



A PARENT'S APPROACH

A MESSAGE FROM MARC COMEAU GENERAL MOTORS OF CANADA LIMITED

On behalf of General Motors of Canada Limited, we are very pleased to present this program to you. We feel that it outlines some important concepts and beliefs, and hope these will continue to make a positive contribution to our national game.

Through our ongoing partnerships with Hockey Canada, the Chevrolet Safe & Fun Hockey materials form the basis of Hockey Canada's parent education curriculum and are part of Hockey Canada's development programming for amateur hockey across Canada. We feel that the main role of Chevrolet Safe & Fun Hockey is to talk to parents, coaches and players about the values of respect and responsibility in the game of hockey. It is designed to help participants develop fundamental hockey skills, to enhance the fun aspects of the game and, to provide parents with key information about their role in guiding their young player's hockey experience.

Allow me to say a few words about Bobby Orr and Cassie Campbell. They represent the Chevrolet Safe and Fun Hockey program as our major spokespeople, and we at General Motors know how much they've put into its success to date. With their guidance and expertise, in combination with our partners at Hockey Canada, there is little doubt that the Chevrolet Safe & Fun Hockey initiative will continue to grow.

On behalf of General Motors and all our Chevrolet Dealers, we hope that you will find this program to be useful and of interest.

Best wishes to all of you who will be participating with us in this program. Together, we can make sure that hockey continues to grow and flourish for generations to come.

Kindest regards,



Marc Comeau
Vice President, Sales, Service & Marketing
General Motors of Canada Limited



Table of Contents

4	Introduction
5	A Message from Bobby Orr
6	Program Message Hockey in Canada
7	Parent/Player Relationship Motives of young athletes Common problem areas for hockey parents Parental roles and responsibilities Key issues for hockey parents
1 1	Parent/Coach Relationship Your child's coach and you Shared issues in hockey; coaches and parents Value-based coaching
1 3	Parent/Parent Relationship Affecting change in parents Keeping in touch Fostering parental respect and responsibility How we help parents
1 5	Parent/Official Relationship Relationship of parent and official Understanding the role of the official
1 7	Parent/Minor Hockey Association Relationship Becoming an involved parent Implementing parent programs in minor hockey
1 9	Player Development Suggested development guidelines Why player development
2 1	Competition Summary of relationships during competitions
2 4	For the Parents Fair Play code for parents
2 5	Appendix 1-Female Hockey 2-Nutrition Information for the young athlete 3-Hockey equipment fitting guide 4-Hockey Canada development programs 5-Hockey Canada grassroots delivery 6-Age category reference chart 7-Hockey Canada contacts 8-Readings & references

Introduction

CHEVROLET SAFE & FUN HOCKEY SEEKS TO INFORM PARENTS, COACHES AND PLAYERS OF THE VALUES IN DEVELOPING A POSITIVE ATTITUDE TOWARD HEALTHY COMPETITION, CO-OPERATIVE TEAMWORK, FAIR PLAY AND GRACE UNDER PRESSURE

The goal of Chevrolet Safe & Fun Hockey is not only to help develop fundamental hockey skills but to promote and develop the values of respect and responsibility in the game of hockey. Helping parents to effectively communicate the philosophy of a game that is truly “Safe and Fun” is the mandate of this manual. Co-written by Dr. K. Vern Stenlund, Associate Professor of Education at the University of Windsor, Dr. Stenlund has 40+ years of hockey experience as a former NHL player, minor league coach, and now as a university educator.

Along with Dr. Stenlund, Chevrolet Safe & Fun Hockey is endorsed by some of the game’s greatest ambassadors. Many would argue that Bobby Orr is the best player ever to have played the game. Over his 13 seasons with the Boston Bruins and the Chicago Blackhawks, Orr won two Stanley Cups, was named a First Team NHL All-Star eight times, and was the first defenseman to score 100 points in a single season, before being inducted into the Hockey Hall of Fame in 1979.

Joining Orr in support of Chevrolet Safe & Fun Hockey is Cassie Campbell-Pascall. At just five years old, Cassie laced up her first pair of skates, and she hasn't looked back since, captaining the Canadian Women's Hockey Team to two consecutive gold medals at the 2002 and 2006 Olympic Games.

Along with Chevrolet, they’re committed to promoting the philosophies of Chevrolet Safe & Fun Hockey and the great game itself.

**For Information about the Chevrolet
Safe & Fun Hockey Program visit:
www.SafeandFunHockey.ca**

A MESSAGE FROM BOBBY ORR

It is a great pleasure for me to welcome parents, family members and all caregivers of our children to the Chevrolet Safe & Fun Hockey program. Over the past several years I've had the honour of working with some outstanding people across Canada in developing the Chevrolet Safe & Fun Hockey initiative. With the ongoing support of Hockey Canada, General Motors of Canada is able to continue to evolve the Safe & Fun program. This manual is an important piece of the puzzle in helping to keep hockey as a driving force in our country. Hockey is a great game, and with the Safe & Fun message being delivered to players, coaches and now parents, we intend to keep it that way!

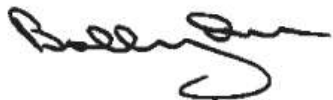


Hockey has always been about much more than simply winning or losing. As a young player, my parents never pressured me to play, but rather encouraged me to participate so that I might learn lessons about hard work, dedication and leadership. Of course, first and foremost, the game was always fun, and that is what all children should be able to experience from the moment they first lace up their skates to play a game of hockey.

Parents, support your children, but also be realistic about their abilities and chances of advancement up the hockey ladder. If you are getting a solid effort from your child, and he or she is having fun, you should be happy. At the same time, model the two values that this program teaches the players, namely, respect and responsibility. When your son or daughter watches you treat coaches and referees with those two thoughts in mind, it helps reinforce what Safe and Fun Hockey is all about.

Congratulations to both General Motors of Canada Limited and Hockey Canada for their active involvement in this very worthwhile program. And best wishes to all the players, parents and officials who will be participating in Chevrolet Safe & Fun Hockey in the years to come.

Yours in Hockey,



Bobby Orr

PROGRAM MESSAGE

HOCKEY CANADA PROGRAM MESSAGE FROM PRESIDENT BOB NICHOLSON



"To lead, develop and promote positive hockey experiences".

The Hockey Canada mission statement reflects the commitment and dedication of Hockey Canada and the hundreds of thousands of volunteers in Canada, ensuring that hockey provides quality opportunities that are both positive and fun for all participants.

Hockey Canada is very pleased to team up with General Motors of Canada Limited in the Chevrolet Safe & Fun Hockey Program. This program is designed to assist with enhancing the basic skills of hockey for all levels of participants, while at the same time, enhancing the 'fun' aspect of our game. In addition, there is an education component for those thousands of parents and coaches who dedicate so much of their time to helping youngsters play the game of hockey.

Thank you for participating in this great program, and thank you to all of the volunteers that make hockey our passion in Canada.

Sincerely,

A handwritten signature in black ink, appearing to read "Bob Nicholson". The signature is fluid and cursive, with a large initial "B".

