



## Manual of Operations

Title: Player Development Programs	Number: MO-07-01
Source: LMC	
Approved By: WGHA Board	Date Approved: June 2014 Date Last Reviewed: June 2016; June 2024

Waterloo Girls Hockey Association (WGHA) strives to provide players with the opportunity to grow and develop as hockey players and leaders within the sport of female hockey.

WGHA may run player development programs as needed and defined by the LMC and approved by the WGHA Board. Examples of programs that have been run in the past:

- Goalie Training sessions coordinated by WGHA. These have been offered as a first-come, first-served registration and fee-based program for goalie skill development.
- Power Skating sessions coordinated by WGHA. These have been offered as a first-come, first-served registration and fee based program for WGHA Long Term Player Development (LTPD) players.

Goals of the Player Development Program are to:

- Promote the development of hockey skills across the organization, amongst as many players as possible and to improve transparency of each player's skill levels to the coaches at their age level
- Encourage a spirit of cooperation amongst coaches to make this part of their seasonal plans and regular practice plans
- Encouraged Coaches to utilize different players as the opportunities arise.
- Provide access for House League players to the Rep system to gain experience and insight
- Assist WGHA in defining our divisional and category strategies for the following season:
  - Number of teams per division
  - Probable placement of teams within divisions
  - Possible make-up of teams within a division (HL/Rep)



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The Player Development Program consists of a number of elements, each of which is described further in this policy.

### **ANNUAL DEVELOPMENT PLAN**

All WGHA Coaches are asked to provide a yearly development plan that is age and skill appropriate for the level and division they are coaching. Development plans may be guided by Hockey Canada Development Programs as well as the NCCP Coaching Program.

Typically, the development plans will focus on

- Individual skill development
- Team systems and specialty play ( as level appropriate)
- Fitness (physical and mental)
- Nutrition

Each team will submit a Development status report on the provided template on Nov 30th and January 31st detailing their development activity, observations regarding the players, players called up, and recommended development for the players and players called up.

### **WGHA – UNIVERSITY OF WATERLOO DEVELOPMENT PROGRAM**

The WGHA- UW Development Program is a partnership program between WGHA and the University of Waterloo Female and Male Warriors to provide on – ice skill development for WGHA Rep and House League Novice, Atom, and Peewee players.

Rep Players receive 15 shared ice times. House League players receive 4 shared ice times. Times are scheduled throughout the season and occur typically on a Monday or Tuesday night.



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The program focuses on

- puck skill development
- skating skill development
- power skating
- tactical and positional play

### PLAYER MENTORS

High school aged players are encouraged to be Player Mentors for younger players in both House League and Rep programs.

At the discretion of the Coach, Player Mentors participate in team practices providing that they don't interfere with the Player Mentor's team schedule.

Player Mentors will be credited with Volunteer Service Hours.