



**Pictou County Minor Hockey Association
Head Coaches Manual**

PCHMA Head Coaches Manual

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Coaching Concepts

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A] Introduction

Coaches:

On behalf of PCMHA I would like to thank you for offering your services and congratulate you on your selection as a Head Coach within PCMHA's REP division.

This binder is presented to you as a reference guide for your activities with the Pictou County Minor Hockey Association. This manual outlines our association's "Guiding Principles", operational strategy, and other suggested procedures designed to make your job a little less time consuming and our organization a little more consistent.

What follows are our three core beliefs, meant to provide every player and coach with a clear idea of the characteristics we believe to be essential for our program's success.

We want each and every player to exhibit these three basic characteristics:

#1] Commitment

#2] Teamwork

#3] Respect

Thanks again for your contribution and cooperation.

Yours in Hockey,

Graham MacNeil
President - 2008/09
PCMHA - Sept, 2008

B] Coaching Philosophy

We are committed to creating a MEMORABLE and POSITIVE experience for every player. We aim to provide the best hockey environment possible by focusing on efforts in the following areas:

Physical - Promotion of a healthy level of physical fitness.

Mental - Introduction of mental aspects of participation in sporting events.

Nutritional - Promotion of the virtues of a healthy diet.

Technical- Development of the technical skills required to compete in REP hockey

Systems – Reinforcement of the concept of team hockey.

Player's Philosophy:

To excel at hockey you must be prepared to do the work and be disciplined and willing to make personal commitments and sacrifices.

Players must be individually strong and team disciplined

Winning requires a strong mental attitude

Hustle 100% always

Always give 100% at both ends of the ice

Never give up!

Team Work is a Must

- One player cannot make the team
- The team is bigger than any player
- Support your team mates!
- The team makes the player

C] PCMHA's "Guiding Principals"

#1] We believe in a safe and comfortable atmosphere in all aspects of our operations.

- + All trainers are required to complete a first aid course [or equivalent] prior to accepting the trainer's position.
- + There must always be at least one member of the bench staff who has attended a concussion awareness seminar. [See appendix]
- + Each player is required to participate in an equipment assessment and expected to adhere to recommendations.

#2] We believe all participants should present themselves in a respectful and professional manner.

- + Each team participant is required to wear shirt, tie, shoes, no track pants / blue-jeans, in addition to team approved jackets [if required].

#3] We believe in a team-oriented game with strong individual skill development and we support the execution of PCMHA's Coaching Concepts at all levels.

- + Each player will be evaluated annually by the coaching staff as per the process employed during the player selection process.
- + REP division development initiatives should be focused in two major areas: Power Skating and Goaltending.

#4] We believe in a strong work ethic and proper preparation.

- + Nutrition and hydration orientation and best practices will become a required part of each player's development
- + Team uniforms / logos should reflect the character of PCMHA players

#5] We believe participants [including parents] must be respectful of each other both in what they say and do.

- + Orientation sessions are required to ensure everyone is aware of the complaint handling process as well as communication parameters toward officials, players, coaches, and spectators.
- + Parents and participants must gain full awareness for the Guiding Principals of PCMHA's REP division.

#6] We believe all participants must exhibit a focused and committed attitude in addition to their playing ability and skills.

+ A player's evaluation process will be employed during tryouts as part of the team selection process however the coach has the final authority to select the players for their team.

#7] We believe players must be encouraged to have the confidence in their own ability.

+ Coaching staff will be expected to place significant emphasis on the communication process such that players understand the **Coaching Concepts** through instruction and demonstration.

#8] We believe participants must have respect for the officials regardless of the call.

+ Coaching staff will be equipped with a copy of the rules and regulations, encouraged to educate themselves through HNS's Governance section of their website and to pro actively respects all guidelines. When in doubt - sit them out!

#9] We play to win but we accept defeat as part of the game.

+ Coaching staff will be evaluated in their ability to execute the minimum **Coaching Concepts** felt to be critical in the development of a program capable of delivering success at the provincial level.

+ We believe that **when we loose we must ensure we learn from our experiences in order to improve.**

#10] We believe coaching should be left to the staff.

+ Pre-identified and pre-approved **Coaching Concepts** will form the base of hockey operations at every level and coaches must be afforded the opportunity to execute as per their annual plan with minimal interference.

