



## 2016 ANNUAL GENERAL MEETING VICE PRESIDENT - DEVELOPMENT REPORT Presented by: Brad Robbins

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The following is a wrap-up report from the 2015-2016 hockey season, the report highlights various activities in the area of development and also includes some new initiatives that SMHA is working on for the upcoming season.

### Pre-Season Skills Camps

The 2015-16 seasons was the second year SMHA has offered pre season skills camps during the first two weeks of September in an effort to slow down the rush to try-outs and to prepare our players for try outs once they start. These camps focused on individual skill work and tactics specifically focusing on the areas of skating, stick handling, passing and shooting while at the same time allowing players to get used to new equipment, etc. prior to the try-out process. In addition to the on-ice sessions, we added an off-ice component this year that include dry-land training with CJ Oprea and Yoga with Andrea DeYoung and Alicia Kinderwater-Tate. Each player in the division were given the opportunity to participate in four (4) of these optional ice-time and dryland opportunities to prepare for the start of the hockey season. We will look to continue this program in the 2016-2017 season as the feedback received was very positive. Pre-Season Skills Camps are tentatively scheduled for the weeks of September 12-16 and 19-23.

### Female Hockey Skills Weekend

Similar to the pre-season skill camps outlined above, our female players were given the opportunity to participate in a skills weekend during the third weekend in September. The weekend camp was offered to SMHA players from Atom to Midget but was also opened up to players from outside of SMHA at the Atom and Pee Wee divisions to help in the recruitment of players (both new to hockey and players looking to try female hockey). In addition to on ice skills sessions, sessions were also held off ice focusing on, yoga, strength and conditioning along with a hot stove session with special guests Kendice Stenlund and Dani Jo Wheeler. The weekend was capped off with mentorship games with players from each division participating together against their peer groups on another team. The Female Skills Weekend is schedule for September 17 & 18 this coming season.

### Power Skating

SMHA offered teams the opportunity for specific power skating sessions throughout the season. Instruction was provided by myself and focused on forward striding, backwards, edge control, balance and agility.

Below is a breakdown of the number of 45 min - 1 hour sessions provided:

| Division & Category | # of Sessions |
|---------------------|---------------|
| Atom C              | 1             |
| Atom B              | 4             |
| Atom Female         | 6             |

|           |   |
|-----------|---|
| Pee Wee B | 4 |
| Pee Wee A | 4 |

## Coach Mentorship Training

This season we once again gave our coaches the opportunity to participate in professional development. On February 9<sup>th</sup>, our guest speaker was Barry Medori who is Hockey Alberta's High Performance Coach Mentor. Barry spoke to our coaches on getting the most out of your athletes, preparing your team for a gold medal performance and building relationships with your players. Approximately 30 coaches attended the 2 hour seminar which was held in the Hub. SMHA will be looking to host 2-3 similar type sessions, mid-week for 2 hours in the 2016-2017 season as feedback on both the speaker and format was very good.

## 2016-2017 Hockey Season

**Power Edge Pro** - SMHA has partnered with React Hockey and the Power Edge Pro (PEP) training system. These sessions are user pay however SMHA will be paying the cost of the ice rental. The first weekend session will be September 10-11 and players can register on through the SMHA website. An additional training opportunity is being worked on for the Christmas break.

**Optional Skill Development** - With the changes the school board has made to the school calendar, SMHA is offering optional skill development with React Hockey on 4 Fridays throughout the school year for players to work on their individual skills. These will be a user pay sessions however SMHA will be covering ice costs. More details on the exact dates and registration will be available soon.

**Goaltender Development** - SMHA is currently working on establishing a partnership that will enhance our goaltender development. This partnership will involve a third party training company and the goal will be to offer our goaltenders some weekend training opportunities along with utilizing some of the Fridays that the school board has opened up in the school calendar. These sessions will be user pay with SMHA covering ice costs.

**Coach Development** - Continue to expand the mid-week coach seminars by offering 2-3 sessions in the 2016-17 hockey season. In addition, SMHA has also offered to pay the registration & accommodations fee for any of our coaches wishing to attend the Hockey Alberta Coach Conference being held June 18-19, 2016.

**Mite and Novice** - Establish a policy document that will guide programming at this level into the future aligned with Hockey Alberta's new policy document. Policy will outline season schedule, skill acquisition goals, skill evaluations, practice plans and game structures. In addition, SMHA is applying for a grant to cover a portion of the cost to purchasing another rink divider system.

I would like to thank the SMHA Board of Directors for their support of these various initiatives and commitment to developing our participants. I would also like to thank our coaches for their passion in providing a quality experience for our players. Lastly, a huge thank you to our players for their commitment and desire to be the best there personal best at whatever level they participate at.

Yours in hockey,

Brad Robbins  
Vice President - Development  
SMHA