Bob Nicholson
President & CEO
Hockey Canada

PARENT/PLAYER RELATIONSHIP



The following section details the relationship between a parent and their hockey-playing child. By examining the bond between players and parents, we intend to inform and educate as to the roles and responsibilities that a parent needs to assume to help ensure player growth. By assisting parents, Hockey Canada and Chevrolet help in developing the environment of Safe and Fun Hockey for all young players, regardless of gender or skill level. Part of the information that follows is taken from Cal Botterill and Tom Patrick's manual "A Guide for Sport Parents", and is reproduced with kind assistance from Sport Manitoba.

MOTIVES OF YOUNG ATHLETES

A child's first exposure to hockey is a critical event!

If the beginner has fun, develops basic skills and builds self-confidence, often that player will go on to enjoy hockey for many years. However, if a beginner has an unhappy, unrewarding experience, chances are that he or she will quit at an early age and never discover the real joy of Canada's greatest game.

Researchers have shown that most children participate in sports for the following reason:

- To have fun
- To do something they can excel at
- To learn new skills and improve upon existing ones
- For thrills and excitement
- To be with friends or to make new friends
- To get exercise and become fit
- To learn to become a team player
- To win
- For moral development

Take time to explore your child's interests and preferences and keep these motives in mind when discussing your child's involvement in hockey. Remember that hockey should be about meeting the child's needs, not the parent's.

Also, consider these four needs:

Acceptance

Enjoyment

Success

Choice

When these needs are met, your child will have the confidence and perspective to pursue excellence, be a “Team Player” and enjoy life and all that it has to offer. Communicate regularly with your son or daughter – a successful hockey program should provide fulfillment in all four areas.

COMMON PROBLEM AREAS FOR HOCKEY PARENTS

Parents who create problems for their children in athletics seldom set out to do it intentionally, yet it can happen.

Here are five common ways in which parents can hinder a player’s enjoyment of any sport:

1. Misplaced Enthusiasm

Parents sometimes overemphasize outcomes such as winning or losing, rather than focusing on their child’s enjoyment, growth and development. They want to be enthusiastic, but aren’t sure how to express their enthusiasm effectively. Astute coaches often channel such parents’ energy by giving them important support roles or tasks. In the process, the parents are often educated regarding the complexity of the coach’s task.

2. Inducing Guilt

Parents can spend thousands of dollars and countless hours on youth hockey participation. It is very easy for children to begin to notice the sacrifice and feel tremendous guilt and pressure to do well. Parents need to regularly remind their children that they enjoy providing the opportunity and that there are no strings attached. Children need to appreciate their opportunities, yet should not be made to feel guilty about them.

3. Living Vicariously Through Our Children

Parents sometimes push their children to make up for their own past frustrations and limitations. Too much vicarious involvement by the parent can become a tremendous burden to a young hockey player and could become a cause of embarrassment.

4. Glimmer of Gold

For too many parents, gold medals and rich contracts become the main focus. It’s fine to be ambitious, but the reality is that less than 1% of children who start hockey will go on to make a living at it. Be supportive but stay rational – there is probably much more upward social mobility in other fields than there is in hockey. If your child happens to excel through the vehicle of hockey, great – but don’t let the expectations become a burden or a distraction.

5. Losing Perspective

Parents sometimes lose sight of what is important for children and themselves. Growth and development and preparation for life need to be the priority. Parents and children should regularly discuss values associated with sport. Knowing who we are, what is important in life, and how sport fits in, are all part of achieving a balanced perspective. With the bigger picture in place, both parents and children are less prone to forgetting what the real priorities need to be.

Any of these five potential problem areas may hurt your child and destroy the potential of hockey programs. Become aware of any specific area that you might fall prey to, and consciously work to avoid these kinds of concerns.

PARENTAL ROLES AND RESPONSIBILITIES



Encourage Your Child to Participate!

Children should be encouraged to participate in a sport. However, their choices need to be respected and they should not be pressured, forced, or bribed into playing. For children to continue pursuing hockey, they need to find it enjoyable and intrinsically motivating. By researching different opportunities and making their own informed choices, children can learn a great deal. Parents can be a big help when they are responsible, open-minded, and encouraging.

Enjoy Your Child's Participation

Participation in hockey can be an important component of children's lives. Resolve to simply enjoy their participation as much as you can.

Any parent who understands basic rules, skills and strategies of a sport is better able to appreciate their child's performance within that sport. Realize and trust that in most programs the physical, technical, tactical, psychological and social aspects of development are all being addressed. During this process your child's focus should be on acquiring new skills, improving performance and of course, having fun.

Hey, having fun is a focus of the Chevrolet Safe & Fun Program!

Support Your Child Emotionally

Hockey programs have many demands, and children need to know that responsible parents are always part of the support resources.

Help young athletes to constructively manage the stress associated with training and competition by offering support regardless of the outcome. Listen, empathize and try to understand how children feel and what is happening to them. Fear, anger, guilt, embarrassment, surprise, sadness, happiness and enthusiasm are all emotions of life – hockey is a great place to learn to manage them!

Finally, support them by going to as many practices and games as possible. Be there for triumphs and defeats. Helping your child manage natural emotions related to competition will help them grow and develop in a positive way. Your child needs you to be there for them, win or lose.

KEY ISSUES FOR HOCKEY PARENTS

Your Child's Performance Team Tryouts

Tryouts can be a nerve-wracking time for both players and their parents. Players may become anxious and sometimes focus on the possibility that they may not make the team. This is often the case as players get older, and it is important as a parent that you remind them to focus on their own performance. Worrying about what the coach is thinking of them, or comparing themselves to other players will not increase their chances of being successful.

Encourage young hockey players to set one or two daily goals for each tryout and review their progress at the end of each day. Respect the goals the players have set out to achieve, and be supportive in their efforts to realize them. The more they focus on the process of performing to their potential, the better chance they have of making the team.

Responsible parents can help children realize that during tryouts, their self-worth is not on the line. There are many paths to excellence, and while not succeeding at a particular tryout may be demoralizing, it should be kept in perspective. Even Michael Jordan was cut from his high school basketball team!

Winning, Losing and Playing the Game

We all know that winning can be exhilarating, while losing can be tough on players AND parents alike! In the real world we can't always be on the winning side, so it is important that you and your child focus not on the outcome, but rather on how the game was played. After the game, avoid asking competitive-based questions, such as:

1. Did you win?
2. Did you score a goal?

You may be simply trying to show interest, but the effects can often be detrimental to your child. Competitive-based questions can trigger feelings of failure, guilt, embarrassment and shame, and may cause confusion in your child's mind regarding the primary purpose of his or her participation. Perhaps the easiest way to show interest is by asking the question.....

Did you have fun today at the rink?

In addition, ask questions that help children to objectively evaluate their performance. Ask performance-based questions such as:

- | | |
|---|-----------------------------------|
| What went well? | What needs to be improved? |
| How can these improvements be achieved? | What were some of the highlights? |

Feedback is extremely important – the primary focus should be on learning and improving, not on winning and losing.



WORKING WITH TEAMMATES

Encourage young athletes to communicate with teammates, especially when problems might appear. By communicating, they may defuse a difficult situation. Conversely, by saying nothing the unresolved situation may eat away at them for a long period of time. If children learn to become effective communicators, they will be able to concentrate on developing their performance skills to benefit themselves and their team. Likewise, every team should have a code of conduct that encourages frank and open sharing of feelings before they become too emotionally loaded. The intent is to deal with the molehills before they become mountains. Effective communication among team members should improve the team's

performance both in practice and during competitions. Poor communication can only lead to hurt feelings, misunderstandings, anger, and poor team performance.