D] Coaching Concepts

[See Appendix]

1. Technical Skills

- Individual
- Team

2. Team Management Systems

- The management of the team

3. Player Commitment – Character

E] Player Evaluations and Tryouts

[See Appendix]

- On - Ice Assistants to help coach run Tryout Practice
 - Two sets of sweaters for number evaluation.
- Off - Ice Evaluators to assist Coach
 - Two per division
 - After session Three (major cut)
 - 12 Player evaluation (Bubble Players 2G; 4D; 6F)
 - Number based template; Hockey Canada
 - Coach consults with evaluators during final 20 minutes of practice.
- Communication
 - Coach talks to each participant as they leave the dressing room and distributes standard cut/keep letters at that time.
 - Optional personal chat for last cut players. Drop off gear and come back to stands. Wait to be called. Leave through referee door.
- Year End Evaluations
 - Standard form to be completed for next year's coach. Not to be shared with players/parents. Kept in confidential manner.
 - Submitted to PCMHA Rep coordinator for safe keeping.

F] Team Management Systems

[See Appendix]

f-1] Players Program Overview

f-2] Sample Cut Letters

f-3] Sample Return letters

f-4] Sample Congratulatory letter

f-4] Sample Parent meeting agenda

f-5] Sample Coach's letter

f-6] Fair Play and Respect policy[s] / code of conduct contract

G] Parent's Orientation Programs

- Association Wide
 - Association Guiding principles
 - Mandatory for atom
 - Conduct parameters towards: officials, players, coaches, fellow parents
 - Communication process (through manager)
- Team Based
 - Introduction of team officials and roles
 - Communication process (through manager)
 - Complaint handling 48 hr cool-down
 - Conduct parameters towards: officials, players, coaches, fellow parents
 - The Program
 - Outline the yearly plan

H] Communication – Smart Hockey Approach

- Players
 - Why drills for skills
 - Common use of key terms and concepts
 - Quality versus quantity
- Parents
 - Email/ phone tree/ meetings
 - Letters outlining program
 - Financial: budget/ cash requirements

I] Equipment Assessment

- Individual
 - Start of season
 - Mid season
 - Stick length
 - Fit of equipment
 - Condition of equipment
- Team
 - First aid
 - Pylons and Pucks
 - Water bottle caddies
 - Practice jerseys

J] Team Policies and Expectations

Arrivals and Departures

- **Arrival time: 60 minutes prior to game time; 30 minutes prior to practice**
- **Games:**
 - At 60 minutes before game time, parents are asked to drop players off in dressing room and once the player is settled, leave the dressing room. We will expect the players to perform stretching exercises and mental preparations along with beginning to dress themselves. This is part of our pre-game preparations.
 - At 35 minutes before game time, if a player needs assistance with gear, the parents are invited into the dressing room to assist the players. We ask that this be completed between 25 and 35 minutes prior to game time. (Goalie's may require more assistance.)
 - At 20 minutes before game time we ask that players are to be totally ready with skates tightened. All parents will be asked to leave dressing room at this time in order to conduct our pre-game preparations.
 - At the end of each game we require 10 minutes for team debriefing. We ask that the parents remain out of the dressing room during this time.

- **Practices:**
 - At 30 minutes before game time, parents are asked to drop players off in dressing room. We will expect the players to perform stretching exercises and to dress themselves. In this period of time, if a player needs assistance with gear, the parents are invited to assist the players. We ask that this be completed 20 minutes prior to practice time. (Goalie's may require more assistance.)
 - At 20 minutes before practice time we ask that players are to be totally ready with skates tightened. All parents will be asked to leave dressing room at this time in order to conduct our pre-practice preparations.

Team Dress Code

- **Games:**
 - All players must wear team jacket, with tie. Collared shirt with the top button closed.
 - No jeans or track pants. Preferred pants are dark in color and in good condition (no tears or holes, not badly faded)
 - No baseball hats. Stocking caps permitted for bad weather.
 - Be neat, clean, presentable and **professional!**
- **Practices:**
 - All players should wear team track suits [when available]
 - Be neat, clean, presentable and **professional!**

