

# Cole Harbour Bel Ayr Minor Hockey Association

## Report on Development Weekend

November 6<sup>th</sup> & 7<sup>th</sup>, 2010

Submitted by

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### Introduction

Development Weekend 2010 has come and gone. The format this season was much better and more aggressive than that of the last season and by all accounts has garnered many positive statements from many members of the Association.

Still, there are places to improve, much to be done and still more thought about what Development Weekend should really be about. In this report, I will provide a couple of reasons to move forward with it; reasons that it doesn't work for our Association in some areas, and suggestions positive and negative that may need to be examined for the future of this program and focus.

### The Presentations

This season we had decided that our focus was going to be directed more toward coaches and parents; providing information to this area of our membership. Our presentations were in keeping with that decision; and are listed below:

Saturday, November 6<sup>th</sup>

1. "The Difference Makers" ~Presenter, Shawn O'Brien (Former Coach, Scout & Player)
  - a. Focused on giving information for players and parents about what it takes to make it in hockey and for those that aspire to play at the highest levels.
  - b. Suitable for all parents and players that are playing Atom AAA and above.
  - c. Attendance ~ Considered weak
  
2. "Drug and Alcohol" ~Presenters, from HRM Police Force.
  - a. Focused of course on Drugs, the dangers of and what to look forward that is out there these days and how it affect one's life and decisions and the what impairs someone when drinking and the effects of drinking, etc.
  - b. Attendance ~ Considered weak.

3. "Sport Nutrition" ~Presenter, Jonathan Gale (High Performance Athletic & 4<sup>th</sup> Year Nutritional Science Major from MSVU)
  - a. Focused on the good and bad in Nutrition for Athletics
  - b. For all coaches, parents and players (if parents choose to bring them)
  - c. Attendance ~ Considered weak.
  
4. "1/2 Ice Drills & Concepts" ~Presenter, Paddy Flynn (CHBA Development)
  - a. Focused on drills for half ice practice and concepts and how to teach within what is given for teams and programs that are users of 1/2 ice.
  - b. Was geared toward our Novice / Female / Recreational Programs
  - c. Attendance ~ Considered EXTREMELY weak (three coaches)

Sunday, November 7<sup>th</sup>

1. "Developing Defensemen" ~Presenter, Chris Donnelly (Moosehead Assistant Coach)
  - a. Focused on what makes a very good defensemen, skills required and the decision making reads necessary to be considered sound at that position and how to achieve that ability.
  - b. For all coaches and for players that at a level of understanding for this presentation. (Atom level and up).
  - c. Attendance ~ Considered strong
  
2. "Child Psychology in Sport" ~Presenter, Todd McDonald (Former Prof. Of Organizational Behaviour at SMU, CEO of Energy Atlantica)
  - a. Focused on the interaction of coach / parent / teacher and player / student and relationships that grow and fail. Why kids leave a sport and why others thrive.
  - b. For all coaches and parents (all that deal with kids).
  - c. Attendance ~ Considered weak
  
3. "Parent Education Program" (PE) ~Presenters, Rick Hill & Randy Pulitzer of Hockey Nova Scotia
  - a. Focused on the education of parents in the area of officiating. How a young official is affected by parent and coach 'bad' reactions during games.
  - b. For all parents and coaches
  - c. Attendance ~ Nil
    - i. In discussing with our President, was an embarrassment not to have anyone show for this.

4. "Fast Feet & the Development of the Power Foot Stop / Start"  
~Presenter, Paddy Flynn (CHBA Development)
  - a. Focused on presenting the full view of quick feet and the reason for developing a "Power Foot Stop" and the uses of.
  - b. Part of our new video series on it.
  - c. Drill Package and explanation that goes within.
  - d. For all coaches (a small group of Pee Wee AAA & Bantam Major players in attendance) & one coach.
  - e. Attendance ~ Considered EXTREMELY weak
  
5. "Coaches Hot Stove" ~Host, Paddy Flynn (CHBA Development)
  - a. Focus was to be for coaches, about coaches and coach concerns.
  - b. Attendance ~ Considered weak

### **On-Ice Instructors**

Paddy Flynn, Mike Lunn and Hugh Lankester (Harbour Storm Major Bantam)

For the Girl's Development Program (SMU Women's Hockey Program)

Pee Wee House Program (Matt Beaver)

Goaltending Sessions (Todd & Roman Bengert, Nick Barrett, Keegan McGinnis)

IP / Novice Programs (Helpers on-ice, Harbour Storm Major Bantam players)

### **Off-Ice Instructor**

For all Competitive Levels & Novice Advanced (Gaetan Tremblay)

### **Presenter Introductions**

Kathy Hampson (President) & Richard Pelley (Development Coordinator)

### **Video**

Richard Pelley (Development Coordinator)

### **The Schedule of Events**

The on-ice and off-ice schedule was very aggressive where the focus for on-ice times for teams were geared for the "development and introduction" to Fast Feet / Power Foot (to some degree) skills.