THE FINAL ANALYSIS

Chevrolet Safe & Fun Hockey is much more than simply having parents bring their children to the rink. No matter what your child's level of play, your support, guidance, and involvement are critical to their success. Every effort should be made to ensure a positive experience for your son or daughter. Hockey Canada and Chevrolet, through the Safe & Fun Hockey program, are proud to assist parents in this pursuit.



PARENT/COACH RELATIONSHIP

Section two deals with the unique relationship between parents and coaches. Chevrolet Safe and Fun Hockey, by highlighting this connection, hopes to bring back to the game the fundamentals of respect within the parent/coach relationship. Hockey Canada continues to develop hockey coaches with the hope that the Safe and Fun Hockey initiative will assist in making coaching a positive experience for everyone involved.

YOUR CHILD'S COACH AND YOU

Your child's hockey coach and you are on the same team, and you will both share many of the same goals. But your priorities may be different. The coach's priority will be the team, while your priority likely centers around the development of your child. Do your job of supporting and encouraging your child and let the coach do his or her job as well. Not everyone has an ideal coach.

If you have concerns, make sure they are discussed with the intent of helping to positively influence the situation. At all times, avoid undermining the coach – it puts both the coach and your child in a very difficult situation. Should difficulties remain, help your child use the situation as a growth experience.

If the problems are serious and include either harassment and/or abuse by the coach, report them to the sport governing body or appropriate authority and remove your child from the program.

Finally, if you think that you know more than the coach about hockey, maybe you should be coaching! Minor hockey associations always could use more coaches who are willing to donate their time and energy toward giving quality hockey experiences to children. Check with the minor hockey association in your area to see what coaching clinics or programs are available near you.

SHARED ISSUES IN HOCKEY: COACHES AND PARENTS

1. Dealing with Coaches

Hockey coaches should model expected behavior, thus setting an example for their players to follow. Conversely, parents should also keep with the motto of “respect and responsibility” at all times. Appropriate behavior, including courtesy, must be shown by parents toward coaches and administrators at all times to keep the relationship an open and valuable one. Modeling appropriate action for impressionable players to see is part of supporting the child’s learning process.

2. Parental Interference

“I’ve never had a parent talk a player onto a roster, but many have talked their children off my team.”

From a parent’s point of view, many situations can arise that may confuse and frustrate. From the coach’s perspective, a parent that does not communicate these concerns effectively serves to complicate problems.

Communication is a sure-fire cure for most of these situations, if handled in a professional and courteous manner. In approach, tone or message, parents must remember the consequences of ineffective communication. After all, wouldn’t you rather be part of the solution, than part of the problem?

3. Know the Team Rules and Objectives

Parents need to know “the score” regarding team rules and objectives, and if coaches don’t provide this information, then appropriate questions should be asked by a parent representative. While coaches are trained to try and be as inclusive as possible with hockey parents, the average team might have over 40 parents involved during the hockey season. This can make it difficult at times to share information with everyone equally. Many steps can be taken to improve this line of communication, including electing a parent representative at the beginning of the year to facilitate distribution of team information.



VALUE-BASED COACHING

The Chevrolet Safe & Fun Hockey program is a unique minor hockey initiative that has its foundations in a value-driven component. We believe that hockey, or any sport, should be viewed as a platform through which vital life lessons should be shared and reinforced. There are many values that coaches relay to players through words or actions, including our program values of responsibility and respect. Parents need to work in concert with our coaches to ensure your children take these values to heart.



Trust and respect are often viewed as values that people earn over time. However, courtesy is something that should be given to everyone we meet, even for the first time. By being courteous and respectful to others, all of us will inevitably change some of the negative behaviour that is far too often exhibited in the course of a game or practice. The great majority of coaches are volunteers, meaning that they are giving to your child freely of their own time. Coaching is not always an easy task, and children are constantly looking to our coaches for instruction and approval. Coaches should not have to deal with stressful outside factors while they put in an invaluable effort on behalf of your children. It's imperative to give them the respect they deserve.

PARENT/PARENT RELATIONSHIP



The following section deals with parental behaviours toward other parents. The Chevrolet Safe & Fun Hockey theme of “respect and responsibility” can often be best brought home to a parent by another parent.

AFFECTING CHANGE IN PARENTS

The majority of parents whose children are involved in hockey are good natured people who want the best for their children. Unfortunately, by remaining the “silent majority”, these parents might allow a minority group to take charge and dominate the program planning and priorities. Do not let a small minority of parents ruin it for everyone. Every responsible effort must be made to ensure all parents demonstrate respect, courtesy, and common sense at all times during dispute resolution. Resolving situations quickly is critical, before a molehill becomes a mountain, but solving them effectively must also become a priority. When there is effective communication among parents, healthy priorities for children and the program usually emerge.

If you have concerns, don't be afraid to share them and see if others feel the same as you do. Try to be supportive of the coach, and encourage everyone to share his or her concerns and suggestions with the appropriate person or association. Remember, in communication, the way a message is delivered matters just as much as the message itself! In other words, use courtesy and respect at all times when addressing coaches, administrators, and other parents.

KEEPING IN TOUCH

If possible, review the seasonal objectives early in the season. Encourage other parents to do the same, then monitor your child's progress as the year unfolds. Communicating these goals clearly with other parents will help to keep you "in the loop", and make it easier to monitor your child. If setting up a parents' meeting with the coach or manager is necessary for understanding and inclusion, why not give yourself that advantage? Again, an important point here is to keep the lines of communication open.

Hockey has long been part of Canadian culture, making friends out of neighbours and visitors alike. Most parents socialize between periods of a game, providing all parents with an opportunity for bonding and communication. Win, lose or draw, hockey is still the greatest game in the world, and serves to bind Canadians in a way that few other aspects of our culture can. We at General Motors and Hockey Canada hope this continues to provide a blueprint for successful relationships in hockey for parents and children for many years to come.



FOSTERING PARENTAL RESPECT AND RESPONSIBILITY

While Safe and Fun Hockey focuses on the theme of respect and responsibility, all too often these values are lost in the heat of battle. Children are extremely impressionable, making it critical that parents take every measure to control behaviour appropriately both in, and out of the arena. Unfortunately, this is not always the case. When a situation of unacceptable parental action occurs, the onus is on ALL parents to act. Make every effort to calm the parent in a civil and responsible manner. Remember that it is not just the responsibility of one parent. It is the responsibility of all to help when another parent acts in a misguided fashion. If necessary, call upon arena management, rink caretakers, security or even other parents, to maintain calm within the boundaries of the arena.

Whenever possible, try to encourage a healthy dialogue with the parents of opposing players as well. It helps children and coaches maintain perspective and positive rivalries. Lead by example, and the rivalries that begin on the ice will remain there.

HOW WE HELP PARENTS

Included in the Appendix of this manual is a helpful list of contacts, as well as other information tailored to address parental needs. Instructional videos are also available to help parents, and can be used in conjunction with parent meetings to help drive home the themes behind Chevrolet's Safe & Fun Hockey. General Motors and Hockey Canada need your help in keeping hockey Safe and Fun for all involved.

