

Coach Meeting – Sept 21, 2025



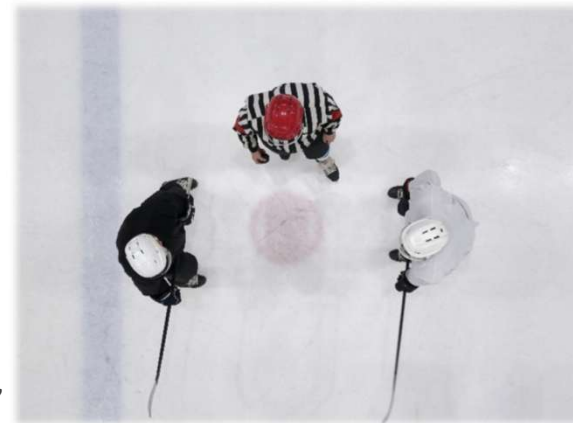


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- 'Coaching From The Bench' with Logan Sawka , Coordinator of Hockey Development – Hockey Calgary
- Suspension Policy
- Game Sheets
- Complaints Procedure
- Breakout Sessions with Coordinators
- Practice Planning (On Ice) – U13 & U15 (8:30 pm)

Introduction



- Welcome to the 2025/26 Season (RHC's 25th Season)
- Thank you for volunteering!
- Coaches play a critical role in ensuring:
 - ❖ The RHC philosophy is instilled and emphasized throughout the season
 - ❖ Players have fun and have a positive experience playing Recreational Hockey
 - ❖ Encourage fair play among the players, coaches, referees and parents.
- Please share this information with all coaches/assistants not present at this meeting. This presentation will be posted on the RHC webpage for future reference.



RHC Board Members 2025/6



President:	Ross Piché
Vice President:	Linnaea Harrison
Secretary:	Jo-Anne Skinner
Treasurer:	Denise Hartung
Registrar:	Cathy Hosowich
Equipment Coordinator:	Curtis Pidhorney
Referee Liaison:	Ross Piche (New)
U13 Coordinator:	David Hunter
Player Development Coordinator:	Dan Newark (New)
U15 Coordinator:	Jason Palmer
U18 Coordinator:	Melanie Callan
U21 Coordinator:	Nichole Stadnick (New)
Social Media:	Noé Morales
Sorting Skates Lead	Jasmine Nicholls (New)

Why RHC?



RHC Philosophy



Recreational Hockey Calgary (RHC) was created in response to a need for a less competitive playing environment, a less demanding time commitment, and lower costs relative to other playing options.

Recreational Hockey (RHC) has an emphasis on skills development, structured team play with multi-ability teams, and a set schedule. The organization encourages and supports good sportsmanship, fair play, friendship, and respect.

We are committed to all our youth (aged 11-20), regardless of background or circumstance, being able to enjoy a healthy sports activity in a positive and safe environment.

Body checking, aggressive behavior, unsportsmanlike conduct and maltreatment will not be tolerated.



The 2025/6 Season



- A full game play program (incl. 12 skills development practices for U13 & 6 skills development practices for U15), and 'Tune Up' skate for U18 & Junior (first ice time)
- Ice times on consistent days each week i.e.
 - U13 Tuesday & Saturday, starts Oct 4
 - U15 Monday & Saturday, starts Sept 29
 - U18 Thursday & Saturday, starts Oct 2
 - Junior U21 Wednesday & Saturday, starts Oct 1
- Similar number of ice times as in previous seasons (~32, incl EMHW & YET)
- Game play will typically be 5v5, however, if required, a 4v4 or 3v3 format may be considered in cases of player shortages
- Officially sanctioned games with CZRC referees

Team Formation

Every effort has been made for teams to be competitively balanced – Coordinators reserve the option to trade players between teams if needed, tier divisions or weight the schedule during/after the seeding round

- Sorting Skates U13/U15
- Coach evaluations from 2024/5
- Friend Requests (1 reciprocal)
- Geographic location – U13



‘Making The Call’ – Stephen McLean



Player Development



- Rationale – In agreement with HC, RHC provides skills development to all players, with U13 being the primary focus.
- Overview of the Skills Development program
 - In-Season Team Practices
 - U13 - 12 practices
 - U15 – 6 practices (an increase of 2 from previous seasons)
 - Sample practice plans to be provided. Coaches will be able to adapt plans to meet their team's specific needs.
 - U13 & U15 New & Inexperienced Player Development
 - Nine (9) one-hour sessions
 - Outside of regular schedule
 - Additional cost (\$190)
 - Program run by Attack Sports ***Helper coach volunteers and goalies (free) needed– U18 and Junior Players welcome to help coach***
 - Sundays: U13 at 10.00am-11.00am & U15 at 11.15am – 12.15pm
 - Frank McCool Arena in Lake Bonavista
 - *U13/U15 Coaches to review player abilities and encourage attendance from those who would benefit*



