



MJHC Board of Directors

Thank you for your service!

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MJHC is a non-profit organization.

-OUR MISSION-

To provide instruction and recreation through organized team play in the sport of ice hockey, and help all participants grow socially, physically, and emotionally to their utmost potential both as hockey players and as citizens of our community

American Development Model Program Overview

USA Hockey is recommending a new approach to youth hockey through a highly researched program known as the American Development Model. Though this approach is not mandated, there are big incentives for associations to implement it. More info. on the ADM can be found at:

www.admkids.com

What's wrong with where we're going?

For starters, many athletes spend too much time traveling, competing and recovering from competition and not enough time preparing for it. Second, there is too heavy a focus on the result rather than the performance. This attitude leads to long-term failure, as coaches forgo the development of skills to focus on specific game tactics. And third, too many athletes are specializing too early on. An early focus on just one or two sports often leads to injuries, burnout and capping athletic potential.

This way of thinking has led to 60% of players dropping out before Pee-Wees and 20% dropping out after only one season leading to an overall decline in retention since 2000. Coach Herb Brooks was famous for saying that, "Great moments are born from great opportunities." Well this is our opportunity. Our time to get it right.

The American Development Model is a nationwide model for successfully developing American hockey players. It is by no means a mandate sent from USA Hockey, but a tool that will ensure every kid will have the same chance to succeed. By implementing ADM, associations will see an increase in player retention. Again, ADM is not a set of rules or mandates, but guidelines designed specifically to help kids reach their full potential.

Long-Term Athlete Development

What is long-term athlete development?

The ADM utilizes long-term athlete development principles as its framework. LTAD principles can be used as a basis on which to make our existing systems and structures more consistent. Developed by internationally renowned coach educator Istvan Balyi, and adapted to ice hockey by USA Hockey, the principles of LTAD are rooted in successful programs throughout the world.

One of the first things that USA Hockey did when beginning this project was to look closely at the statistics related to player development – specifically the skill development time each player has when in both a practice setting and a game setting. When viewed from the perspective of how kids learn the number of repetitions of specific skills and situations that occur in practice versus a game, we quickly learned where players have a chance to develop the most: Practice.

So a model was created that valued practices and proper training above all else. This isn't to say that the ADM is about taking the fun out of hockey, quite the contrary. Practices can and should be fun, especially if the kids are all playing together and having a blast with a game that they love. The more they play it, the better chance that they'll love it. And when you combine a passion for the game with increased puck time, kids will start to excel at it. Play, love, excel. That's the ADM.

As research was conducted in developing the ADM, it became apparent that critical areas in our system were neglecting kids at a very early age. As children mature, they each progress through the same development stages. And certain aspects of these stages must be addressed at the appropriate points along the development curve in order for our children to reach their genetic potential. Maximum development occurs through age-appropriate structure and content. Without developing skills and certain physical and mental attributes at the appropriate time, the long-term prospects of becoming a truly elite player diminish each day.

Econo Food Receipt CONTEST

WINNER

AMERIPRIZE SQUIRT AA

Over \$14,000 in Econo Food Receipts! The all-teams total was \$65,000 which raised **over \$650!**

MJHC Golf Outing

June 19th

10:30 - 3:30

Board Meetings

7pm - 9pm

May 5 • June 2

Aug. 4 • Sept. 1

Oct. 6 • Nov. 3 • Dec. 1.

Banquets

April 20 - Bantam/Midget,
5:30 - 7pm, Olson

April 21 - Squirt/Pee Wee,
5:30 - 7pm, Olson

May 2 - Girls -2-4 pm skate,
5-6pm pizza Berry Events

Mites - April 22, 5:30 pm
Olson

CONGRATULATIONS

Kurian Constructions Bantam BB & Ameriprise Squirt AA both teams placed 2nd in their State Tournaments!

ADM High Performance Clubs

When players reach Bantams, competition and specialization become more important. And in order to provide players with top-flight competition, they will have the opportunity to tryout for a High-Performance Club (HPC). These HPCs will be set up in different regions across the country and will be provided with incentives through participation in ADM.

Rooted in long-term athlete development, HPCs will implement proven competition-to-training ratios in order to best maximize potential. Players who are not selected to play on an HPC team should be encouraged to further their development and continue to play competitively because USA Hockey knows that all players develop and grow at different rates. They will have a chance to try out for an HPC in future years..

Part of the HPC program includes cross-region "HPC Showcases." These events are designed to provide the best possible competition opportunity at a reduced cost. USA Hockey will cover ice time expenses associated with these events and also hire the most qualified officials. Players will compete against the best in their age group nationally with scouts from all levels in attendance.

High-Performance Clubs are a great way to provide a similar development opportunity for players, whether they live in California, Texas, New York, Minnesota or anywhere in between. This is an opportunity for them to increase their exposure while playing for a nationally recognized HPC program that has been endorsed by USA Hockey and the NHL.

14 & Under to 16 & Under (HPC)

4-5 Ice touches per week
80 min ice sessions
9 mo. training & competition season
160 ice touches
120 to 130 practices
40 to 50 games
16 skaters & 2 goalies per team
40% hockey, 35% fitness, 25% other sports

18 & Under - Midgets (HPC)

5-6 Ice touches per week
80 min ice sessions
10 mo. training & competition season
200 ice touches
30 to 140 practices
50 to 60 games
18 skaters & 2 goalies per team
60% hockey, 40% fitness

The 10 factors of Long-Term Athlete Development

A detailed overview on the 10 factors of LTAD are available online. I encourage you to read these. For example the "Biological Age vs. Chronological Age is very relevant!"

<http://www.admkids.com/10factors.php>

1. **FUNDamentals**
2. **Specialization**
3. **Trainability**
4. **Ten Year Rule**
5. **Physical/Mental/Cognitive/Emotional Development**
6. **Biological Age vs. Chronological Age**
7. **Periodization and Training Principles**
8. **System Alignment and Integration**
9. **Calendar Planning for Competition**
10. **Continuous Improvement**



"Well-rounded, multisport athletes have the highest potential to achieve."
(Brenner 2007)

– Journal of American Academy of Pediatrics (AAP)
AAP Guidelines:

* Encourage athletes to strive to have at least 1-2 days off per week from competitive athletics, sports specific training, and competitive practice (scrimmage) to allow them to recover both physically and psychologically.

* Encourage the athlete to take at least two to three months away from a specific sport during the year.

FAQ...

Have there been similar programs to the ADM in other sports?

Yes, LTAD principles are being utilized by over 100 different sport federations and government health ministries from countries around the globe and LTAD principles have been used in successful hockey playing nations like Sweden, Finland and the Czech Republic with very positive results.

If this is funded by the NHL and promoted by USA Hockey, why is a lot of the ADM focused on non-hockey activities?

The ADM wants to make coaches aware of what is most important at each stage of a child's athletic development. We only have so much time with the kids so we need to be efficient and give them what they need most at each stage. This can optimize player development and limit coaches' frustrations in attempting to teach what kids are least receptive to.

My teams are consistent winners. Why should I implement the ADM?

Most coaches can make sacrifices in development and gain wins in the short run. But it could end up being detrimental to a kid somewhere down the line. It's always great to win, but at the same time, we need to be more careful with how we develop kids. If you've been doing something that's netted you wins, then we'd still encourage you to implement part of this program so down the line, you'll see the same kids you coached playing in the NHL.

What is Peak Height Velocity?

PHV is commonly referred to as the Adolescent Growth Spurt.

Is the ADM trying to change the way I coach?

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MJHC has a NEW website under construction! It is looking great! Check it out:

www.mqthockey.org