PARENT/OFFICIAL RELATIONSHIP



THE ROLE OF THE OFFICIAL

Hockey Canada has a high turnover rate among officials from year to year. A big reason for this is abuse from parents. Much of officiating is learned from experience. If we reduce the parent abuse, we will reduce the amount of officials who quit, resulting in a higher quality of officiating. When someone quits officiating, another rookie official takes his or her place. This can result in the same mistakes being made, and the cycle of inexperience and ineffective officiating continues. Parents.....please give officials a chance to improve. That is what Hockey Canada's Shared Respect Initiative is all about, respecting the role of all participants of the game – players, coaches, officials and parents.

THE RELATIONSHIP OF PARENT AND OFFICIAL

The relationship between parents and on-ice officials is often a tenuous one. Most parents are primarily concerned with the safety of their son or daughter during any sporting activity. If a parent is watching a game in which the safety of their child is at risk, they are not in a position to jump on the ice to protect their loved one. Rather than looking to blame the other team, players or coaches for not respecting the safety of their child, they focus on the official. This is where it is important for parents to have a better understanding of the role of an official.

UNDERSTANDING THE ROLE OF THE OFFICIAL

The following information will help to clarify some questions as to how officials attempt to referee during a game:

1. Generally, officials can react only to what HAS happened, not what MIGHT happen. If a player is injured as a result of an illegal play, the official can only react by calling the appropriate penalty, but cannot prevent the infraction from taking place in advance. The onus then falls on the official to make the appropriate call, and with proper training and the opportunity to develop their officiating skills, this will happen more often than not.



2. Officials set the tone early in the game for what is and is not acceptable play. Players, coaches and parents need to respect this authority and adjust accordingly. However, if players decide to take justice into their own hands, Hockey Canada has clearly mandated that officials should call all infractions that cross the line of “fair” and “safe”.

3. Officials focus on “the big picture”, while parents tend to focus on their own child! Because of this, officials may miss an infraction that happened to their child that is obvious, but the official may have been looking elsewhere at that specific moment.

In some cases, it is acceptable to focus on the official. If players are put into positions of danger, as the on-ice officials mandate is to make the game “fair” and “safe”. By calling infractions that, in their judgment, cross the line in regards to fairness and safety, the official is attempting to make the game fair and safe, and Hockey Canada calls on all officials to follow these guidelines. But remember, it is not your responsibility to address referee concerns directly!

Too often it is the “vocal minority” that creates the biggest problem for officials. Most parents do not yell at the referee or linesman. Hockey Canada calls on the “silent majority” to stand up and prevent verbal abuse of officials from the stands. Minor Hockey Associations are encouraged to adopt parental “Fair Play” policies that include penalties for parents that abuse officials. For copies of this policy, contact the Referee-in-Chief for your area.

HOW PARENTS CAN HELP THE SYSTEM

Parents who are concerned about the officiating in their part of the country can help to improve the system. While there are no easy answers, there are steps that can be taken – but more importantly, there are procedures to follow! First, ensure you have a good knowledge of the rules and Hockey Canada procedures for officials. Your suggestions will not have much merit unless it is apparent you have a good working knowledge of the game.



For example, complaining that an official is ineffective, but not being able to explain why, will do little to merit further consideration or action. Hockey Canada holds many refereeing camps throughout Canada, and all concerned parents should feel free to attend!

The avenues to express concerns are there, so please investigate the proper way to approach the situation. Take time to talk to your local Referee-in-Chief about the officiating. Express your concerns constructively about the game being Safe and Fun, and encourage the officials to strive toward constant improvement. Finally, give the officials a break now and then – we are all human!

Hockey Canada encourages parents to seek further information on the Officiating Program by checking out Hockey Canada's website at www.hockeycanada.ca. We welcome any parent to consider becoming an on-ice official, as this would be an invaluable contribution to the game.

PARENT/MINOR HOCKEY ASSOCIATION RELATIONSHIP

The Role of the Local Minor Hockey Association

The mandate of the local minor hockey association (MHA) is to administer and promote the game of hockey within its local community. This responsibility includes ensuring that all levels of competition and player ability are addressed.

The minor hockey association is also responsible for ensuring an Executive Board is in place to administer the day-to-day function of the association during the hockey season. As well, it is responsible for ensuring the appropriate legal requirements are addressed with respect to registering under the Society's Act, having a constitution, providing financial reports, having insurance, and registering with the provincial hockey body [Branch].

The local association operates within the Constitution and Playing Rules adopted locally by the Branch and by Hockey Canada.



The Relationship of Parent and the Local Minor Hockey Association

A parent's first contact with the local minor hockey association usually occurs when they register their son or daughter to play hockey. This is the entry point for both you and your child's involvement in the sport.

Parents are encouraged to attend general meetings of the local MHA to become aware of how the association operates and the many opportunities available to support the players in their hockey development.

The Association offers many options, on-ice and off-ice for parents to become involved with their child. Off-ice, parents can be involved as team parents, team managers, fund-raisers, concession workers, scorekeepers, timekeepers, tournament organizers and as members of the MHA executive. These are all important support positions where volunteers are needed. The MHA should provide you with a job description and training to avoid possible conflicts. It is important you perform only those items within your job description or as directed by a supervisor. Through volunteering you will meet and become friends with the parents of the players on your child's team, parents across the MHA, and make many contacts throughout the community as well.

On-ice, parents can be involved as coaches, trainers and officials. The MHA will arrange clinics so you can become familiar with Hockey Canada's Initiation Program, Coaching Programs, Safety Programs and Officiating Programs. These clinics will teach you the fundamentals of being an effective leader with the players. They will provide you with the tools to succeed in your volunteer position while enhancing the experience the players will have under your supervision.

Many MHA's offer parent education opportunities for you to attend.

Through these sessions you will be able to find out the philosophy of the association, where to take any concerns that may arise, who will be working with your child, and the role of the parent in the association.



For the parents of children entering hockey for the first time there could be concerns about the adults who will be involved with your child. Hockey Canada's Speak Out Program is designed to address these concerns. Ask your MHA how they are implementing Speak Out to safeguard your child.

As well, many MHA's have programs such as 'Turning Point' or 'Team First' to guide appropriate behaviour for parents, spectators and team officials. If yours does not, you could ask when they will be starting such a program.

During your years ahead as a minor hockey parent there will be a variety of opportunities to support your child in their hockey development. If or when concerns arise, speak with your child's coach or MHA executive member. Most often it is just a matter of a misunderstanding that can easily be addressed.

Both you and your child will grow and develop skills through your involvement with hockey. You will learn and develop life skills to use in other aspects of your life.

PLAYER DEVELOPMENT

There are many aspects of player development, and all of them are important in forming a “Safe and Fun” player. Whether learning individual skills, tactics, and team play, or understanding rules of the game and sportsmanship, players need to continue their development both on and off the ice. The Chevrolet Safe & Fun Hockey Program encourages a well-rounded “Safe and Fun” player.

SUGGESTED DEVELOPMENT GUIDELINES

Skill Development is a key component of developing sound hockey players. Before looking at skills to be learned, it is important to review the main components of skill development. Learning basic skills at a young age will set the foundation for any and all successes and enjoyment within the game of hockey. By learning these skills, children will be able to participate and contribute while having more fun. The following information is from the suggested Hockey Canada guidelines, regarding the amount of time spent during practice on various aspects of the game. Hockey Canada recommends a 2 to 1 practice to game ratio in order to follow the guidelines below:

The Initiation Program recommends player development is built on 85% practice of technical skills and 15% on individual tactics.