Player Development



➤ Ad-Hoc Sessions for All Players

- U13/U15 only (U18/U21 had low turnout in 2024-2025)
- 4 Sessions for each stream. One per month on Sundays
- Cost is \$20 per session
- 1st Session is Sunday, Oct 26 at Village Square (12:30 pm)
- ***Need Coach Volunteers and Goalies (free)*** (Sign-up to come on hockey.bz)

➤ Goalie Development Sessions

- 6 sessions on Sundays
- Run by Jamie Welsh
- No additional cost
- Primarily for new goalies and U13 goalies with less than 1 year experience (U15 if space allows)
- 1st session is Sept 28



Coach Development



- Rationale – to foster a positive hockey experience for all RHC players by providing coaches with training and resources
- Overview of program
 - 2 training sessions
 - *Practice Activities That Work Well For Mixed-Skill Teams*
 - Sunday Sept 21, 8:30 pm , Max Bell (on-ice session)
 - *How to Effectively Teach Goaltender Skills*
 - Thurs Oct 16, 8:30 pm, Frank McCool (on-ice session)
 - For "on-ice" sessions, bring your skates, helmet, and stick



Game Etiquette



Coaches should introduce themselves to the referees before the game.



Work with the other coaches to overcome issues in the interest of FUN for the players (ie. no goalie, lack of players, game is one sided)



If a team has less than 10 skaters, they can use “affiliate” players from other teams or request players from the opposition. ** Thanksgiving, Family Day, January exams – please plan in advance



At the completion of the hockey game, a post game handshake with the other team & officials will take place.



Display and emphasize **good sportsmanship** throughout the game such as not running up the score in cases of lopsided play, no 'show boating' or excessive celebrations

RHC Coach Expectations



Coach Requirements



PIC	Police Information Check - You cannot coach , be on the bench or in the dressing room if you do not have a current PIC
RIS	Respect In Sports – Activity Leader (All coaches)
Hockey Canada Safety	Hockey Canada Safety - 1 certified coach per team on the bench (does not have to be head coach)
Hockey Canada Coach 2	Coach 2 Certification - Head Coach in U13 ONLY
Connect Sport *NEW*	Connect Sport Online Training Program (Mental health literacy, player safety, and well-being). At least two (2) coaches per team. Decide amongst yourselves (or all can take the training)

Fair Play Code, Coach Philosophy & Team Rules



- Expectations are that all players, parents, coaches and any other people that attend RHC games or functions behave in a socially acceptable manner and act as a positive role model for all RHC players.
- The FAIR PLAY CODES and the Mission and Objectives of RHC are always adhered to.
 - ❖ **In addition, Coaches, Players & Parents will be required to sign the RHC Coaching Philosophy and Team rules document at the start of the season.**
- The Board of Directors reserves the right to suspend a player, coach and/or parent from RHC who has violated the Hockey Calgary “Fair Play Pledge” or deviate from the RHC Philosophy in accordance with the RHC Discipline Policy
- Coaches have the authority to recommend full game suspension of players on their teams they feel are in breach of the Fair Play Code and/or the RHC Discipline policy. Coaches have the authority to suspend players for a shift, or a period where the player is in breach of the code. Respective coordinator should always be contacted if a full game suspension is recommended by a coach.
- Further details on the Fair Play Code can be found on the HC website along with additional information on the Coach Philosophy, Team Rules and the RHC Policies and Procedures

'Coaching From The Bench'





Coaching From The Bench

Quick Intro



- Hockey Calgary – Coordinator of Hockey Development
- Coaching History
 - CNHA U16 Assistant Coach (2021-22)
 - CRAA U15AAA Assistant Coach (2022-24)
 - CRAA U17AAA Assistant Coach (2024-present)



Why do you Coach?



cbsports.ca

iDESK



DETROIT 1 NASHVILLE 0 F/50

Bench and Game Management



- Line Calling
 - Line Matching
 - Special Teams Units
 - Managing Momentum
 - Managing Energy Levels
- Special Plays
- Referees
- Making Adjustments
- Chess Match





