentals
5. Perseverance and overcoming adversity
6. Leadership

- Work Hard – Have Fun – Be A Good Teammate

Season Info

- Start Date: Monday, October 21st
- Schedule – (Subject to change)
 - Monday and Thursday Evenings - AFIC
 - Blues/Red: 5:00 – 5:55 p.m.
 - Whites/White Select: 6:00 – 6:50 p.m.
 - Possible swap in January
- Evaluations:
 - U8 – October 21 (6-7), 24 (5-6), 26 (8-9)
 - U6 – October 21 (5-6) and 26 (7-8)
 - Players will be assigned to teams based off skill levels
- Scrimmages/Games: Start Saturday, November 3rd
 - Mite League – Saturday – AFIC and other local rinks
 - Get the Sports Engine App and Find your team (schedule will be set in the next couple weeks)
- Tournaments: Will get to that in a couple slides

Practice Format



6U Practice: 1 & 2

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires & ringette rings

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.)

Coaches set up stations.

Warm Up: 5 min- Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from side boards to side boards without being tagged. If they are tagged, they become sharks too.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: ABC's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up.

Station 2: Activity - Freeze Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race

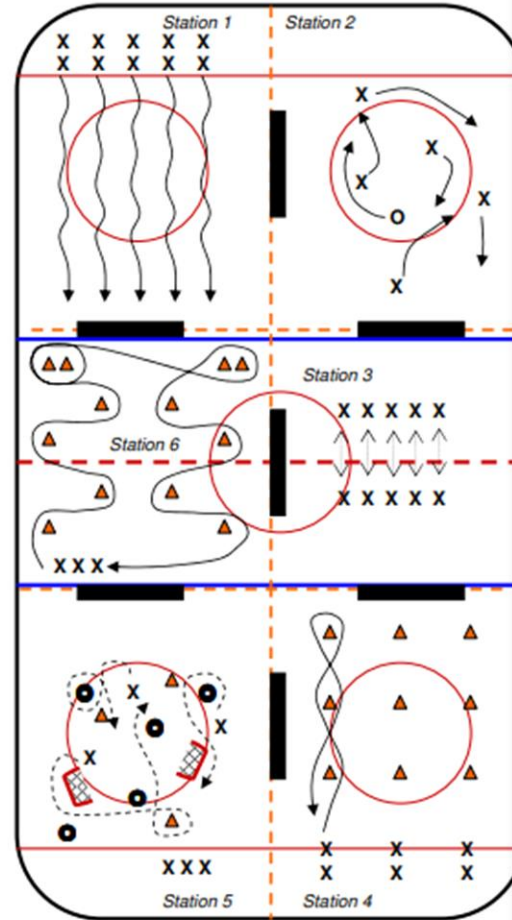
As shown or create your own. Variation: 360 around each obstacle.

Station 5: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 6: Obstacle Course

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Game: 2v2 Hit the Tire - 10 minutes

Have the players stay and play in each of the six zones. Play 2v2 for 30 to 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.

Mite Levels

- Red (U8's) – 1 Teams
 - Top 8-10 skaters
 - 4 v 4 with goalies (half ice)
 - 90 second shifts
- White Select (U8's) – 1 Team
 - Next 8-10 skaters
 - 4 v 4 with goalies (half ice)
 - 90 second shifts
- White (U8's) – 4 Teams
 - Comprised of mostly U8's (may move up a U6)
 - 4 v 4 with goalies (half ice)
 - 90 second shifts
- Blue (U6/U8's) – 3-4 Teams
 - May have a few U8's to help develop skillset
 - Half of game time working on skills
 - 4 v 4 with small nets (no goalies)
 - 90 second shifts

Mite League for Red and Whites

- The Mite League schedule will be released soon. Look for Hotwire or email updates.

Date	Visiting Team	Host Team	Location	Time
Saturday, November 10, 2018	Fond du lac	Fox Valley-Sharks	Tri-County	8:00 AM
Saturday, November 10, 2018	De Pere	Appleton	Appleton	8:00 AM
Saturday, November 17, 2018	Appleton	Fond du lac	Fond du lac	8:00 AM
Sunday, November 18, 2018	Fox Valley-Sharks	De Pere	DePere	8:00 AM
Saturday, December 1, 2018	Appleton	Fox Valley	Tri-County	7:00 AM
Sunday, December 2, 2018	Fond du lac	De Pere	De Pere	8:00 AM
Saturday, January 5, 2019	Fox Valley-Sharks	Fond du lac	Fond dulac	8:00 AM
Sunday, January 6th, 2019	Appleton	De Pere	De Pere	8:00 AM
Saturday, January 19, 2019	Fond du lac	Appleton	Appleton	8:00 AM
Saturday, January 19, 2019	De Pere	Fox Valley-Sharks	Tri-County	8:00 AM
Saturday, February 2, 2019	Fox Valley-Sharks	Appleton	Appleton	8:00 AM
Saturday, February 2, 2019	De Pere	Fond du lac	Fond du lac	8:00 AM
Saturday, February 9, 2019	Fox Valley-Sharks	Fond du lac	Fond du lac	8:00 AM
Saturday, February 9, 2019	De Pere	Appleton	Appleton	8:00 AM
Saturday, February 16, 2019	Fond du lac	Appleton	Appleton	8:00 AM
Saturday, February 16, 2019	De Pere	Fox Valley-Sharks	Tri-County	8:00 AM

