



## Topics:

- From the Development Desk
- Female Hockey
- Name our Newsletter



## GOT IDEAS?

**Gotta topic you would like to see in our next newsletter?**

**If so, please forward your ideas by email to us at [secretary@chbawings.org](mailto:secretary@chbawings.org)**

## From the Development Desk

Well the holidays have come and past with a well deserved break for us all. It also served as a time to reflect on the 2010-2011 season to this point. I believe that many of the programs in our Association have seen some great improvement in their players so far this season, and ultimately this is reflected in team success. After all, the point of skill development in a player is that teams subsequently do improve.

Reaching the half way point of the hockey season, questions have been asked of our coaches for feedback on where their individual programs are with respect to their seasonal plan. At the beginning of the season, we asked that our teams focus on some structural points of play such as:

- A/ Faceoff Alignments (Montreal 5 across in DZ),
- B/ Defensive Zone Coverage
- C/ Breakouts

Coaches have and continue to put the time in on these fundamentals as the season moves forward. Lately, the effort has been on a solid Fore-Check System (1 – 2 – 2 CAPS) and Transition play, etc. It takes years to build “a way” or “culture” of play in an Association. This season, we have started to “rebuild” a way of thinking that in the future winning will again be a positive focus because the process is positive in approach. Winning isn’t a “dirty” word and we shouldn’t be ashamed of it so, as we continue forward, our programs have been asked to continue to teach the value of working toward that type of success.

Of the programs that have reported back on their team progress, the IP / Novice Programs reported that they are achieving or close to achieving outcomes in that they are developing individual skills such as stopping/starting, better balance and agility, and development of puck control skills including passing and receiving skills. We all know that at the Novice Level that wins and losses (scores) aren’t kept, but we know that the kids do track it during a game and for the most part, our programs are noticing positive results. These positive results have been producing confidence in our kids and therefore more and more development of their ability to comprehend and play the game. Good to see....

It is worth mentioning that one of the most positive things going on in our Association this season would be that of the Novice Girls Development Team. Over the holidays I was able to attend a game to see how they were doing and was very pleasantly surprised at the improvement of the kids but also their level of competitiveness.....very tough I might add. Hopefully, this is a great step in the continued or renewed interest in moving a girl’s hockey program forward for the future.

Also on the girl’s front, the Wednesday morning SMU Hockey for Girls Skills Program has seen many of the girl’s skill improve and their confidence soar.

We have other successful operations to date with the weekly development times on Tuesday and Thursday mornings. Tuesday in the first half (prior to Christmas) we held goalie development sessions with eight goalies from Novice to Pee Wee participating. This was fundamental based. Thursday sessions had been set aside for players at the Novice to Pee Wee levels. Players really improved and personally I have had a great time with the kids. These programs continue until the end of the season and are going well.

On December 30<sup>th</sup>, the Association hosted a Hockey Canada Skills Program Camp at Cole Harbour Place. This not only included on-ice for Atom and Pee Wee aged kids, but provided off-ice training sessions and sessions on respect on sport for players and parents. It was a full day and really was a lot of fun for all involved.

Coaches from the Association that were involved:

- Jarrett Norrie (Bantam C)
- Jeff Norrie (Bantam C, CHBA Exec)
- Kevin Hurley (Bantam C)
- Sean Hurley (Bantam A)
- Brad MacLeod (Atom AAA)
- Mike Lunn (Bantam Major)
- Greg Mason (CHBA Exec)
- Ed Longaphy (Association Member)
- Paddy Flynn (Director of Development)
- Nick Barrett / Keegan McGinnis (Bantam Major Players)

Players from our own Association and other Associations from around the Province also took part in our hospitality and development.

Overall, we continue to move forward with coach and player development. Development assistance with the coaches in reinforcing old drills and the introduction of new drills, system and concept work is generally accepted. However, much remains to be done and the development of a better plan for the Association is still required. With the aid of the Association and its members, this can be achieved, but only if everyone can put aside their differences and come together to affect the "proper" developmental changes that are needed for future growth and success.

Congratulations to all those programs that have been working hard throughout the season and now into the playoffs. Three of our Bantam Programs have made it to the Provincials and other programs are still in the hunt. Best of luck.

Paddy Flynn  
Director of Hockey Development , CHBAMHA

### Female Hockey

I hope that everyone had a great Christmas and Happy New Year.

The first half of the season is under our belt and with league play for the girls winding down they will soon be into provincial play downs. Once the play down process is completed, the top two teams from each South Conference division will take part in provincials facing two teams from North Conference and the host team. The provincial tournaments for Midget AA/A and Bantam AA take place March 18-20; Bantam A, Peewee AA/A, and Atom the following weekend March 25-27. Good luck to all who participate in the provincial process.

The end of the regular season also means that it will be time for league playoffs. These games could coincide with play down games, subject to availability of ice. Depending on the number teams in their division the girls will play 6-8 games in a round robin format. While not every team will take part in play downs, all teams participate in the league playoffs. League championships will take place in March.

On Sunday December 5, CHBA hosted their segment of Female Development Day, for IP and Novice aged girls from Dartmouth, Eastern Shore, East Hants, and Cole Harbour associations. The event was a success with most of the Cole Harbour girls in attendance. A total of 16 IP girls and 27 Novice age girls attended from all the associations involved. Thanks to Barry Wisener for arranging to have players from the SMU Women's hockey team participate in the activities on the ice. The young girls really enjoyed having them there.

Thanks also to Mark Hinam and Tim Horton's for providing hot chocolate, timbits and for having medals made up for the girls. Judging from the smiles on the kid's faces, I would say that they had a ton of fun and are looking forward to the sessions hosted by Dartmouth and East Hants later in the New Year.

The Bantam AA females travelled to the University of New Hampshire the week of January 11 – 16. They were hosted by the Women's Varsity Hockey team, taking part in their game day preparation and playing exhibition games against teams of similar caliber during this time.

Barry Wisener has offered a free registration to a female player from Cole Harbour to attend The SMU Camp of Champions coming to Cole Harbour Place July 4 - 8. This camp will have on ice instruction from SMU varsity coaching staff as well as student players. Congratulations to Alison White of the Bantam A Female team whose name was chosen on December 19. If anyone has inquiries about the Camp of Champions feel free to contact Barry Wisener 435-2657 or Lisa Jordan (Head Coach SMU Varsity Women's team) 496-8115 for more details.

Brian MacPhee  
Female Coordinator



### Name our Newsletter Contest

We're looking to our players to name the CHBA Newsletter. Send your ideas to [secretary@chbawings.org](mailto:secretary@chbawings.org) by February 26<sup>th</sup>. The winner will receive a \$50.00 gift certificate for Cleve's. Watch for our new name in our March edition.

A special thank you to Cleve's Source for Sports in Cole Harbour for their generosity.  
Now Open: Monday & Tuesday nights til 9pm.