Hockey Canada’s Development Program for Novice hockey recommends 75% on technical skills, 15% on individual tactics, and 10% on team tactics.

The Atom Program recommends 50% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 5% strategy.

The Pee wee Program recommends 35% technical skills, 20% individual tactics, 15% team tactics, 10% team play, and 15% strategy.

The Bantam Program recommends 35% technical skills, 25% individual tactics, 15% team tactics, 15% team play, and 10% strategy.

The Midget Program recommends 40% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 10% strategy.

To define the terms just introduced, for our purposes, “technical skills” refers to player fundamentals. “Individual tactics” deals with how a player utilizes technical skills in a game setting. Team play involves the player using individual tactics in concert with his teammates. Strategy is proactive and reactive team play within the game setting.



Keep in mind when dealing with young players that each one will progress at a different rate. This does not make them “better” or “worse”, simply different. Allow a child to progress at their own rate and the true spirit behind Chevrolet Safe & Fun Hockey will make them do you proud!

WHY SKILL DEVELOPMENT?

At first glance, the majority of people believe that games are supposed to be more fun than practice. Although the preceding statement makes sense, it may be a misconception, especially based on the following statistics. Consider these statistics, then ask yourself; Is my child really having as much fun as they could be? Is my child really developing sufficient skills to be successful? The following statistics were taken from a study provided by Calgary Hockey Development.

SAFE AND FUN BY THE NUMBERS

Statistics taken from a Pee Wee level hockey game (Statistics provided by Calgary Hockey Development)

- Players will have the puck on their stick for an average of 8 seconds per game.
- Players will take an average of 1-2 shots per game
- Players will take an average of 18 shifts per game
- 99% of the feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game.

If asked, many players will say the best part about hockey is scoring goals, handling the puck, passing and skating. We know that players are more active, have the puck on their stick more often, take more shots, and give more passes during practice than during a game. Therefore, with properly structured practices it all adds up to more fun for the ones that count – THE PLAYERS.



PRACTICE BY THE NUMBERS

When watching a practice, parents should be aware of what constitutes effective skill development. To that end, look to see if the following guidelines are being followed for your child's practice time. Remember – it is your responsibility to also respect the coach, and his or her decisions regarding times, drills, and instruction.

- Players have a puck on their stick an average of 8-12 minutes each practice
- Players usually have a minimum of 30 shots on goal. Coaches should try to run 4-5 different drills/games/activities each practice. More is not necessarily better; execution of what they do represents development.
- No more than 2-3 minutes should be spent in front of a teaching board each practice. If there are 10 players on the ice, 2-3 players should be moving at all times.
- If there are 15 players on the ice, 3-4 players should be moving at all times.
- If there are 20 players on the ice, 4-5 players should be moving at all times.

Remember....One practice will provide a player with more skill time than the equivalent of 11 games!!!! ("The preceding facts and figures relate to a 1 hour practice session")

If you want your child to have fun playing hockey, make lasting friendships, develop skills and participate in the game for years to come, it all begins with developing the fundamentals. At Chevrolet Safe & Fun Hockey Festivals, we make every effort to ensure this fundamental development.

Even if your child should go on to play hockey competitively at the minor, junior, college or professional level, fundamental skill development will still remain a primary focus for their coaches. Learning and refining fundamental skills will provide a solid foundation for all future enjoyment, success and participation in the sport of hockey. As parents, we all need to remember this important fact as our children move through various levels of play.

COMPETITION

As your child matures and grows older, the form of competition they are subjected to expands and changes as well. The game of hockey at this point tends to become increasingly adversarial in nature. This section will outline the pros and cons of competition. Here is where the Safe and Fun Hockey message of respect and responsibility becomes even more important in your child's life.

Respect and responsibility denote values that we believe encompass a wide range of attitudes and behaviours that all of us should aspire towards. It is important that these values be learned and shown by our



children. By respect, we mean that all participants in the game should consistently demonstrate a respectful attitude toward other people who are involved, irrespective of their position. This would include the reciprocal relationships that exist between players, coaches, managers, referees, off-ice officials, parents, and facility personnel. By responsibility, we mean the onus is on all participants to show responsible behaviour before and after competition.

PARENT/PLAYER RELATIONSHIP

Competition can be a healthy environment in which to teach children teamwork and perseverance. Positive reinforcement will assist in building your son or daughter into a healthy adult, with core values like respect and responsibility helping guide the way!

As a parent, you need to take steps to ensure that competition is both a healthy outlet and learning experience. You should not get carried away “in the heat of the moment”, because your child’s competition is for their benefit, not yours! If given the proper context, the benefits of competition for your child will extend far beyond winning and losing. Make sure that you take the time to separate yourself from your child during these events – they need to learn on their own in order to grow.

As previously noted, it is best to stay away from “value judgment” questions. If your child is enjoying playing hockey, the amount of fun they have will matter to them far more than if they scored or won. Being with friends, learning teamwork, and developing character are key ingredients to helping your player realize their potential. Allow your child to enjoy hockey for what it was meant to be – Safe and Fun.

PLAYER/COACH RELATIONSHIP

The duties of a parent during a competition are relatively minimal. The reasoning for this is clear: the coach has a job to do during the game! The rewards to most coaches are intrinsic, and have more to do with the child’s development than with interacting with parents. Parents, unless they are coaching, must allow a coach to do his or her job to best serve the needs of all players. This in turn affords the coach a chance to enjoy the activity they enjoy doing most – coaching!

During competition a coach will have many objectives that encompass the needs of the entire team. For a parent to assume that the coach is put there to look out for the best interests of their own child specifically, is simply an underestimation of the role coaches play. Try not to mix your message with the coach’s, as it will do more harm than good. If you don’t understand the objectives, communicate with the coach at an appropriate time. This passage from the “Coaches Creed” perhaps best exemplifies for parents what the majority of coaches are really trying to accomplish: For a coach, the final score doesn’t read “so many goals for our team, so many for theirs.” It doesn’t say “this many wins and

losses.” Instead, it simply reads: **“So many lives affected, so much potential realized.”** This is the score that will never be published, yet this is the score that will be read in the silence of a coach’s own thoughts. And, inevitably, this is where a true coach will find their real joy long after the final game has been played.



PARENT/PARENT RELATIONSHIP

Because hockey plays such a large part in Canadian culture, games quite often grow to have a particular importance to Canadian hockey parents. This is often a double-edged sword – It can be healthy to generate interest in our game, but it can be destructive if not kept in proper perspective. Chevrolet Safe & Fun Hockey has a unique opportunity to positively impact the way adults surrounding the game view competition, and in the process, their own conduct.

During any competition, a parent will have a vested interest – they want to see their child do well. But few stop to ask themselves questions such as “is my child enjoying this” or “is hockey fun for my child”? More and more frequently, parents react for themselves during competitions, often taking matters into their own hands. The refusal to keep their children fully in mind often lets parents feel as though they can justifiably act out on their emotions. In truth, nothing could be more destructive, for both parent and child. This type of behaviour has to stop, for the good of all involved, and for the good of the game. The responsibility falls on parents to educate other parents who do not follow these simple axioms.