Minor Hockey – Coaching From the Bench

Minor Hockey – Coaching From the Bench



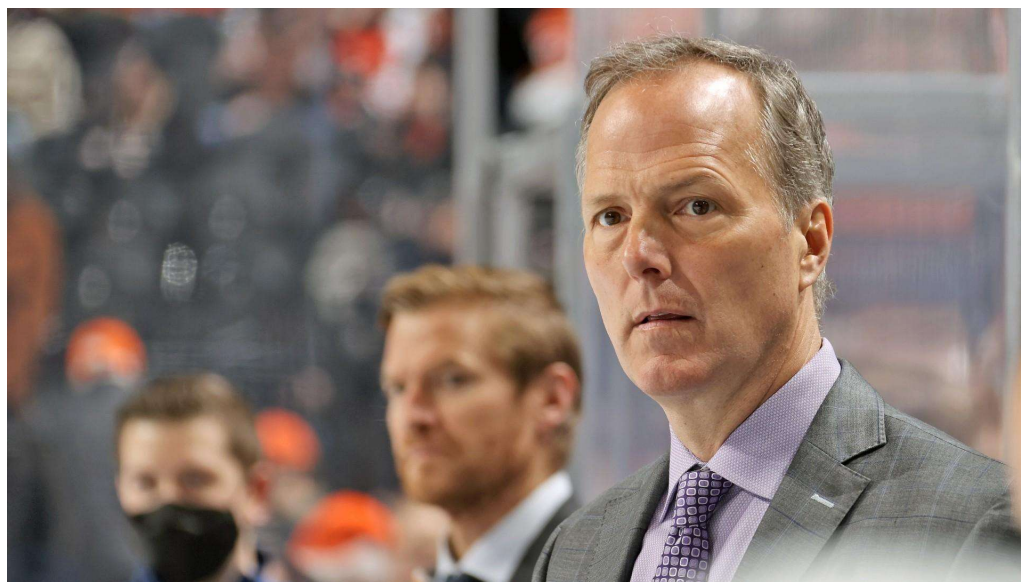
- Teaching
- Providing Feedback and Criticism
- Motivating and Encouraging
- Managing Emotions
- Referees
- Determining when to change players
- Opening up the gate
- Injuries



Some things to consider



- Get to know your players
- Understand Your Impact
- Tone is important
- Ask questions
- Timing



Some things to consider

- Get Down to Their Level
- Point out the good things
- Using the whiteboard
- Keeping Stats
- Feedback vs. Criticism vs. Teaching
- Clear and Concise Communication





All Coaches – All levels



- Communicators
- Relationship/Trust Builders
- Get to know their players
 - How they learn
 - How they are motivated
 - What works and what doesn't

“They don’t care how much you know until they know how much you care”





HOCKEY CALGARY



Questions/Discussion

Suspension Policy



- Any player who incurs 3 penalties during a game will receive a game ejection and an additional game suspension.
- Any player receiving 20 penalties within a season (including EMHW and YET) will receive a 3-game suspension.
- Any player receiving 25 penalties within a season (including EMHW and YET) will be reviewed by the discipline committee for possible expulsion from the league.
- Any player that receives 2 or more suspensions that fall within the Hockey minimum suspension guidelines will be reviewed by the RHC Discipline Committee and may result in further discipline or expulsion from the league.
- Junior (U21) suspensions fall into the Minor Hockey category under Hockey Alberta minimum suspension guide
- *It is the Coach's responsibility to track penalties for your team. Including "in-game" penalty counts related to the above noted 3 penalty and 20 penalty rules. These rules are unique to RHC therefore do not rely on the referees to know or enforce these rules*

Game Sheets / Off-Ice Officials



- It is the coaches responsibility to make sure your manager or assigned game sheet volunteer have filled in your portion of the game sheet accurately. These include:
 - ❖ Adding “affiliate player” details
 - ❖ **Noting any suspensions**
 - ❖ Missing players MUST be crossed off
- Ensure you have responsible and knowledgeable off-ice officials at each game
 - ❖ Time Keeper / Scorekeeper. Each team to provide one for each game plus another volunteer to work the penalty box gate. HAVE A TEAM MANAGER ORGANIZE THIS FOR YOU.
 - ❖ The HOME team enters the game info including uploading a photo of the game sheet on the HC website
- If there are issues such as an incident write-up, **please expedite** these game sheets to you divisional Coordinator so that the discipline committee can review prior to the next game.

Complaints Procedure



- It is important to remember that all players, coaches, staff, volunteers, referees, family members and spectators must treat each other with respect, understanding and compassion.
- 24-hour Rule - Please wait 24 hours before you raise your concern, unless your concern involves the immediate safety or well-being of a player, coach, volunteer, staff, referee or spectator.
- Order of Escalation of a concern or complaint
 - First – Team Manager
 - Second - Coach(es)
 - Third – Division Coordinator (e.g., U13 Coordinator)
 - Fourth – RHC Board Member (VP)
- Complaints regarding officials on-ice calls or penalties / ejections will not be entertained
- **Remember** – we are all volunteers doing our part to help support the league and its members.



RYAN HUSKA
Head Coach | Calgary Flames

**SAVE THE DATE! THE 2025 COACH LEADERSHIP DAY WILL BE
HELD ON NOVEMBER 3 @ MOUNT ROYAL UNIVERSITY**

DATE | Monday November 3rd

LOCATION | Ross Glen Hall - Mount Royal University

TIME | 5:00PM to 9:00PM

**Stay tuned for registration information (RHC will cover the
cost for a limited number of coaches)**



Thank you