Player Conduct

- Prepare yourself mentally and physically before each game and practice.
- Listen to the coaches during games and practices.
- When coaches are talking on the ice or in the dressing room or on the bench; no one speaks.
- When whistle blows at practice, stop what you are doing immediately and go to the coach. Do not shoot pucks.
- We will have a room and bedtime curfew in place for each tournament we attend.
- Always carry extra tape, skate laces, etc.
- Wear team dress code to all games and tournaments
- Team first attitude
- Be respectful of team sweaters and uniforms
 - keep them clean
 - no holes in socks
- Support the PCMHA tradition of excellence
- Play with individual and team discipline

- Be proud of your team and teammates
- Commit to do hockey homework
 - Skill development
 - Team Play Concepts
 - Nutrition
- Commitment to the team for the Entire Season
 - Practices
 - Games
 - Tournaments

Game Preparation Checklist

- Check equipment at home for sharpening, tape, repair - at least the day before
- Advise parent(s) of equipment needs a day before
- Pack equipment using a checklist
- Eat 3 to 4 hours before game time
- Dress according to team rules
- Be ready to go with bag at door for whoever is driving
- Socialize with other players and friends
- Drink water
- Have your own water for the game
- Dress for stretch
- Do team stretch
- Dress with equipment
- Remove all jewellery
- Sit dressed and think to yourself – go through your mental preparation
- Listen to game strategy from coaches
- Go on the ice together with teammates
- Bring a second stick to bench
- Do team warm-up:
- PLAYERS - make sure to stickhandle, pass and shoot “on the goalie” if time permits
- GOALIES - make sure to skate and stretch with equipment on-ice, take shots to feel the puck
- TEAM CAPTAINS - acknowledge officials - shake hand
- Be supportive to teammates and encourage each other
- Listen to coaches
- Smile! - it is a game

K] Nutrition and Hydration

Physical

- Promote a healthy level of physical fitness required for the development of a skilled hockey player

Mental

- Introduce the mental aspects of participating in sporting activities. Begin mental exercises designed to promote mental conditioning that supports above average long term commitment to peak performance

Nutrition and Hydration

- Promote the virtues of a healthy diet. Introduce the relationship between a good diet and an increased performance standard.

Nutrition

Players Should

- Understand the importance of proper hydration before, during and after all practices and games.
- For evening practices and games, eat a normal breakfast and lunch;
- Before the game or practice, eat a light snack;
- After the game or practice, eat a meal.
- For early morning games and practices, eat lightly at breakfast.
- After practices or the game, eat a snack.
- For tournaments, if you play more than one game on the same day or several games in successive days, emphasize foods that are high in carbohydrate (fruit, hot or cold cereal, pancakes, cold meats, soup, rice, and pasta) while avoiding those foods with high sugar content.

Six Classes of Nutrients Essential for Top Performance

1. Carbohydrates
2. Fat
3. Protein
4. Vitamins
5. Minerals
6. Water

Carbohydrates: are sources of energy that can be either simple or complex in form. The best source is found in fruits, vegetables, breads and grains. This is the main source of energy when you exercise hard and it should form about 60% of your daily calorie intake.

What we suggest

1. Become a wise athlete and choose breads, rolls and buns that are 100% whole grain. Although white breads, buns and rolls use enriched flour (i.e. a few nutrients are added back), the refining of grains removes key nutrients only found in whole grains.
2. Drink fruit juices. Most soda pops and fruit drinks are loaded with sugar and with almost no other nutrients. The word "drink" on the bottle is generally a good sign that what you are getting is inferior to a real juice in terms of nutrients.

Yes, we need carbohydrates, but it is best to get them through whole foods and fruit juices.

Fat: is a source of stored energy that is burned most by resting muscles and by doing prolonged low intensity activities, such as walking. Since fat provides at least twice the food energy of carbohydrates and proteins, it is easy to pack on body fat when scrumptious fat-rich foods are eaten.

What we suggest

Eat vegetable fats such as extra virgin olive oil instead because they are usually unsaturated providing essential fatty acids. Make sure that your daily intake does not exceed 25% of the total daily calories.

Be aware that there are hidden fats that are easily obtained but not noticed in potato chips, donuts and salad dressings. Many muffins and cookies are high in fat as well.

Protein: provides the building blocks to make and repair muscle and key enzymes that make our bodies work. It is also a form of energy that gets called upon when the carbohydrate stores have been used up. When you emphasize carbohydrates and low fat protein sources, it is easy to have a diet with the right proportion of carbohydrate and protein. Focus on meats, low fat dairy products, beans and whole grains.