PARENTS/OFFICIAL RELATIONSHIP

During a game situation, it is the responsibility of an official to ensure the competition is proceeding in a safe and fun manner. Parents need to remember that officiating is not an easy task, and concentration is not only needed but required. The best thing a parent can do to help their child during a game is to sit back and let the referee do the best job they can.

To keep it in perspective, consider the referee’s viewpoint when watching your child play. Theirs is certainly a difficult task! Referees must watch all of the players on the ice during fast-paced action with many things happening at once. Often, the officials calling the game are relatively young themselves. It’s easy to see that while mistakes are bound to happen, these people are trying their very best. This effort deserves respect as well as recognition, instead of our constant scrutiny and second-guessing.

For parents, a sound policy to follow is the one of respect and responsibility set forth by Chevrolet Safe & Fun Hockey. Parents need to demonstrate respect for every Official and Administrator at all times. Your child looks to you to set an example, and as a parent, no one person can impact your child’s opinion than you.

CONCLUSION

Hockey Canada and Chevrolet have designed the Safe & Fun Hockey program to reach out to parents of young players in an effort to help improve the game. As a parent, it’s important that you take the time to recognize situations where safe and fun hockey behaviours are not being exhibited, and do your part to spread the message of respect and responsibility to others. We all have the power to be ambassadors of the greatest game in the world, so let’s work together to change hockey for the good of the game. Chevrolet and Hockey Canada are counting on you to bring Safe & Fun Hockey to every rink in Canada, for our children’s sake.



FAIR PLAY CODES

PLAYERS

- I will play hockey because I want to, not just because others or coaches want me to.
- I will play by the rules of hockey, and in the spirit of the game.
- I will control my temper – fighting and “mouthing off” can spoil the activity for everybody.
- I will respect my opponents.
- I will do my best to be a true team player.
- I will remember that winning isn’t everything – that having fun, improving skills, making friends and doing my best is also important.
- I will acknowledge all good plays/performance – those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

PARENTS

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her own enjoyment, not for mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one’s best is as important as winning, so that my child will never feel defeated by the outcome of a game.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn best by example. I will applaud good plays/performance by both my child’s team and their opponents.
- I will never question the officials’ judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children’s hockey games.
- I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.

SPECTATORS

- I will remember that participants play hockey for their enjoyment. They are not playing to entertain me.
- I will not have unrealistic expectations. I will remember that the players are not professionals and cannot be judged by professional standards.
- I will respect the officials’ decisions and I will encourage participants to do the same.
- I will never ridicule a player for making a mistake during a game. I will give positive comments that motivate and encourage continued effort.
- I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and league officials.
- I will show respect for my team’s opponents, because without them there would be no game
- I will not use bad language, nor will I harass players, coaches, officials or other spectators

APPENDIX 1

FEMALE HOCKEY

There is something special about female hockey. The international support and cooperative effort exemplifies the true spirit of Safe and Fun Hockey. Female hockey is now being played in at least 26 countries, including many European locations. Chevrolet Safe & Fun Hockey encourages females to undertake and enjoy the game of hockey, and enjoy the lifelong rewards the game provides.

Female hockey opportunities range from recreational leagues for individuals aged four to eighty-four, all the way to the Olympics and World Championships for players, coaches, officials, and trainers.

PARENT RESPONSIBILITIES

The entire Chevrolet Safe & Fun Hockey Parent's Approach manual outlines some exceptional guidelines for athletes in sport. It is important, as the parent of a female hockey player, to consider in general female's motives for participation. According to the Centre for Advancement of Women in Sport the top 5 success factors for female's participation in sports are:



1. Fun;
2. A mix of physical and social activities;
3. Input into program or team design;
4. Girls and women only and;
5. Safe and supportive environment.

HOW PARENTS CAN ENCOURAGE GIRLS TO PLAY SPORTS

Photograph your child being active

- Enlarge the photo
- Frame it
- Be proud of it!

Actively support your daughter's involvement in physical activity

- Buy her good, new or used equipment – not always hand-me-downs.
- Consider volunteering.
- Drive her to and from practices and come and watch her games.

- Make sure your daughter has time in her life to be active.
- Make your daughters hockey experience an overall positive one.

Introduce your daughter to active women

- Buy sports books about women athletes.
- Watch women's sport events on TV or attend an event with your daughter.
- Read the sports pages with her and follow the performances of Canada's great athletes.

WHERE SHOULD MY DAUGHTER PLAY? FEMALE TEAMS VERSUS INTEGRATED TEAMS.

There are a number of reasons why females participate on mixed gender teams in Canada. The most common reason is that there is only a mixed team option for them to play. Some females continue to play with the boys because they developed great friendships and enjoy the level of competition. Others play because their parents see a structure that has been in place for a long time and feel more comfortable choosing it as an option. In the ideal Hockey Canada female hockey structure, females would compete on female only teams. We need to work together to create opportunities for female hockey players in this country. The Canadian Fitness and Leadership Institute study in 1998 states that only 30% of girls between the ages of 5-12 are physically active and that 60% of children and youth ages 5-17 are not active enough for optimal growth and development. Based on studies such as these, our first recommendation is for females to become physically active whether they join a female team or a mixed gender team. Female only teams provide a number of benefits to the female participant. These benefits include the provision of same-sex role models, the creation of a supportive environment that emphasizes fun and the social aspects of sport, and girls who are not currently active are much more inclined to participate if they are able to join a female only team versus an integrated team. Females that participate in physical activity programs report higher levels of self-esteem, feel a sense of mastery and pride, and lower levels of depression and stress according to 1998 studies by individuals like Zimmerman, Reaville, Frisby and Fenton.

In the beginning years of a female hockey program, it is important to know that female hockey players come to the game with a very wide range of experiences in sport and physical activity in general. Coaches must draw on a wide variety of skills if they are going to be able to reach all of the athletes on the ice. For example, a number of girls may have played hockey for a few years and a couple of others may be playing for the first time. In these situations, coaches and parents need to work together to build a program, be supportive of the coaching environment and work together to provide all participants with an opportunity to experience success.

APPENDIX 2

NUTRITION AND HYDRATION

A player, who rests well and eats well, will feel well on the ice and be able to put forth a good effort during practices and games. Proper nutrition and hydration will optimize performance, and help players avoid fatigue, which can ultimately lead to injuries. Eating a properly balanced diet everyday is just as important as the pre-game meal. Scientific research has proven that hockey players do not need supplements if they eat a well balanced diet and follow Canada's Food Guide to Healthy Eating.

Examples of Pre Game/Exercise Meals

1. Stir up vegetables, and small pieces of chicken served over a bed of rice. Glass of skim milk and glass of water. Fresh Fruit.
2. Homemade vegetable soup, sandwiches (with little butter or mayo, brown bread, lean meats). Glass of skim milk and glass of water. Fresh fruit.

3. Pasta with tomato and meat sauce. Glass of skim milk and glass of water. Fresh Fruit.

Hydration

- Water is essential to avoid dehydration.
- Staying hydrated optimizes performance.
- Fluids should be taken before, during and after games and practices.
- Do not wait to drink fluids only when thirsty.
- Vigorous exercise blunts the thirst mechanism.
- Fluids should be taken in small quantities at regular intervals.
- Water should be cool to promote stomach emptying.
- Players should have their own water bottles to prevent transmission of viruses and bacteria.

