



2025-26 Mite Coaches Meeting

Mite Coordinator
Ryan VanBockel
Oct 2025



AGENDA



- Mite Program Goals
- Mite Structure & Levels
- Projected Numbers
- Mite Lead and Head Coach Structure
- Evaluations
- Tentative Schedule
- Other Special Events & Key Dates
- Mite Coaches Handbook
- Discussion

Mite Program Goals

- Love of the Game
 - Create a fun & positive environment
 - Cultivate friendships, teamwork, sportsmanship
 - Come back next year and bring friends!
- Player Development
 - Strong **Skating** Fundamentals
 - Puck control, shooting, & passing skills
 - Try all positions (Goalie)
- Values & Personal Growth
 - Build Confidence by improving and mastering skills
 - Teach respect for the game, teammates, coaches, opponents, & themselves
 - Encourage effort, resilience, & positivity over winning or scoring goals

Mite Structure

Age	Mini Mites 4-6 teams	Mite 1 4 teams	Mite 2 3-4 Teams	Mite 3 3-4 teams
Pre-School	All	-	-	-
Kindergarten	Beginner-Intermediate	Advanced	-	-
1 st Grade	First year skaters - Beginner	Intermediate – Advanced	Advanced	-
2 nd Grade	-	First year skaters	Intermediate -Advanced	Advanced
3 rd Grade	-	First year skaters	Intermediate	Intermediate- Advanced



Projected Mite Numbers 2025-26

Grade	Numbers
3rd Grade/Mite 3	35
2nd grade/Mite 2	28
1st grade/Mite 1	26
Mini's	41+
Total	130+



Coaching Requirements & Links

Please note and pass along to **ALL NEW** and **CURRENT** coaches that they have to have 1-5 done before they can be legal on the ice!!

1. USA Hockey Number
<https://membership.usahockey.com/>
2. MWAHA Registration
[Welcome | MWAHA 2025-2026 Coaches Registration | Mound Westonka Hockey](#)
3. Background Check if they were not cleared Last year
<https://www.usahockey.com/backgroundscreen>
4. Safesport - All coaches need to log in and see what they need to do to be up to date.
<https://www.usahockey.com/safesportprogram>
5. Module Link - Coaches need age specific modules for their level
[Age-Specific Modules \(usahockey.com\)](#)
6. Coaches Login - Coaches can log in and see what they need for the upcoming season
<https://www.usahockey.com/coaches>
7. CEP Courses - Open on Sept 1st, 2025
[Coaching Clinics \(usahockey.com\)](#)

Mite Coaching Structure

- Mite Coordinator - Ryan VanBockel
- Mite Manager - Samatha Foerstch
- Mini Mite Lead - Dave Holl
 - Mini Mite Manager
 - Mini Mite Head Coaches (4-6)
- Mite 1 Lead - TBD
 - Mite 1 Manager
 - Mite 1 Head Coaches (4-6)
 - Goalie Coordinator (Max 2)
 - Scrimmage Coordinator (Max 2)
- Mite 2 Lead - TBD
 - Mite 2 Manager
 - Mite 2 Head Coaches (3-4)
 - Goalie Coordinator (Max 2)
 - Scrimmage Coordinator (Max 2)
- Mite 3 Lead - TBD
 - Mite 3 Manager
 - Mite 3 Head Coaches (3-4)
 - Goalie Coordinator (Max 2)
 - Scrimmage Coordinator (Max 2)

Mite Leads and Head Coaches

- A Lead Coach will be defined at each level. Lead Coach responsibilities:
 - SETS THE TONE AND ENVIRONMENT OF THE WHOLE LEVEL
 - Create teams, develop practice plans, and ensure coach engagement and coverage for all practices/scrimmages/dryland
 - Work with level & mite manager to communicate schedule, scrimmages, special events, etc.
 - Identify 1-2 coaches to manage goalie rotation & gear (Mite 1/2/3)
 - Identify 1-2 coaches to be a scrimmage coordinator (Mite 1/2/3)
- Head Coach Responsibilities
 - Support the lead coach each week, fill in for level lead when required.
 - Communicate schedule and logistics (locker rooms, jerseys, pucks, etc) for scrimmages
 - Ensure you have enough players, a lineup, & plan for goalie (Mite 1/2/3)
- Assistant Coaches
 - Support lead coach each week. Review practice plan *prior* to ice time, be prepared to lead station. Engaged throughout practice.