Overall, each practice was tailored for the individual program. At the checking levels, the second hour was about "Battle Stations" to aid coaches in the effort to get the 'battle level' of their programs up. This was an opportunity to pass on some valuable drills that coaches can use in their practices. The Midget House, Midget Competitive levels run their own practices as well as the Bantam Competitive Levels in hour two (however a plan was made for them). At the Novice Level, practice plans for both days were given out. IP continued in the direction that they are currently on. The Competitive Girls Programs were run by Paddy and Mike Lunn focusing on skills and situations.

The greatest treat of the weekend was the Girl's Development Program which saw the SMU Women's Program work with the kids for their two hours of ice and by all accounts, a great success.

Our Goalie Sessions for the weekend were run by Todd Bengert. Todd is a Dad and goalie coach in the Association and did a fantastic job with his son Roman and with the help of Bantam Major Goalies Keegan McGinnis and Nick Barrett.

Also, CHBA provided an hour of swimming at the CHP Pool on Saturday (the Association swim). Moderate turn-out.

## **Evaluation of the Weekend**

### Strong Points

- Great Program this season compared to last.
- On-Ice and Off-ice Training Sessions attendance overall very good, but in some areas so, so....
- The Focus was right.
- Practice Plans given (usable information for the future).
- Presentation Quality; Excellent.
- Venue Quality; Excellent.
- The help, from off-ice, on-ice and introduction of presenters and the presenters ~ Excellent
- The Focus on coaches & parents (and still having the players benefit) ~ Excellent
- Feedback overall ~ Excellent

### Weak Points

- Scheduling changes (Games in the middle of the schedule due to Canada Games)
- Scheduling changes (last minute)
- Scheduling changes (causes late presentation of the overall schedule)
- Communication of what is happening for the weekend to parents
  - An area where coaches have to "push" the product!
- Poorly attended presentations
- Poor returned communication from some programs in the Association (Midget Programs)
- Information in the a perfect world would be communicated and set two weeks in advance minute
  - With "no more" changes

- Communication from those that have a “beef” to make their concerns known early and relayed in a proper manner (instead of having things said in a ‘public’ type forum)
  - Lack of respect usually gets people ‘no where’
- More facility space for further development of an off-ice program
  - Being misinformed about how recreational programs would feel about off-ice training was an issue that can be fixed in the future

## Conclusion

From the developmental perspective this was a very aggressive plan of attack. The focus for Development Weekend was right and to the point, not too overdone and not underdone as well. However, communication of the program was not done as well as it could be and with coaches and parents overall seemingly not to be overly interested in Development Weekend, I find that the work that goes into it may be better served elsewhere.

Having said that, yes things can work better and in the future perhaps the best way of handling the sharing of information has to come direct from the development department straight to the parents thus bypassing the Coordinators and the Coaches.

Is the expense worth it, can it be done better.....yes, and communication is the key. We had excellent content here for the weekend straight from a great off-ice program through to on-ice and presentations. There was something for everyone, but the lack of attendance, especially from our team coaches was very disappointing. Many will say “other commitments” with their own children, etc., however, the managing of staffs can be planned easily for at least some representative of the program to be in attendance and therefore returning to the program with valuable insights.

Truly, HNS has to look at this in another way. I believe that we put on a great program this season and as one Executive Member said, “this is the most aggressive Development Weekend yet for Cole Harbour Minor”.....I take that as a vote of confidence that the weekend was a success as far as it looked for us; however, either we as an Association have to take a stronger stand on what we mandate to our programs and or HNS has to support Development Weekend as more than just putting a name on the weekend.

Personally, I have always believed in the development of coaches first and foremost and in turn the result is a more thriving and developing hockey player and person.....that was our goal this weekend to provide coaches with more focused information, but overall if they don’t show up for the events that were created for them (and parents), then the program that looks good on the surface can quickly look like failure with lack of attendance.

## **Moving Forward**

We have put out video packages on the development of some skill areas for coaches to focus some effort on. More details are forthcoming this week. Further coaching clinics (in house) will be announced this coming week and beyond, and we will continue to communicate progress of the program for this season.

Our programming for development is going well; however, not well attended on the Tuesday Goaltending front, but these eight kids are benefitting. Thursday's skills program for Novice and Atoms is working well with extremely good results for the 26 kids involved.

The next project to build toward now is December 30<sup>th</sup> Hockey Canada Skills Day in Cole Harbour for Atom and Pee Wee Recreational Levels. An update will be forthcoming on this as well as I am waiting for the numbers currently. I will be looking to stock that program with coaches this week too.

In closing, we can talk all day about the pros and cons of the Development Weekend; however, overall it was a success. I learned much more this year than last and can further see the pit falls and the upsides that take place on such a project. Overall, I am pleased, but see where great things and improvement can take place.

Thank you all for your support.

Paddy Flynn

From the Development Desk