



Tim Hortons®

Timbits Hockey... Where the first goal is having fun!



HOCKEY CALGARY



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The Canadian Hockey Structure

Hockey Canada- 13 Branches Nation Wide

Hockey Alberta- 9 Zones

Hockey Calgary- Zone 9

2015-2016- Approximately 14,300 Players. Over 800 teams

2,043 Timbits Players, 120 Teams

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Who is Hockey Calgary?

- *Hockey Calgary was formulated in 1940 and has been the governing body since.*
- *Hockey Calgary, or the Minor Hockey Association of Calgary (MHAC), is an organization committed to the development of amateur hockey within Zone 9.*
- ***Our Mission:*** *To provide a safe, fun, fair environment for all by building strong partnerships through shared leadership and support with our member organizations.*
- ***Our Vision:*** *To be the benchmark of sports associations by providing leadership, life skills and development to our members for the enjoyment and success of all.*

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Hockey Calgary-Zone 9

- *15 Community Associations based on residency*
- *4 Quadrant Associations' based on residency*
- *Quadrant Hockey is for Bantam "AA"," AAA" and Midget" A"," AA", "AAA" Hockey, and Junior B*
- *Rec Hockey Calgary- Recreation hockey for Pee Wee, Bantam, Midget and Junior Aged Players*
- *High School Hockey- (Edge School)*
- *Girls Hockey Calgary- **Timbits**, Novice, Atom, Pee Wee, Bantam, Midget*

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Long Term Athlete Development Model

Parents Should Realize the Following

- *Players are over competing and under training*
- *To much emphasis on winning at younger ages*
- *Specialization- Hockey is a late specialization sport- therefore play more than one sport!*
- *System Alignment- Coach Specialty Clinics. Teach a progression yr to yr.*
- *Inappropriate training programs- adult programs forced on youth programs*
<https://www.youtube.com/watch?v=cXhxNq59pWg>

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Long Term Athlete Development Model

Active Start

Males & Females

0 - 6 yrs.

Fun and varied activity everyday.

FUNDamentals

Males 6-9, Females 6-8 yrs. Learn all fundamental movement skills, play many sports, focus on agility, balance, coordination and speed.

Learning to Train

Males 9-12, Females 8-11 yrs. Learn overall sport skills as cornerstone of many sports. Play a variety of sports and develop specific skills in three.

Training to Train

Males 12-16, Females 11-15 yrs. Build endurance, develop speed and strength towards the end of the stage. Improve sport specific skills. Focus on two sports.

Training to Compete

Males 16-23 +/-, Females 15-21 +/- . Optimize fitness preparation and sport, individual and position specific skills. Learn to compete internationally. Focus on one sport.

Training to Win

Males 19+/-, Females 18+/- . Ages are sport specific. Podium Performances. One sport.

Active for Life

Any age. After becoming physically literate, participate in lifelong physical activity and sport.



➤ *Produced by experts with years of experience*

➤ *Based on components of physical literacy-ABC'S*

➤ *Adopted by all Sport Canada, Provincial and Territorial Governments*

➤ *Provides a road map for better sport experiences*

Canadian Sport For Life

Long Term Athlete Development Model

Information for Parents Resource

Why Create The Timbits Learn To Play Program?

- *Gives first time players the opportunity to learn hockey skills*
- *Provides an opportunity to educate parents on the Timbits Program*
- *Gives first time coaches the opportunity to learn coaching skills*
- *Provides coaches the opportunity to go through a Hockey Calgary Coach Specialty Clinic*
- *Provides an opportunity for mentoring first time coaches*

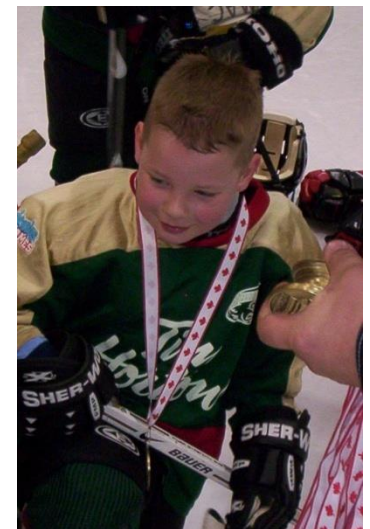
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Timbits Program

Due to our truly great sponsor, Tim Hortons, Hockey Calgary is able to run the Timbits Hockey Program, The Timbits Learn To Play Hockey Program, Specialty Clinics and The Timbits Jamboree.

Thanks to our Calgary Franchisees, Hockey Calgary is able to develop our young athletes in an environment that focuses on development.