What we suggest

Get the best sources for protein in your food consumption by including fish, poultry, meats, dairy products (but, watch the fat in ice cream) and beans. Your daily intake should be about 15% of your day's calories.

Vitamins: are metabolic catalysts that regulate chemical reactions in the body. The body does not manufacture these and so they need to be acquired through proper foods. The main vitamins are the B complex, A, C, D, E and K.

What we suggest

By eating a wide variety of foods, especially grains, vegetables and fruits, you will ensure that you get your daily intake of vitamins.

Minerals: are elements obtained from foods that help form structures of the body (e.g. calcium in bones) and regulate body processes (e.g. iron in the blood). There are at least 15 key minerals.

What we suggest

Choose a diet from a variety of foods and be aware of hidden fats and sugars. This will help give you all the minerals you need for performance.

Hydration

Water is the essential substance that makes up about 65 % of the body weight of a lean athlete. The more body fat you have, the less the proportion of water in your body since fat cells, loaded with fat have a low water content. Water helps the body balance its temperature. It is a major constituent of the blood and the fluid that is inside and outside of the body cells. Therefore it carries nutrients to cells and waste materials from cells.

What we suggest

Always keep yourself hydrated. Without water balance in the body, you will not perform well.

Food to Fuel - The Simple Process

Food contains many complex molecules that must be digested to small components that can be absorbed into the blood. Digestion can start in the mouth but the stomach and intestines are the most important areas for this. During digestion carbohydrates are broken down to simple sugars and proteins to their individual components known as amino acids. Vitamins and minerals are freed from the complexes that make up food. Simple sugars, amino acids, vitamins and minerals are absorbed into the blood in the small intestine. Most of the food energy in dietary fat is in the fatty acids. Because most of these are not water soluble, they delay the absorption process.

Amino acids in the blood are available to all cells, but athletes are most concerned with them being available to grow and repair muscle proteins. Simple sugars can be used by cells as an immediate fuel, but excess sugar molecules are stored in liver and muscle as a complex known as glycogen. Between meals, liver glycogen is constantly being broken down to provide sugar (glucose) for the blood. The brain

depends entirely on glucose as its fuel. Muscle glycogen is broken down to create the energy when we work, play or train at moderate or higher intensities.

Get it now?

This is why it is important to eat proper foods at an appropriate time prior to exercise, so that the food can be digested and stored ready as an energy source for exercise. Eating foods that take time to digest too soon prior to exercise means that the body will not get any energy from them.

The Energy Process

When we play a game, practice or work out, carbohydrate that is stored in muscle as glycogen is the most important fuel. The body also uses blood sugar (glucose) as well as well as some fat. If we used no other fuel, the amount of stored fat we have could provide the energy for at least 50 games, but we would have to play at less than half speed. This means that a fast game or hard practice uses up muscle glycogen. After the game or practice, this must be replaced to allow us to perform well the next day. The reason for this is that we have a very limited capacity to store muscle glycogen. When it gets used up completely, it takes about 24 hours to refill this fuel tank. Knowing these facts is helpful for planning your food intake - when to eat, what to eat and how much to eat.

Do it now!

Here are some smart things you can do to be sure that your carbohydrate fuel tank is as full as can be to ensure you can play at a high level.

- Since carbohydrate is brain fuel and fills most of the energy needs for games and practices, emphasize carbohydrates in your diet.
 - Fruits
 - Grains
 - Vegetables
 - Low fat dairy products
 - Beans are also good sources of carbohydrates and have good protein too!
- Consume whole grains rather than the white stuff - you'll get more nutrients and perform better.
- Concentrate on keeping your fat intake low to help you fill up on more carbohydrates.
- Since it takes almost 24 hours to fill an empty muscle glycogen tank, start eating as soon as the game or practice is over. Remember, right after the game or practice your muscle glycogen fuel tank is easier to fill. So keep a snack in your bag.

Key Points about Fluids

When you work hard, you sweat. The hotter it is the more you sweat. If you are wearing a lot of hockey equipment then you will also sweat more. Sweating is a process the body uses to help keep you from becoming overheated. Sweat contains mostly water, but also minerals known as electrolytes, including sodium. If you do not replace what you lose in sweat, you can negatively affect a variety of systems in your body, especially your circulatory system. Replacement of sweat losses is very important and allows you to perform at a higher level. Be aware that a very large sweat loss that is not replaced can put your lives in danger.