What is One Food Guide Serving? Look at the examples below.



Different People Need Different Amounts of Food

The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

APPENDIX 3

HOCKEY EQUIPMENT FITTING GUIDE

When purchasing hockey equipment, the most important aspect to consider is that the equipment is properly fitted. When equipment is not suitably fitted, the player is exposed to injury. Hockey Canada and Chevrolet Safe & Fun Hockey recommend parents, and players use great care when selecting appropriate protective equipment before stepping on the ice. The information contained herein should only be used as a guideline when purchasing hockey equipment.

Note these three important factors when evaluating new or used hockey equipment:

- 1) The equipment is in proper condition;
 - 2) The equipment is properly maintained throughout its life span and;
 - 3) The equipment fits properly.
-
- If any piece of equipment is cracked or is structurally unsound, it should be replaced immediately or properly repaired by a professional. Equipment should be inspected often so that any breaks can be caught immediately and properly attended to.
 - All equipment should be hung to dry after every game or practice. This reduces deterioration in the equipment's structure and quality. Skate blades and holders should be completely dried immediately after every game or practice. This will prevent deterioration of the blade. Proper maintenance involves examining all equipment frequently throughout its life span.
 - Equipment should cover the entire area of the body that it is meant to cover and should **never** be bought "to grow into". This leaves the player at risk of serious injury, as equipment that is too big will slide away from the area that it is protecting. Remember also that new is not necessarily better! New equipment may be costly, and with a little bit of research you can locate safe, used equipment at a very reasonable price – but, for safety's sake, ensure it meets all applicable standards, specifically CSA for helmets and facial protection and BNQ for throat protection.



EQUIPMENT

Facts you should know?

- You should never buy skates that are too big to grow into, as this can affect skating development.
- When drying your skates after a session, the insoles should be taken out for more effective drying.
- Your helmet and facemask should be CSA certified.
- If you paint your helmet or remove the CSA sticker, your helmet is no longer CSA certified.
- You should not apply stickers to the helmet as some stickers have glue that can harm the helmet and could affect both CSA certification and the manufacturer's warranty.
- There are specific facial protectors for the player depending on their age, and you should ask your sports store or refer to the Hockey Canada rulebook to determine which is best for you.
- If you remove ear protection from your helmet it is no longer CSA certified and therefore does not meet Hockey Canada requirements.
- Your throat protector must be BNQ certified and cannot be altered in any way.
- As a rule of thumb your hockey stick should reach between your chin and your mouth if you are in street shoes.
- In a "ready stance" with the stick's blade flat on the ice, there should be no gap between the ice and the bottom edge of the blade. If so, try a different lie to remove this gap.



A vertical photograph on the left side of the page shows a hockey player in a white jersey and helmet, positioned in front of a goal. The player is wearing a white helmet with a cage and a white jersey with "ITC" visible on the sleeve. The background is a blurred green wall.

APPENDIX 4

HOCKEY CANADA DEVELOPMENT PROGRAMS

Initiation Program

The Initiation Program is designed to introduce 150,000 hockey players, from the ages of five to eight years old, to the fundamentals of skating, puck handling, passing and shooting. Taught in a progressive manner through practice drills and modified games, the emphasis of this program is placed on fun, fair play, cooperation, fitness and safety. The program is divided into four levels – each level consisting of 8 lesson plans each building upon the skills taught in the previous lessons. Clinics on how to teach the Initiation Program are coordinated by the 13 member branches.

Hockey Canada Skills Development Program

Introduced from Novice to Midget levels, to further enhance the fundamental skills learned in the Initiation Program, the focus is again placed on passing, shooting, puck handling and individual tactics. Approximately 50,000 coaching manuals have been sold across Canada since the program's creation. They are teaching curriculums to assist coaches in teaching fundamental skills throughout the season. Weekend Development Camps are held during the season for Atom and Pee Wee aged players. The focus is balanced between fundamental skills and respect and fair play. Manuals for coaching Goaltenders and a Half Ice manual have recently been developed to complement these manuals already in place.

Coaching Development Program

The Coaching Development Program's goal is to enhance the training and development of 75,000 active hockey coaches across Canada from "grassroots" to Canada's National Teams. Approximately 15,000 coaches (many first-time coaches) attend a clinic each season to learn and subsequently teach the Initiation Program.

The National Coaching Certification Program is used to certify and train coaches. Former participants include: Mike Keenan, Terry Crisp, Roger Neilson, Dave King, Andy Murray, E.J. McGuire, Alain Vigneault and Marc Crawford. Upon request, Hockey Canada assists in the growth and promotion of hockey internationally by supplying key resource personnel and educational materials worldwide.

Officiating Program

Our goal is the standardization of the teaching of the methods and techniques of officiating. This leads to uniform rule interpretation throughout Canada.

Over 30,000 officials register with Hockey Canada annually. All registered officials are required to attend a clinic and/or refresher clinic each season. There were over 1,100 clinics held last season across Canada. Hockey Canada supplies an average of six officials to the IIHF World Championships each season. When requested, Hockey Canada also supplies personnel and educational materials to countries seeking assistance in officiating development.

HOCKEY CANADA SAFETY PROGRAM



Hockey Canada Safety Program is a risk management and safety program for volunteer safety people required on all teams within Hockey Canada. The ultimate goal of the program is for all hockey safety people to implement effective risk management, where safety is the first priority at all times both on and off the ice. Hockey Canada has developed this new adult education program to assist and train people to fulfill this important role. Parents are encouraged to volunteer their time and become a safety person for their son or daughter's team and help put safety first!

Speak Out! Program

In February of 1997, Hockey Canada began implementing a program to address abuse and harassment in hockey. With input from parent focus groups, expertise from leaders in the field, and an intense review of research and literature, a comprehensive plan was created which focused on the prevention of harassment and abuse within hockey in Canada. The ultimate goal is to provide a safe and enjoyable environment for all of its participants.

One of the most significant components of the Speak Out Program is the education of coaches within the hockey system. This training is being accomplished through a four hour interactive workshop created in conjunction with Canadian Red Cross Respect Ed. The program includes education on:

- Positive and negative uses of power.
- Recognizing abuse and responding to disclosures.
- Recognizing harassment and responding to harassment complaints.
- Prevention guidelines for coaches.

Hockey Canada has also incorporated harassment and abuse prevention modules into both the hockey Canada Safety Program and the Hockey Canada Officiating Program based on the information specific to the needs of these program participants.

Additionally, in an effort to educate parents on harassment and abuse prevention, Hockey Canada has created the “Safety for All” booklet. This booklet simplifies the information a parent needs to understand abuse and harassment and how to respond if their child is subjected to either. Hockey Canada distributes over 400,000 of these guides annually.

By educating our members and partners, Hockey Canada is improving the safety of our most precious resources; the players. For more information of the Speak Out Program visit Hockey Canada’s website at:

WWW.HOCKEYCANADA.CA



Men's Programs

National Men's Team (IIHF World Championship, Olympic Winter Games), National Junior Team, National Men's Under-18 Team and regional under-17 teams

It is expected that the part-time National Men's Team will participate in the following international competitions: Spengler Cup, Olympic Winter Games and IIHF World Championship. Over 100 National Men's Team members have graduated to the NHL since 1980, including Eric Lindros, Sean Burke and Paul Kariya. The teams that compete at the IIHF World Championship and Olympic Winter Games are one-time teams composed of the best available players in Canada from the NHL. Team management and coaching staffs select the players for the team, as there are no selection camps.