- *Jerseys*
- *Water Bottles*
- *Timbits Jamboree*
- *Timbits Medals*
- *Pucks*
- *Coaches Packages*



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Timbits Program

Program Objectives

- *Provide a positive environment for learning the FUNdamental skills of hockey*
- *Stimulate interest and desire to continue playing the game of hockey*
- *Develop basic hockey skills*
- *Improve utilization of ice time*
- *Increase opportunities for players to touch and handle the puck*
- *To provide an intermediary program between the Timbits Program and the Full Ice program*
- *Develop self-esteem through a sense of achievement*
- *Teach the basic rules of hockey*

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Program Guidelines

- *Timbits (initiation) teams should consist of a minimum of 16 players per team*
- *All practices and scrimmages are to be cross-ice, half ice or stations*
 - https://youtu.be/CB_Ygapyl7c
- *The use of “Border Patrol” rink dividers is encouraged*
- *The Blue Lightweight puck will be the official puck*
- *Players will be grouped into two groups based on appropriate skill level for practice*

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Game Rules and Regulations for Jr. Timbits and Sr. Timbits Divisions

Jr. Timbits- Generally First Year Players

- ***Practices until November 30, 2016 – NO EXCEPTIONS***
- *No Goalie Equipment will be used in games– goal sticks are permitted*
- *No referees are to be used, instructors are to be on the ice*
- *All games are to be played ½ ice or ¾ ice formats.*
- *No full ice games are permitted.*
- *Maximum # of games for Junior Timbit is 16, no exceptions*

Sr. Timbits- Generally 2nd Year Players

- ***Practices until November 14, 2016 – NO EXCEPTIONS***
- *Full ice games are permitted*
- *Goalie equipment is optional for formal games. Check with opposition to see if they have a fully dressed goalie. Both teams must have a fully dressed goalie or both teams must not have a fully dressed goalie.*
- *A ref can be used to drop the puck etc, but no off sides and or icings may be called.*
- *Maximum # of games for a senior Timbit is 20, no exceptions*

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Interesting Facts to Consider.....

- *1 PRACTICE will give a player more skill development than 11 GAMES collectively.*
- *Players will have the puck on their stick for an average of 8 seconds per game.*
- *Each player should have a puck on his/her stick for 8-12 minutes in a 1 hour practice.*
- *Players will take an average of 1-2 shots per game. (stats from PW games in Calgary)*
- *Each player should have a minimum of 30 shots on goal in a 1 hour practice.*
- *99% of the feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick 0.2% of the game.*
- *It takes 10 years or 10,000 repetitions to master a skill*
- *Sasksport survey- Why do children play sports? 1. To have fun. 2. To learn new skills. 10. To win*

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Timbits Jamboree

- *Tentatively booked for March 4, 2017*
- *Family fun event held at the Winsport*
- *Each player receives a Tim Hortons gift and their Timbits Medal*



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Starting out as a hockey coach

- *Don't have to be an expert to make a difference*
- *Be organized and prepared*
- *Coach according to the level you coach*
- *Remember to have fun*

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Roles Coaches Play

- *Increase players skills and abilities*
- *Make adults out of children and teach life skills*
- *Inspire youth to work towards and reach their goals, both on ice and off ice*

For a coach, the final score doesn't read "so many goals for our team, so many goals for theirs." It doesn't say "this many wins and that many losses." Instead, it simply reads: "So many lives affected, so much potential realized."

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Coach Certifications

- 1. Coach Level 1 (or Coach Level 2 if taken previously)*
- 2. Safety Certification (online)*
- 3. Respect in Sport (online)*

All clinics are conducted by Calgary Hockey Development (National Sport Academy)

To visit their website go to- www.nationalsportacademy.com

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The Player-Coach Relationship

- *First rule to coaching is be yourself*
- *Establish a meaningful relationship*
- *Model expected behaviour*
- *The power of the coach player relationships- who influenced you the most growing up as kid?*
- *Use positive reinforcement. Do you like negative people at the work place?*

Team Rules

- *Outline team rules at first parents meeting*
- *Remember that everyone reacts to discipline differently*

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Parent to Coach/Parent Relationships:

- *As a team (parents, coaches and players) it is everyone's responsibility to create a positive team dynamic that will show leadership and respect, starting with the parent to parent relationships.*
- *Parents need to lead by example. As a parent, if you have an issue with a coach, manager or fellow parent, conduct a meeting away from the team.*
- *Address the issues at hand and agree on a solution to the problem.*
- *Everything you say on the way home from the rink is heard from the passengers in your car.*
- *If there are issues- 24hr rule applies.*

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Parent



Coach/Manager



Local Association Representatives President, Registrar, Director



Hockey Calgary League Chairperson



Hockey Calgary Age Category Director



Hockey Calgary Officers and Staff

Hockey Calgary Contacts:

- *Hockey Calgary office- 403-245-5773*
- *Kevin Kobelka – Executive Director - kevin.kobelka@hockeycalgary.com*
- *Joel Workman – Timbits Governor – timbits@hockeycalgary.com*

www.hockeycalgary.com

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