A Little More About Water

All life depends on water. Your body is made up of water. Every day, you lose about 6 to 7 cups (1.5 litres) of water through sweating, breathing and other body processes. During intense activities, you will lose more. A goalie can lose up to 2 litres an hour.

We've heard that we "should" drink 8 glasses of water a day but is this really good advice? The quantity of water you drink should really depend on your size, how active you are and the type of weather where you live. An easy way to figure this out is to drink half of your body weight in ounces.

For example, if you weigh 70 lbs, half of your weight is 35. Therefore, you should drink 35 ounces of water every day. Divide that amount by 8 ounces to get the number of cups (glasses). In our example, a 70 lb person should drink about 5 glasses of water per day.

For someone who plays hockey or is active in any way, that amount will increase as well as for those living in warm climates.

Don't sweat it! Drink it!

Here are a few pointers to help you stay hydrated:

- Drink as much fluid as you comfortably can before, during and after exercise.
- Sweat replacement should be mostly water plus a few key electrolytes, especially namely sodium. Add small amounts of ordinary table salt to your water for a good source of sodium.
- If you are concerned with weight loss, then weigh yourself before and after an event and for every pound lost, drink two cups of fluid. Since water represents about $\frac{2}{3}$ of your body weight, short term changes in body weight tell us more about your body water situation.
- Don't rely on your thirst. It has little to do with whether you need fluid or not.

Recommendations for Before, During and After Activity

- The best muscle stores are built from carbohydrates taken on a regular basis in the days leading up to the event and starting in the hour following an event. Large meals should be consumed no closer to 3-4 hours prior to the event.
- Do not experiment with something new prior to an event. Test it out at a less important time to assess its affects and results.
- Carbohydrates taken in the hour prior to the event will stave hunger, but will not likely add much as far as muscle energy. They should be sources that will digest easily and quickly, such as orange juice, bananas and digestive biscuits. The more intense the exercise event, the more time that should be allowed for digestion. Don't forget to wash down your food with fluid.
- Food may not be necessary during an activity, but fluid intake is.
- Immediately following a workout such as a game or practice, it is vital to consume fluids and carbohydrate snacks such as bananas, bagels, yogurt or digestive biscuits to start the replenishment process for muscle glycogen. Snacks are used immediately, simply because they are easier while efficient.
- Something more substantive should follow within 1-2 hours of the event. Muscular storage of carbohydrate is at its best when carbohydrate is consumed right after a game or practice.

Plan Ahead - Balance Food, Exercise and Rest

- Rest is a key ingredient of a training regimen. Tired muscles need time to heal and rejuvenate, as well as to replenish the glycogen stores depleted by constant activity. If you're a coach, trainer or player in hockey, it is important that you constantly review your schedule to assess where the proper placement of a rest day will enhance your performance.
- Looking ahead over the hockey schedule at least a week in advance will also help you to figure out where your peaks of energy usage will occur. This way, you can ensure replenished and full stores of glycogen by consuming carbohydrate-rich foods.
- For those who are involved in Tournament events or extensive travel, you must take even more time to evaluate the schedule in conjunction with clear plans for food and fluid consumption. The extra demand on your energy stores and the challenge of "non-home" meal preparation need to be recognized. This could be the key to success where over such a short period of time, such a large demand is placed on the stamina of the muscles and body. Time between activities (time for food digestion) is the deciding factor on the type of carbohydrate to be consumed.

Hockey Nutrition Plan

By Lyndsay Foisey, Kineseologist

If you could take your game to the next level, you would, right? Well, you can by eating the right foods everyday. That's how important your daily DIET is! What you put in your mouth affects you DIRECTLY - that includes on the ice, and in your daily activities. To be the best, you have to eat like the best!

Everyday Eating

When you don't have practice or a game, you're refuelling your body and building up energy for the next practice/game.

CARBOHYDRATES are your fuel!

