



Dear parents,

We thought it would be very useful to provide you with some insight into how the program operates. Our intention is to provide you with information on what to expect as you move on up in the program. Hopefully this document will answer and or clarify as many issues as possible that seem to recur every year.

Note that it will take just a few minutes of your time to read this document but we believe this information will provide you with invaluable details to ensure that your child's hockey experience in Lakeshore is great! For those of you who have been around for some time, this will serve as a refresher.

In the event that you have other questions or concerns which have not been addressed we encourage you to contact the Lakeshore Minor Hockey board members to obtain the necessary information.

Please enjoy the reading and look forward to seeing everyone back in August for another fun season!

Thank you
Lakeshore Minor Hockey

Lakeshore Minor Hockey Structure

Lakeshore Minor Hockey Federation includes approximately 1400 boys and girls from the ages of 4-21 playing minor hockey at both competitive and recreational levels. The program includes the cities of Beaconsfield, Kirkland, St. Anne de Bellevue, Baie d'Urfe & Senneville. Lakeshore hockey is an organization within the Lac St Louis hockey region which is a member of Hockey Quebec which in turn is a member of Hockey Canada.



The Lakeshore program is run almost entirely by volunteers and given the size and complexity of the program it requires year round management. The board members of LMHF include:

- *President - Lakeshore Minor Hockey Federation*
- *President of Kirkland Minor Hockey*
- *President of Beaconsfield Minor Hockey*
- *President of St Anne de Bellevue/Baie d'Urfé/Senneville Minor hockey*
- *Vice-president Double Letters (competition)*
- *Vice-president Single Letters (recreation)*
- *Vice-president Hockey Feminin*
- *Director of Hockey Operations*
- *Corporate Secretary*
- *Treasurer*

The Lakeshore program also includes other appointed volunteer and paid positions:

- Category General Managers for all Single Letter categories at each level who are instrumental in recruiting volunteers and assisting with the organization of the season.
- Lakeshore Registrar who handles registrations, team contracts, tournament permits, etc
- Lakeshore Ice Scheduler who handles the scheduling of all games and practices for all teams
- Lakeshore Referee in Chief who manages all officials and timekeepers

Levels of Play Single Letters & Double Letters

The structure of minor hockey within LMHF is divided into two main categories:

1-Single letters A-B-C (recreational)

2-Double letters (competitive) which is AA-BB

The double letter program is geared to players wanting a more competitive environment and requires a bigger commitment to a more intense program throughout the season.

The Single Letter program also has a level of commitment with the caliber of play and frequency being a little lower than the Double Letter program.

Contact (body-checking) is allowed at the Bantam AA, Midget AA and Junior AA levels. Contrary to what you may have heard with regards to physical play, single letters does not allow body checking, however it does permit physical contact at the Peewee/Bantam/Midget and Junior levels. (see our Peewee Contact Physique and Bantam Mise en Echech Avec Restrictions tabs)

The Single letter program usually has 2 practices a month and an average of 1 game per week. This is included in the registration fees (along with the tryouts and playoffs). Additional ice time is then at the discretion of the team coaches and subject to availability and additional costs.

The Double letter program usually consists of 4-5 practices per month and an average of 1 game per week. Teams are assessed additional fees for all extra ice allocation. Again any ice time in addition to this is generally at the discretion of the coaches also subject to availability and additional costs.

Registration Fees

The basic LMHF registration fee applies to all participants at all levels.

In the case of Single letters there is usually an additional team fee of approximately \$350-\$500 depending on the program offered by that particular team (extra ice-time, tournaments, activities, etc). The maximum out of pocket amount permissible is \$600 per player and any additional amount must be obtained through fundraising by the team as per Lakeshore's Policy Manual.

In the case of Double letters there is usually an additional team fee of approximately \$900-\$1600 depending on the program offered by that particular team (extra ice-time, tournaments, activities, etc). The maximum out of pocket amount permissible is \$1200 per player and any additional amount must be obtained through fundraising by the team as per Lakeshore's Policy Manual. Since the Double letter program is a more intense program they do pay a higher fee.

Team Budgets

Note that all team budgets should normally be presented at a parents meeting and are approved with a simple majority by those parents on that team. Individuals cannot opt out of team budgets or portions of the expenses.

Team Formation process for Double Letters

In order to play at the Double letter level, players are evaluated and chosen during tryouts to make the teams.

Evaluations usually begin in the first or second week of August. In order to play at the Double letter level, players must be chosen during tryouts to make the teams. Lakeshore invites players to the tryouts based on prior participation, recognized potential and/or interest. All Lakeshore players may request a try out for the Double letter program. There is also an additional charge /cost related to Double Letter tryouts. The selection of players to the Double letter teams is handled by a committee including the VP of competition, the coaches and the technical coordinator. The head coach will have significant say on the last couple of selections and the technical director will only intervene if there would be a gross injustice.

See the team formation document for more details

Team Formation Process for Single Letters

Evaluations usually begin the last week of August. Players are placed based on the skill set demonstrated during the evaluations. All players will receive notification of their first on ice session, by email

See the team formation document for more details

Hockey Feminin

Yes, girls do play hockey! Lakeshore Minor Hockey is proud to be one of the strongest supporters of Hockey Feminin in Lac St Louis and we offer several programs, depending on your interests.

Lakeshores offers girls hockey at the AA level (in conjunction with our partners in Lac St Louis) as well as Single Letter programs for girls from Atom age, 9 years old through to Junior, 21 years old, of all calibre, beginners to the veteran. LMHF in partnership with Hockey West Island have partnered in HF Single Letters to form single letter teams under the Westlake banner

Selection of Coaches

Regardless of the level or category all coaches are qualified VOLUNTEERS.