Tournaments and Fee's

Red:

Dec 14. FV Red
Jan 10-12 FV Red
Jan 25th. Waupaca tournament Red
Feb 29. Fond du Lac Red
Mar. 7. Green Bay Chaos Red
Mar. 14. Monsters Red

White Select:

Jan 10-12 FV Red
Jan 25th. Waupaca Red
Feb 29 Fond du lac White
Mar 7 Green Bay Chaos
Mar 14 Monsters Red

All Four (4) White Teams

Jan 10-12 FV White
Jan 25th. Waupaca White
Feb 29. Fond du Lac White
Mar. 7. Green Bay Chaos White
Mar. 14. Monsters White

Jerseys

- Reversible Jersey for Mite Career
 - Cost roughly \$50 with name and number
 - Pay for jersey if you need one
 - Contact Abby Simonson to setup the order
 - Samples for jersey sizing



Coaching

- Below is a list of what needs to be done by October 21st
- Register as a Coach/Volunteer (dib credits)
 - <http://appleton.pucksystems2.com/>
- Background Check
 - <http://appleton.pucksystems2.com/page/show/15936-coaches-corner>
- USA Hockey Number
 - https://www.usahockeyregistration.com/login_input.action
- USA Hockey SafeSport OR SafeSport Refresher (good for 1 years)
 - <https://training.teamusa.org/brands/details?brandId=2>
- Uo8 Module (Doesn't expire). Please note that if you plan to coach another age group, you will need to take that age module as well as the Mo8 for Mites
 - <https://usahcepmodules.flexxcoach.com/>
- CEP Class (need CEP Level 1 for Mites by 12/31/2019. CEP Level 1 does NOT expire at AAHA so you only need to take it once unless you want to get CEP 2 for Squirts/U10). Below is a screenshot of the courses available
 - <http://www.usahockey.com/coachingclinics>

Dibs and Script

- Dibs Signup on AAHA Website (11 credits required for Mites)
 - Setup and Takedown of pads/boards on gamedays
 - Clock (90 second buzzer and scores)
 - Raffle Baskets
 - Coaching
 - Monsters on Ice
 - Team Managers
 - Other
- Script towards player fees
 - Myscript
 - Reimbursement

Scrip – FREE MONEY!

Here's how it works:

- Buy gift cards for places you would normally shop and receive a rebate that will be put toward your skater fees!
- 90% of the rebate amount goes toward your fees, 10% stays with AAHA (administrative costs, scholarships)
- Credits are applied the following season
- See our handouts for more information

Traci Schwalbach, Scrip coordinator
Contact information available online

Scrip

- 79 families participated in our Scrip Program last year
- Families raised \$30,613.90 last season (increase of 9.78%)
- Several families paid off their hockey fee's using the Scrip Program



Team Managers

- Tournament Fees and Registration
- Jersey colors each team wears
- Raffle Basket Coordinator (Hoist the Cup and MOI)
- General communication to parents and teams
- Game and Practice Calendar for each team
- Coordinate picture night (date TBD)
- Tricia Krenke, ???????

Fundraisers

- Raffle Calendars – Pickup from Team Managers
- Hoist the Cup – November 15th
- Monsters on Ice – March 14th
- Keep an eye out for future events on Hotwire.

Mite Fees

- Tournaments Fees - TBD
- Jersey is about \$50 if you need one

Parent and Player Conduct

- Remember who WE represent
- Issues please report
- Players
- Coaches discretion for discipline
- If you see something, report it
 - Coach first
 - Myself
 - Conduct Committee/safesport

Chain of Command

1. Coach
2. Mite Director – Mike Broolsma/Tom Wroblewski
3. Conduct Committee – Gary Lewis (if necessary)
4. AAHA Board – Greg Muller

Q&A and Conclusion

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- Questions and Answers
- Conclusion