Try to have **2 servings with every meal**, and **1 serving between meals**:

Body weight /lbs Serving /day

150-160 8-9 (436g)

160-170 9-10 (463g)

170-180 10-11(490g)

180-190 11-12(518g)

190-200 12-13(545g)

Examples:

- 1 bagel= 2 servings
- 1 slice of bread= 1 serving
- 1 bun= 2 serving
- 1 bowl of cereal= 1 serving
- *** (good choices: granola, vector, cornflakes, mini wheats, maple crunch)
- 1 bowl of rice= 2 servings
- 1 pita= 2 servings
- 1 bowl of pasta= 2 servings
- 1 granola/cereal bar= 1 serving
- 1 muffin= 1 serving
- 1 baked potato= 1 serving
- Fruit can count as carbs too! 1 piece=1 serving
- 1 handful of grapes=1 serving
- 1 cup of 100% pure juice=1 serving
- *** Try to get at least 6 servings of fruit and vegetables in your diet***

PROTEIN is the building blocks for your muscles!

After a workout, your muscles need to rebuild themselves so they can ready for the next workout. It's great for snacks, too! Have **1-2 servings** with every meal.

Body weight /lbs Serving /day

160-170 **4-6** (154g)

170-180 **5-6** (163g)

180-190 **5-7** (173g)

190-200 **6-8** (182g)

Examples:

- Steak, roast beef, chicken breast, fish, pork chops=1 serving (size of your palm)
- 1 bowl of beans= 1 serving
- 1 handful of peanuts= 1 serving
- 1 handful of trail mix= 1/2 serving
- 1 handful of pumpkin seeds= 2 SERVINGS!!!
- ½ salmon fillet= 2 servings
- 1 can of tuna= 2 servings
- 1 large glass of milk= 1 serving
- 2 slice of cheese= 1/2 serving
- 1 protein bar= 1 servings
- 1 scoop of protein powder= 1 serving

***Protein shakes are a great afternoon snack. Mix 1-2 scoops of protein powder, 1 cup of milk, 1 banana or strawberries (or the fruit of your choice), 1 spoon of honey, and 1 package of Nestlé's Instant Breakfast in a blender. Add your own ingredients to be creative!

And last (but not least!): WATER

This is just as important as Carbs, Pro, and Fat. Water is in every cell of your body. You can only live 3-4 days without water! When exercising, we lose lots of water by sweating. To keep our body functioning properly, you need to keep refilling your tank before you get dehydrated. If you feel thirsty, that's usually a sign that you're already dehydrated!

- Try for 2 litres each day. ****This is NOT including the amount you drink while exercising! ****
- You can easily get into the habit of drinking this much by trying to carrying a water bottle with you everywhere you go. You can usually get some water from other fluids (juice, milk, sports drinks), and some foods. As long as it's not stuff with caffeine in it (coffee, coke, red bull).

GAME DAY EATING

2-4 hours BEFORE game time:

- **3-4 servings** of carbohydrates, **1 serving** of protein. Add on 1 serving of carbs and 0.5 of protein for every extra 10 lbs.

- Pasta, bread, bagels, rice, sports drinks, juice are all great ideas for carbs. Try not to have anything fatty or really sweet (French fries, burgers, cake, chocolate or treats . . . you get the idea). They won't help you-only in bringing your energy down.

- 1 sports drink bottle = 2 servings of carbs
- Put the leftovers in the fridge for when you get home from the game.

Less than 1-1.5 hour before game time:

- At this point, sports drinks are probably the best bet. Have about ½ bottle.

Right before and during the game:

- Sports drinks mixed with water are good. Try to have 1/3 bottle every 20 minutes. This may be difficult at first, but try it out during practice first (if you're not used to drinking that much). This is the optimal amount of water and carbohydrates-it keeps your body in top form throughout the game!

IMMEDIATELY after game (within ½ hour off the ice):

- Believe it or not, what you do at this point (30mins - 2 hours after game) will affect your performance in the NEXT GAME OR PRACTICE!!!! This is especially critical for tournaments. Have another bottle of sports drink.

1-2 hours off the ice:

- When you get home, try to have a plate of food ready. 30 minutes - 2 hours after the game is the best time for your body to refuel. After the 2 hour mark, your body can't completely restore all the energy you burned on the ice.

- A big plate of pasta & sauce with 2 servings of protein and a protein shake are great ideas.

Junk Food:

- A bag of chips or a chocolate bar is okay to have once in a while (i.e. a couple times a week). BUT, on game day, this is a **BAD** idea. It's 'empty food'-all it has is LOTS and LOTS of sugar and fat. (Fat **is** very important, but you can usually count on getting this nutrient with anything you eat. Just don't eat in excess, like eating burgers and fries everyday of the week.) This will only succeed in draining all your energy, and throw all the hard work you put into eating right out the window.

L] Appendix

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