Coaching Expectations

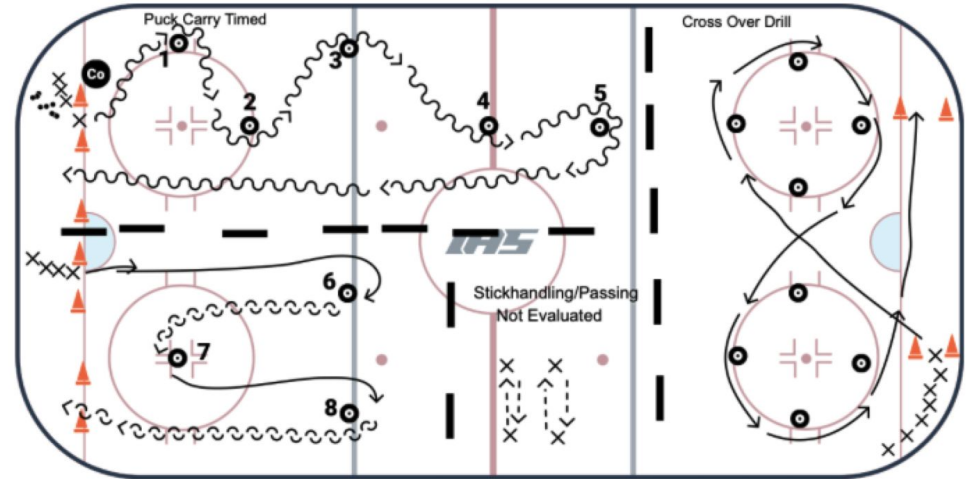
- Be engaged and active throughout the entire practice; coach and encourage all kids.
- Review/Study reference materials & be ready to *TEACH*, regardless of experience
- **Anticipate the needs of the lead/head coach and take ownership of stations or drills**
- Attend practices, games, and events to the maximum extent possible and communicate any conflicts early to level lead.
- Be positive & patient; model good sportsmanship and teamwork.
- All coaches, unless you are identified as a *Level Lead, a team head coach, a scrimmage coordinator, or goalie coordinator*, will Volunteer, at a minimum, 1 DIBS credit hour to MYHA. Examples of this include D3 Tournament, concessions, outdoor rink, etc.

Evaluations - Oct 25th, 26th

- Why?
 - Group kids of similar skill
 - Appropriately Balance #s
 - Provide Coaches a baseline
- Most 3rd Graders will play M3s
- Most 2nd Graders will play M2s
- Day 1: Timed Drills
- Day 2: 4 v 4 Scrimmage
 - No Goalies
 - Half Ice w/ boards
 - 60-90 second shifts, buzzer
- Evaluators:
 - Combination of Mite Coaches & other level Coaches from within Association

UPPER MITE EVALUATIONS

Time: Station:



D3 Rules & Regs

- All mite games are played on a half-ice or cross-ice surface.
- Only intermediate nets may be used for all mite games and internal play.
- Each association is allowed a maximum of 15 games outside their own association in total (jamborees not included).
 - Teams are allowed up to 7 games outside of District 3 (half-ice, cross-ice, or full-ice).
 - After January 15, 2026, mite teams may play up to 10 full-ice games.
- Game reporting requirements:
 - All non-jamboree games will be submitted to the Westonka Mite Coordinator, who will submit to District 3 Mite Coordinator 7 days prior to play.
 - All games vs. teams outside of District 3 must also be submitted 7 days prior.
 - All jamborees must be submitted to the District 3 Mite Coordinator at least 21 days before play.
- No mite team in District 3 may travel more than 45 miles from their home ice arena for games.
- The D3 Mite Manager is Michell Ugurlu. Email: d3mitecoordinator@d3hockey.org



Season Start & Typical Schedule

- 2nd Graders and 3rd Graders have Evaluations on Oct 25th, 26th
- Season Begins Nov 1st.
- Mini Mites: 1 Hour of Ice Saturday & Sunday.
 - 1 hour Shirley Hills Outdoor Ice when possible
- Mite 1: 1 Hour of Ice Saturday & Sunday
 - 1 Hour Shirley Hills Outdoor Ice when possible
- Mite 2: 1 Hour of Ice Saturday, Sunday, & mid-week (T/W/TH)**
- Mite 3: 1 Hour of Ice Saturday, Sunday, & mid-week (T/W/TH)
- Ice Time can range from 06:45 to mid afternoon, typical 8am-12pm

**Mite 2 mid week ice time is not every week



Key Dates & Special Events

- Homecoming Parade - October 3rd
- Pre-Season Skills Sessions For 2nd/3rd Graders - Starts Oct 5th
 - Schedule is on Mite Calendar at Westonkahockey.org, then select Mites, Mite calendar at bottom of page
- Mite Evaluations for 2nd & 3rd Graders Only
 - Sat/Sun Oct 25th/26th
 - See Mite website for more info
- Westonka Mite Captain Events (Every Westonka Varsity Home Game)
- Westonka Varsity Game Intermission Scrimmage - TBD
- MN Wild Game - December 20th vs Edmonton
- St. Thomas Game - Jan 17th
- MN Gopher Game - Feb 7th



Special Events Cont.

- Sunday Evening Mite Goalie Clinics
 - 1 in December
 - 4 in January
 - 4 in February
- Additional hours of Ice Sunday afternoons
 - 3 on 3 tourney?
 - Skills Sessions?
- 16 Sessions with Katrina, Program Skating Instructor
- Puck in the Park with Delano
- Shared Practice/Scrimmage with other associations
- Bloomington Jamboree - Late Feb? (tentative)
- Mite Olympics - March 7th (tentative)
- Delano Jamboree - March 14/15 (tentative)



Mite Coaches Handbook

- Serves as a season-long reference for coaches
- Builds on the information covered today, with added detail in key areas
- Provides links to coaching videos, Minnesota Hockey, USA Hockey, and ADM practice plans
- Designed as a working guide — feedback (positive or constructive) is welcome so we can continue to improve it
- Aims to create structure and consistency across the Mite program while equipping coaches with the tools to deliver the best instruction possible



THANK YOU!
Questions / Discussion