



Novice Newsletter

Volume 1, Issue 1

May 2006

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2006-2007 NobleKing Knights Major Novice "A"

Congratulations on being selected to be a part of the 2006-2007 NobleKing Major Novice A Hockey Team. On behalf of the coaching staff I want to welcome you to the team.

In order to make this hockey season a rewarding and fulfilling experience for your child we require the commitment and cooperation of everyone involved with the team—the players, coaches, and the parents.

As this is the first year our children will be participating at the Rep level it is impor-

tant to understand the expectations and time commitments required.

The purpose of this newsletter is to provide monthly updates and communications with the players and their families. This initial newsletter will focus on how we would like the team to operate. We have also created a team website which will be the primary method of communication. The website will be kept up to date and provide the most current information possible. We encourage all families to visit the website regularly.

www.majornovice.noblekinghockey.com

Rep Hockey Overview

- 1. TIME COMMITMENT**
The team will average a minimum of one practice per week as well as one home game and one away game per week. Additionally, there will be one night per week where the coaches will hold either an off-ice session or an additional practice. Due to limited available ice time, the coaching staff will be teaching hockey strategy and systems off ice in order to maximize skill development during on ice practices.

The team will also participate in 3-4 tournaments throughout the season with at least one tournament out of town requiring a hotel stay. Tournaments typically run Friday morning through Sunday evening which will result in your child missing a day of school and a parent missing a day of work.

- 2. APPAREL** - As a representative of the NobleKing Hockey Association, players are expected to wear a team uniform to and

from all games. Our team uniform will consist of black pants and a white shirt. Team jackets will be discussed prior to the start of the season

- 3. BUDGET** - The fees for a player to play at the Rep level are higher than those in Local League. Please be aware that the Rep teams are self funded and will therefore require financial support from the players families. Please see the Budget section later in this document.

Team Staff

- * Mark Jamieson
Head Coach
- * Patrizia Russell
Administrator
- * Assistant Coaches TBD
- * Manager TBD
- * Trainer TBD

Fundraising Details

We're pleased to share an exciting new fundraising program for our team. It's called "scrip", and it's the fundraising program that works while you shop.

Scrip is simply a word that means "substitute money" - in other words; scrip is gift certificates/cards from national and local retailers. They're the same gift certificates/cards that you buy at the store. Many popular retailers participate in the program. Please see the list of participating retailers attached.

Scrip participating retailers agree to sell gift certificates/cards for the purpose of fundraising at a discount. Member families like yours buy the certificates/cards for full face value, they redeem them for full face value, and our team keeps the difference as revenue.

Scrip is exciting because everybody wins;

- The Retailer gets continuing business
- We receive a fundraising initiative that involves no selling.
- Our Team gets an ongoing source of revenue

The beauty of scrip is that you put your regular household shopping dollars to work. You earn money for our team without spending an additional penny. Just spend your family's regular shopping dollars with scrip at the stores that participate in the program. And scrip can be used for just about any household purchase including food, clothing, entertainment, gasoline and even dining out.

The NobleKing Knights Major Novice scrip program promises to be a simple and effective fundraising program.

You are encouraged to ask friends, family members and co-workers to participate with us in this program.

Details of the program are attached. Please contact Patrizia Russell if you have any further questions or to place your order

Budget

The total estimated cost to operate the team is outlined below. Further discussion will take place during the first parent meeting.

Rep Fees to the Association	\$1,500
Sponsorship Fees to the Association	\$1,500
Tournaments— Four @\$800 each	\$3,200
Pre Season Skills Clinics	\$1,750
Skill Development during the Season	\$8,250
Meeting Room Rental (Off Ice Sessions)	\$1,500
Miscellaneous Team Expenses	\$500
TOTAL TEAM BUDGET	\$18,200

Please read the enclosed information regarding our ongoing fundraising initiative. We are open to other fundraising ideas or sponsorship pledges. Please contact Patrizia Russell, Team Manager to discuss sponsorship opportunities.

In order to book Ice for the Pre Season Clinics and plan our Season you are requested to forward a cheque in the amount of \$500 as a partial payment by June 15, 2006.

Please mail your cheque to:

Patrizia Russell
PO BOX 712
Nobleton, Ontario
LOG 1N0
(905)859-0068

Coaches' Philosophies and Commitments

As a coaching staff we believe that we have a role to play in helping your child develop both as a hockey player and as a person. We are therefore committed to the following;

