

JR COACHING & LEADERSHIP PROGRAM





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Building Future Female Leaders On & Off of the Ice

WHY

Focus on the grassroots cycle & create opportunities for female hockey players, role models, coaches, officials, administrators, community volunteers & encourage longterm athlete involvement.

WHO

PLAYERS: ALL U13, U15, U18 and over players
LEADERS & GUESTS: will be made up of mostly female coaches, educators, ambassadors & other special guests

HOW

HOCKEY is the platform to deliver skills & tools players need to share their passion and experience as athletes and role models in a safe and fun environment.

Combination of OFF ICE - ON ICE SESSIONS focusing on:

- What is coaching & why it's important
- How to communicate with the younger players, coaches, parents & others
- Importance of being a role model at all ages
- Appropriate behavior for younger players on and off the ice (dressing rooms, tournaments, team work)
- Mental health & self esteem
- Sport and goals
- Nutrition & healthy living
- Leadership - what is it & why it's important
- Problem solving & conflict resolution
- Keeping girls in sport
- How to be a great leader in a practice and how to plan one based on age & skill
- Participation in the future - whats next??
- Hockey & sport pathway or 'CYCLE FOR LIFE'

WHAT

- PLAYER COST: Free
- MWF COST: Uniform, ice time
Guest Speaker Gifts
- MENTORS: Will be scheduled scheduled with First Shift, U7 & New Canadians
- EXPERIENCE: Players do not require previous experience
- CERTIFICATION: Players will receive a certificate
- NEXT UP: If players are 16 they can be referred to the HNS COACH 1 CERTIFICATE
- VOLUNTEERS:
 1. Uniforms
 2. Scheduling
 3. Program dev & delivery