The National Junior Team is formed from the best players in Canada under 20 years of age. This one-time team is selected from two camps – a summer development camp and a winter selection camp – then meets approximately three weeks before the IIHF World Junior Championship to prepare for the event.

The National Men's Under-18 Team prepares players for future Program of Excellence experiences, giving them their first exposure to international officiating, ice surfaces and travel while developing them for the National Junior Team.

The regional under-17 teams are the initial stage in player identification for each province. Players develop their skills to prepare them for the National Men's Under-18 Team and National Junior Team.

Canada's five regional teams – Pacific (B.C./Alta.), West (Sask./Man.), Ontario, Quebec and Atlantic (N.B./N.L./N.S./P.E.I.) – compete annually in the World Under-17 Hockey Challenge, facing five international entries.

Women's Programs

National Women's Team, National Women's Under-22 Team and National Women's Under-18 Team

By participating in the Hockey Canada Program of Excellence at an earlier age, players will have more time to develop both physically and mentally, therefore allowing Canada's most talented players to becoming better prepared to compete successfully in international competitions.

The National Women's Team promotes female hockey across Canada, from the community level to national level through activities such as guest coaching, the Experience a Dream player program, coaching clinics and Esso Fun Days. The National Women's Team has won the gold medal at nine of the 12 IIHF World Women's Championships and three of the four Olympic Winter Games that have included women's hockey.

The National Women's Under-22 Team and National Women's Under-18 Team are developmental teams that help prepare players for action with the National Women's Team. Both teams compete twice a year – a three-game series in the summer and a major international competition in the winter/spring. Due to limited international competition, it is advantageous for athletes to stay with their respective clubs to train year-round at an elite level.



APPENDIX 5

HOCKEY CANADA GRASSROOTS DELIVERY



HOCKEY CANADA

Branches

Western Regional Centre – Calgary, Alberta

The Western Regional Centre offers research and development programs to hockey constituents in BC, Alberta, Saskatchewan, Manitoba and the North West Territories.

Atlantic Regional Centre – Saint John, New Brunswick

The Atlantic Regional Centre coordinates all hockey development programs in Atlantic Canada on behalf of the Nova Scotia, New Brunswick, Newfoundland

and Prince Edward Island Provincial Branch Hockey Associations.

Ontario Regional Centre – Toronto, In partnership with the Ontario Hockey Federation, the Ontario Regional Centre coordinates educational outreach programs for hockey constituents in Ontario.

Quebec Regional Centre – Montreal, Quebec

The Quebec Regional Centre working in cooperation with Hockey Quebec will assist in the delivery of educational hockey programs throughout Quebec.

APPENDIX 6

Below is an age category reference chart developed to Age Category Reference Chart.

For the hockey season beginning in 2012/2013

5	Pre Novice (Initiation program)	10	Atom	16	Midget
		11	Pee Wee	17	Midget
6	Pre Novice (Initiation program)	12	Pee Wee	18	Juvenile & Junior Hockey
7	Novice	13	Bantam	19	Juvenile & Junior Hockey
8	Novice	14	Bantam	20	Juvenile & Junior Hockey
9	Atom	15	Midget	21	Junior Female

****Note:** The player's age is determined for the current playing season by the player's age at December 31 of the current year.

There are minimum categories in which players are eligible to play. Players may play by age in these categories and higher. Some hockey organizations may allow the players to play at a higher category due to a player's skill development.

In Canadian urban areas many hockey organizations operate the first year of a category as a 'Minor' Year, i.e. (Minor) Bantam in year 1 of category and (Major) Bantam in second year of category.



APPENDIX 7

Hockey Canada Contacts		
Calgary Office Suite 201, 151 Canada Olympic Rd SW Calgary, AB, T3B 5R5 403-777-3636 www.hockeycanada.ca	Ottawa Office 801 King Edward Avenue Suite N204 Ottawa, ON K1N 6N5 613-562-5677	
Hockey Canada Regional Centres		
Atlantic 125 Station St. Saint John, NB E2L 4X4 506-652-2263	Quebec Bell Centre 1275 St-Antoine St. West Montreal, QC H3C 5H8 514-925-2240	Western 151 Canada Olympic Rd SW Calgary, AB, T3B 5R5 403-777-3644
Hockey Canada Branch Contacts		
BC Hockey 6671 Oldfield Road Saanichton, BC V8M 2A1 250-652-2978	Hockey Alberta 100 College Blvd. Box 5005, Room 2606 Red Deer AB. T4N 5H5 403-342-6777	Hockey North 3506 McDonald Dr. Yellow Knife, NT X1A 2H1 867-920-2729
Hockey Northwestern ON 216 Red River Road Suite 100 Thunder Bay, ON P7B 1A6 807-623-1542	Saskatchewan Hockey Association #2-575 Park Street Regina, SK S4N 5B2 306-789-5101	Hockey Manitoba 145 Pacific Ave. Winnipeg, MB. R3B 2Z6 204-925-5755
Hockey Québec 7450 Boulevard Les Galeries d'Anjou, Suite 210 Montréal, QC H1M 3M3 514-252-3079	Ottawa District Hockey Association 1247 Kilborn Place Suite D300 Ottawa, ON K1H 6K9 613-224-7686	Ontario Hockey Federation 400 Sheldon Drive Unit 9 Cambridge, Ont. N1T 2H9 226-533-9075
Hockey Nova Scotia 7 Mellor Ave, Unit 17 Dartmouth, NS B3B 0E8 902-454-9400	Hockey New Brunswick 861 Woodstock Road Fredericton, NB E3B 7R7 506-453-0089	Hockey PEI 40 Enman Crescent Charlottetown, PE C1A 7K7 902-368-4334
Hockey Newfoundland and Labrador 32 Queensway Grand Falls-Windsor, NL A2B 1J3 709-489-5512		

APPENDIX 8

READINGS AND REFERENCES

These are suggested materials intended to assist hockey parents. These materials can be used to gain valuable insights into the game of hockey, as well as enhance a parents' understanding of the mission behind Chevrolet Safe and Fun Hockey.

Hockey Parents Make The Difference – Hockey Canada Video, Centre of Excellence.

Kids Hockey: A Parent's Guide – By Dr. Gary Abraham, published by FireFly books (2001).

The Hockey Mom's Manual – By Laurel Phillips & Barbara Stahl, published by 307 books: Maumee, Ohio, U.S.A. (2001).

A Guide for Sport Parents – By Dr. Cal Botterill & Tom Patrick, published by Sport Manitoba and Manitoba Hydro, (2000). The manual, in its entirety, can be found at the Sport Manitoba website, www.sportmanitoba.ca



**For Information about the Chevrolet
Safe & Fun Hockey Program visit:
www.SafeandFunHockey.ca
or call 1-800 GM DRIVE**

Copyright 2012 by Hockey Canada and General Motors of Canada Limited.

All rights reserved. No part of this publication may be reproduced in any form, electronic or mechanical, including photocopying, recording or in any information storage and retrieval system without the express written consent from the publishers.