1-Double Letter Coaches

- All interested candidates must submit an application to coach a specific posting.
- Candidates are interviewed by a committee which includes Lakeshore's independent Technical Coordinator and VP of Double Letters (Competition).
- Candidates must also submit their annual plan and discuss their coaching philosophy.
- The committee selects the most qualified candidate for that given level. Typically, preferential consideration is given to non-parent coaches all things being equal. This fosters a more unbiased environment.

2-Single Letter Coaches

- Interested coaches complete and submit a Volunteer form in the registration package.
- The division GM and the VP Single Letters (Recreation) select those interested coaches who are most qualified.
- Single Letter coaches are usually parents and usually coach the team their child is on. Although if you are interested in coaching a team without your child you are encouraged to submit your name to the VP Single Letters (Recreation).

Volunteer verification /Police check policy

Lakeshore Minor Hockey has a very strict policy for background checks of all its volunteers. All coaches, assistant coaches, managers and team personnel are required to fill in a police background verification form. Everyone **must** complete a Lakeshore Hockey verification form.

Lakeshore Minor Hockey Policy manual

In 2008 LMHF created a policy manual to clarify its position and offer guidelines on various details and aspects of the program. The document is distributed to all teams and coaches each year and covers information such as:

- *Registration*
- *Rules & Guidelines*
- *Team finances*
- *LMHF logo & trademark*
- *Code of conduct*
- *Behavior guidelines (Coaches, players, parents, officials, spectators)*

You can read the document ton the LMHF website for more details

Volunteer objectives

Lakeshore Minor Hockey is run entirely by volunteers and we are constantly looking for more people to get involved. Anyone interested is welcome and more help is always needed. If you are concerned with the way things are done or handled, we encourage a positive and active approach whereby individuals with new ideas can get involved and help improve the program for our kids.

Coaches' perspective

All coaches in Lakeshore are volunteers. In order to make the program a success, parents' involvement, positive encouragement and support are required at all times. When in the rinks please remember to be positive, help out if you can and support the volunteer coaches in their program and objectives.

We often hear parents cheering and encouraging from the stands but unfortunately not always exactly with the same objectives as the coach. Comments often include "get it out" when in the defensive zone, in the neutral zone "pass and/or skate" and in the offensive zone "shoot". We most certainly encourage enthusiasm however please remember that the coaches are trying to teach the kids certain aspects of the game that may be more complex. Every effort should be made to NOT coach from the stands.

Municipal support and constraints

Lakeshore receives support from Kirkland and Beaconsfield in the form of a reduced rental rate for ice.

Since St Anne de Bellevue, Baie D'urfe and Senneville do not have their own arena, their President requests a financial contribution based on the number of players from those particular cities. This contribution keeps registrations costs equal for all Lakeshore players in Lakeshore.

Lakeshore also rents ice at MacDonald College Arena, NTR Arena as well as other arenas in the area to supplement our programs.

Technical assistance

Lakeshore Minor Hockey has a technical coordinator who is available to assist all Lakeshore teams with any and all technical aspects of the game. Lakeshore's technical coordinator is Mr. Greg Orsini who has a vast array of experience in teaching and evaluating hockey skills and is available to all teams both at the Single letter and Double letter levels.

Popular myths

They say that trying to squash a rumor is like trying to unring a bell, and there is nothing quite like arena rumors. As you know, people often hear bits and pieces of information in the rinks and simply assume that what they hear is correct on how things function. Unfortunately this is most often NOT the case. Player selection, coaching appointments and team building are the result of many hours of work by the people working collectively, who are mandated to handle these tasks. What better way to attack the integrity of a process or volunteer than to perpetrate half-truths and myths.

Before acting or questioning certain policies, procedures or actions, we strongly encourage all parents to first check with the appropriate representatives of the Lakeshore minor Hockey

committee to obtain clear information. In the event that you are not satisfied or are still unclear please don't hesitate to advise any board member of your concerns which will be followed up.

Officials

Many of the referees officiating the games are past and present Lakeshore hockey players. In many instances the kids on the ice may be your kids or those of friends. Please remember that most of them are also learning to officiate and will make mistakes with some of their decisions. This is part of the game and the learning experience and should be accepted as such. Officials DO NOT get a chance to practice to hone their skills. They learn on the job. We would ask parents to lead by example, by not making officiating a determining factor in any game or situation.

If you are interested in becoming an official, please refer to the Officials section on the website

Miscellaneous

AGM

In the spring of each year, Lakeshore Minor Hockey holds an annual general meeting whereby board members are nominated and elected for the following season. The AGM is also the time when all financial aspects of LMHF are presented to all members. The presentation also includes an open question period whereby any member can request further information or details.

SUMMER HOCKEY

Each year parents may hear about AAA hockey. Although you may see many familiar faces and even some coaches you also know, it is important to note that this has nothing to do with Lakeshore hockey. Participating in these programs has absolutely no impact on coach or player selection in the Lakeshore program.

Also note that Lakeshore Hockey does not endorse any particular hockey school.

Suggestions

- 1) Get involved help out
- 2) Avoid the "criticizer's" environment. Usually they have their own agenda or worse spread rumors as the "truth". Don't be afraid to ask board member's questions.
- 3) Get active: some positions do not require any experience
- 4) Support the volunteers who are teaching our children and are helping us all out
- 5) Encourage the kids in the development of their skills and abilities
- 6) **ABOVE ALL HAVE FUN AND LET THE KIDS HAVE FUN.**