1. **SKILLS** - We will work with your child to develop all of his skills - skating, puck handling, passing and shooting for the skaters and positioning, angles, post to post movement and challenging for the goalies. We will hold dedicated practices to focus on skill development and will be hiring professional instructors.
 2. **TEAMWORK AND TEAM PLAY** - Teamwork is the key to success. We will be continually emphasizing the importance of all the players working together to accomplish the team's objectives. An assist truly is as good as a goal and preventing a goal is as important as scoring one. Therefore our praise may be greater for the passer and the player making the defensive play than the scorer.
 3. **HOCKEY STRATEGIES AND SYSTEMS** - We will teach the players breakouts, fore checking, back checking, penalty killing and power play systems and approaches. It is equally important to allow player creativity in order for them to develop personally. All players will be encouraged to be creative with the puck.
 4. **WORK ETHIC** - Effort and hard work are key elements of playing hockey and life in general. We will challenge your child to work hard in every game and practice.
 5. **ENHANCING SELF-ESTEEM AND CONFIDENCE** - We want the players to feel good about themselves and we look for opportunities to provide positive reinforcement of a players effort and accomplishments.
 6. **LEARNING FROM MISTAKES** - Hockey is a fast-paced game full of mistakes. We will attempt to use these errors as teaching opportunities. We want the players to focus on correcting the mistake and not to take the criticism personally.
 7. **POSITIONS** - The coaches will determine the positions of the players and will not be receptive to players asking to play specific positions during a game. In the early stages of the season we may move players between forward and defense in order to evaluate their abilities and give them a perspective of playing different positions.
 8. **ICE TIME** - The coaches will allocate ice time, and although we will attempt to "roll the lines" and provide equal ice time to all players, we do not promise that it will always be equal. The most important consideration impacting ice time is work ethic, both during games and in practices. Trying their best in both practices and games will have a very positive influence on the amount of ice time a player receives.
 9. **POSITIVE EXPERIENCE** - We want this to be a positive experience for everyone involved with the team. We want players to learn and have fun. We would like the parents and other family members to enjoy coming to the rink and we, as coaches, want to feel that our volunteering has been both meaningful and enjoyable.
 10. **COACHES FAULTS** - We will always attempt to do the best job we can in coaching the team and your child. We will, however, undoubtedly make mistakes.
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Players Commitments

We believe that children should only play a sport if they want to. They should not play because it is something that their parents or coaches wish them to do. We assume that, given the high caliber of play and the commitment required, each player on the team wants to be here and is prepared to commit to the following;

1. **TRY YOUR BEST** - Give your best, 100% effort always! We realize that you are only 7 or 8 years old. We ask that you try your best in games and especially in practices. We will do whatever we can to help you get better, but you have to help us by making a complete effort. If you “cheat” on drills in practice, you are only cheating yourself and your teammates, because you are slowing your development. We want you to work hard because you want to get better, not because the coaches are “making you” do it.
 2. **TRY TO LEARN** - We realize that some of what we are trying to teach you is fairly difficult. We only ask that you pay attention and try to learn. We have infinite patience for those who are making an effort.
 3. **MASTER THE FUNDAMENTALS** - Learn the basic skills. To become a skilled player on game day, start by being a good practice player.
 4. **WORK HARD AND HUSTLE** - Hockey is a game that requires hard work and hustle. A team that hustles is a team that has Great Spirit, and one that plays with discipline and enthusiasm. Hustle does not require awesome talent; it requires simple commitment and desire. When we compete with our teams on the ice, this is part of the game we will always win. Regardless of who we play, we can control this phase of the competition. We will out work every team we play!
 5. **MAKE EVERY MISTAKE PART OF YOUR DEVELOPMENT** - Learn from adversity. Mistakes are common in hockey. Errors are part of the game. Every player, regardless of skill will make errors that are both physical and mental. What sets winning teams apart from others is attitude. When a mistake is made, forgive yourself and make a commitment to learn from the experience.
 6. **THINK HOCKEY** - Concentrate and pay attention. Whether in a game or at a practice, keep your mind focused on the team’s hockey objective. Pay attention to the coaches, learn and work hard with them. The coaches are not at the rink to baby-sit but to help you learn.
 7. **BE A GOOD COMMUNICATOR** - There is a time to talk and a time to listen; know the difference. Be attentive and listen to your coaches. Respond positively to direction.
 8. **DEVELOP LOYALTY** - Support your teammates as hockey is a team game. We win as a team and we lose as a team. Be supportive of your teammates at all times. Help your teammates achieve team goals. Encourage and cheer for one another. We will not tolerate teasing, criticizing, swearing or fighting with teammates. A member of the coaching staff will speak to first time offenders. Second offences will result in your parents being informed.
 9. **VALUE SPORTSMANSHIP** - Be a good sport. Show respect for your opponents, coaches, officials, and fans. Most of all, demonstrate respect for your team, NobleKing and the sport of hockey by conducting yourself with honour both on and off the ice.
 10. **ICE TIME AND POSITIONS** - The coaches will decide on these and we do not expect, nor will we tolerate, complaints.
 11. **PRACTICES** - We will practice regularly and often before and throughout the season. Attendance at practice is mandatory. If you are unable to attend practice, phone (or email) the manager or the coach in advance, to notify the team of the reason for your absence. When a player misses a practice without notifying the team, the absence is inexcusable.
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Parent Commitments

