

2022 - 2023 SEASON

JR COACHING & LEADERSHIP PROGRAM

U13, U15, U18+ PLAYERS - 2022/23 SEASON



METRO WEST
FORCE



JR COACHING & LEADERSHIP PROGRAM

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



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