

SOUTH ALBERTA HOCKEY ACADEMY

APRIL 2023

Female Hockey Coach Mentorship Proposal

Presented to:

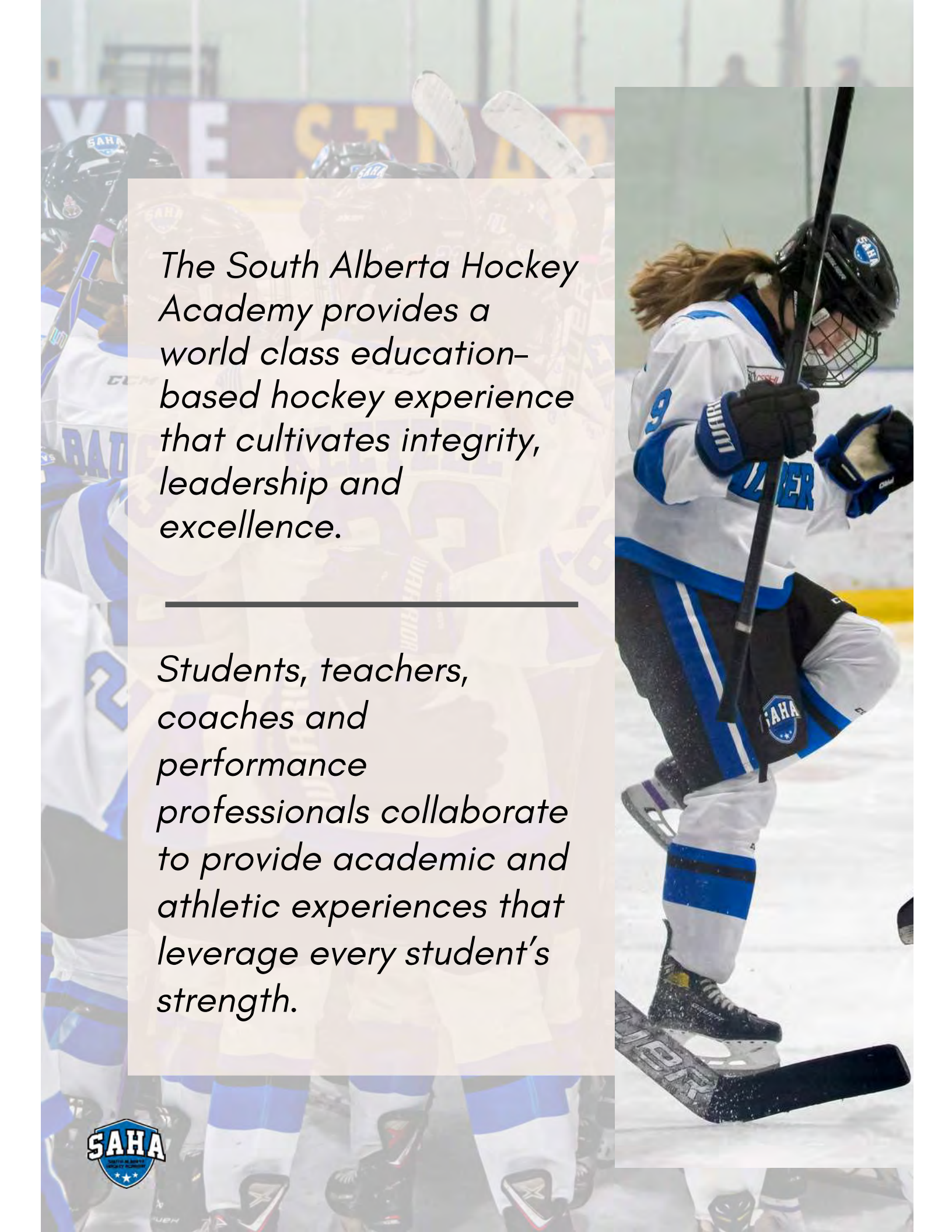
MEDICINE HAT MINOR HOCKEY
ASSOCIATION

Presented by:

SOUTH ALBERTA HOCKEY
ACADEMY



MEDICINE HAT
MINOR HOCKEY



The South Alberta Hockey Academy provides a world class education-based hockey experience that cultivates integrity, leadership and excellence.