The parents play an important part in the success of any team. If the parents are positive, encouraging and supportive, it will go a long way towards making a great year for everyone. As we all know, making the year a terrific experience is something that everyone wants. We ask all parents to communicate the following;

1. **POSITIVE ENCOURAGEMENT** - Hockey is a game of mistakes and your child will no doubt make his share. Focus on reinforcing the positive things he has done and be gentle on the negative. Use your judgment when talking to your child about a mistake that he has made. Sometimes it is best to wait a few hours before discussing a mistake with your child.
 2. **REINFORCE COACHES TEACHINGS** - Your child benefits most when you are telling him the same things that he is learning from the coaches. Reinforcing what your child has been learning can be a great subject for the car ride home. Parents are encouraged to support the team but are not permitted to coach from the stands!
 3. **CHEER FOR YOUR CHILD AND THE TEAM** - The players like to hear their fans supporting them in a positive way. It does make a difference when they hear the families and friends in the stands encourage them. Please do not embarrass your child or anyone else's by yelling criticisms. Cheer for our team—do not cheer against the other team.
 4. **DRESSING ROOM/PRACTICE/GAME TIME** - Please arrive at the rink a minimum of 30 minutes prior to the practice and 45 minutes before a game time. Please have your child dressed and ready to play 15 minutes before game time to give the coaches time to properly prepare the team for the game. Only players and coaches will be in the dressing room at this time.
 5. **VOLUNTEERING** - There is a lot more to running a successful team than just the coaching. If everyone contributes and works together, it will significantly improve the operation of the team and therefore your child's experience. Areas of assistance include fundraising, sponsorship, statistician, gate duties, etc.
 6. **CONCERNS, ISSUES AND PROBLEMS** - The coaching staff will be pleased to address any concerns or issues that you may have about the team or your child's performances. If you have a concern that you wish to voice, we ask that you do so no sooner than 24 hours after the game or practice (The 24 Hour Rule). The worst place to raise a concern is in the dressing room before or after a game or practice, or while a game or practice is in progress. Such circumstances do not help the player, particularly in the eyes of their fellow players, and can be very detrimental to team unity.
 7. **KEEP PERSPECTIVE** - There has yet to be a player jump from Novice to the NHL.
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Fundraising Details

Blainey's Scrip Inc.

Retailer Listings (Revised April 13, 2006)

RETAILER BSI DISCOUNT TO ORGANIZATION AVAILABLE DENOMINATION

Blockbuster (5%) \$10/\$20
Canadian Tire/Canadian Tire Gas Bar (4%) \$25/\$50/\$100
Cara (Kelsey's/Montana's/Outback/Milestone's/Swiss Chalet) (3%) \$25/\$50
Chapters/Indigo/Coles (3.5%) \$10/\$20
Esso/On The Run (1.5%) \$25/\$50/\$100
HBC/The Bay/Zellers (3.5%) \$25/\$50/\$100
Home Depot (1.5%) \$25/\$50/\$100
Home Hardware (3.5%) \$25/\$100(\$1000's upon request)
Kernels Popcorn (6%) \$10
La Senza/ La Senza Girl/ Silk & Satin (7%) \$25
Longos (3.5%) \$20/\$50
M&M Meat Shops (3.5%) \$10/\$25
Marks Work Warehouse (7%) \$25
Payless Shoe Source (7%) \$25/\$50
Petro Canada (2%) \$25/\$50/\$100
Pier 1 (7%) \$25/\$50/\$100
Pizza Pizza (10%) \$5
Prime Restaurants (East Side Mario's/Casey's/RD's Ribs/Pat & Mario's/Prime Ribs (7%) \$25
Rainbow Cinemas/Magic Lanterns (6%) \$5/\$10
Red Lobster/Olive Garden (7%) \$25
Roots/Roots Kids/Baby Roots/Roots Home (7%) \$25
Sears (3.5%) \$25/\$50/\$100
Second Cup (7%) \$10/\$25
Shoppers Drug Mart (3%) \$25
SIR Corp (Jack Astors/Alice Fazooli's/ Soul of the Vine/Far Niente/ Al Frisco's/ Reds/ Up Stairs Lounge/Canyon Creek/ Urban Group Catering/The Armadillo/The Loose Moose/Leoni's Italian Kitchen) (10%) \$25/\$50
Sobey's/IGA/Food Town/Price Choppers/Foodland+ (3.5%) \$10/\$25/\$50
Sport Chek/ Coast Mountain Sports (5%) \$25
Sport Mart (7%) \$25
Staples Business Depot (3.5%) \$25/\$50
The Body Shop (7%) \$10/\$25
The Keg (7%) \$25
Toys R Us (1.5%) \$25
Ultramar (1.5%) \$10/\$20
Wendy's (7%) \$10 (\$2 x 5)