Students, teachers, coaches and performance professionals collaborate to provide academic and athletic experiences that leverage every student's strength.



Focus

South Alberta Hockey Academy coaches will focus on season long individual player development.

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- **Fundamental Skill Development**
 - **Tactical Skill Development**

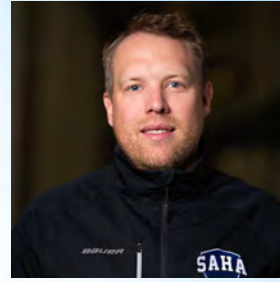


SAHA FEMALE U18 PREP STAFF



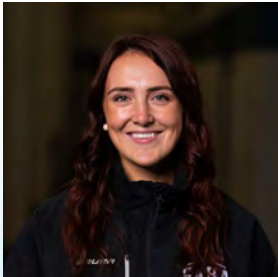
**DARREN
MACMILLAN**
|GENERAL MANAGER|

403-502-7362
DARRENMACMILLAN@PRRD8.CA



**EVAN
VOSSEN**
|HEAD COACH|

306-220-9469
EVANVOSSEN@PRRD8.CA

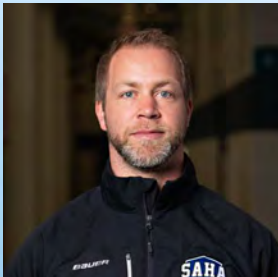


**JANE
KISH**
|ASSISTANT COACH|

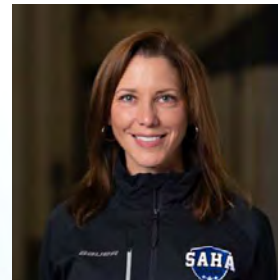
306-861-0780
JANEKISH@PRRD8.CA



**STEFAN
MEYER**
|ASSISTANT COACH|



**JERRID
SAUER**
|POWER SKATING|



**JANAY
GREGORY**
|MENTAL PERFORMANCE|



**TORRIN
WHITE**
|SHOOTING AND SKILLS|



MONTHLY COACH SUPPORT AND MENTORSHIP CHECKINS

- The first meeting in August focuses on season plan building.
- Meetings will continue once per month in September, October, November, December, January and February.
- Meetings will culminate with post season reflections in March.
- Evan and Jane will be at all meetings and discuss both on-ice and off-ice programming.



MONTHLY ON-ICE SUPPORT

- Evan will come out once per month to a U15 (middle group of U11-U18) practice for support and mentorship (September - February).
- Each session will be followed by post ice discussion and reflections.
- Other MHMHA female coaches are invited to watch practice and join in post ice discussion and reflection.



DRILLS AND VIDEO

LiveBarn video of fundamental and tactical skill development drills will be available upon coach request.



GOALTENDING DEVELOPMENT

- Jane, along with Female U18 student athletes will provide 8 on-ice sessions.
- Goalies will receive video analysis (pre and mid season).
- If this were to include multiple teams, then an hour of ice just for goalies would be required and would be the responsibility of MHMHA.



U15 AND U18 JOINT TEAM TRAINING

MHMHA U15 and U18 teams will join with SAHA on available weekends twice per year to participate in a mixed training session.



ACCESS TO ADDITIONAL SUPPORT

All MHMHA female teams will have access to specialty development upon request from the coach (power skating, shooting, and additional goaltending). This will be an additional charge for each team's budget.



FEMALE STUDENT-ATHLETE MENTORSHIP

- Our girls will work with all MHMHA young female teams at practice in a mentorship role. This includes U7, U9, U11, U13 and U15.



INDIVIDUAL TRAINING WITH SAHA

MHMHA girls will have the opportunity to skate and train with SAHA U18 at SAHA coach request and U15 or U18 coach approval.



MHMHA/SAHA COACH SHADOW DAYS

- All MHMHA female coaches will have the opportunity to shadow our U18 coaches on the ice once per month. MHMHA coaches will need to make arrangement with Evan. Shadow days will be followed by post ice discussion and reflection.
- All MHMHA female coaches will have the opportunity to shadow our U18 coaches in the gym once per month. MHMHA coaches will need to make arrangement with Jane. Shadow days will be followed by post gym discussion and reflection.

