

Welcome!

Major Pee Wee Players & Parents

Town Hall Meeting: April 15, 2009





Agenda:

- **Welcome**
- **Meeting objectives**
- **Our Executive**
- **2008/09 in review**
- **Update on activities**
- **Our Development Model**
- **Sponsorship & Fundraising**
- **Preliminary cost(s)**
- **Questions & Answers**

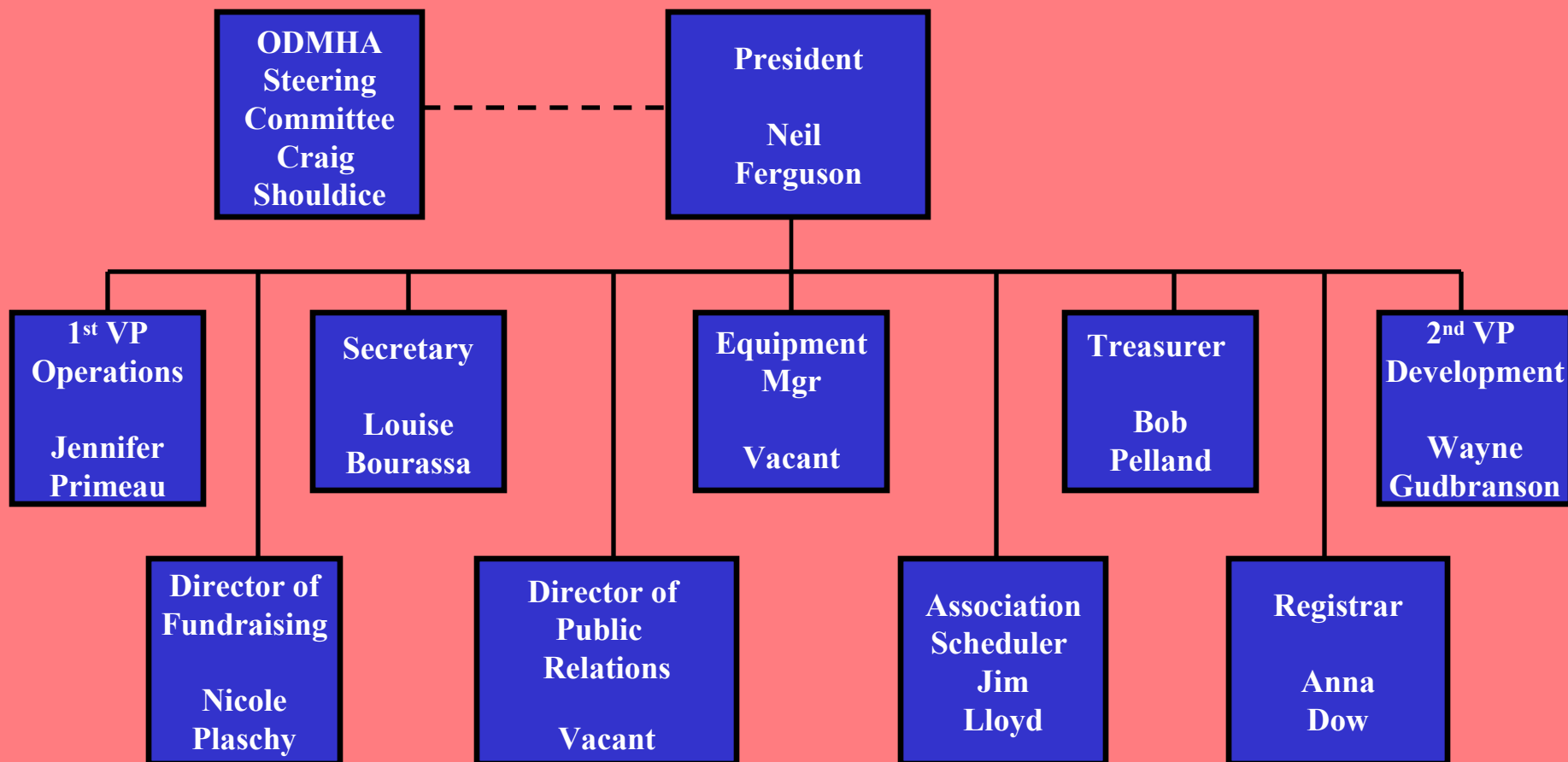


Meeting objectives:

- **Meet & greet everyone**
- **Review 2008/09**
- **Provide information about the Jr.67's club**
- **Answer questions from parents and players**



Jr. 67's AAA Executive





2008/09 In Review

League Play:

- 3 of 4 teams advanced to the OEMHL AAA Semi-finals
- Major Bantam & Midgets advanced to the OEMHL AAA Finals
- Major Bantams OEMHL Champs advanced to the Provincial
- Major Midgets OEMHL Finalists advanced to the Provincial
- Sean Bamford OEMHL League Educational Bursary Winner

Tournaments:

Minor Bantam

- Toronto Red Wings – Qtr-Finalists
- Ottawa Sens – Semi-Finalists
- Oshawa - Finalists

Minor Midget

Major Bantam

- Sudbury – Semi-Finalists
- Toronto Marlboros – Qtr-Finalists
- L'Ancienne-Lorrette, - Semi-Finalists
- Provincials - finished 4th

Major Midget

- Markham – Semi-Finalists
- Waterloo - Finalists



Minor Bantam Team Officials

Head Coach - John Robillard

Asst Coach - Joe Clark

Asst Coach - Guy Bourque

Trainer - T.B.A.

Manager - T.B.A.

Team Liaison – Louise Bourassa

- Jennifer Primeau



2009/10 Tournaments

Teams	#1	#2	#3	#4	#5
Minor Bantam	Toronto RW Sep 5-7	Kanata Sep 12-14	Peterborough Oct 28-30	Kitchener Nov 28-30	Oshawa Jan 16-18
Major Bantam	Syracuse Sep 12-14	London Oct 17-19	Sudbury Nov 5-8	Marlies Dec 26-30	Ancienne Lorette Que Jan 16 -18
Minor Midget	Hamilton Oct 9-12	Oshawa Oct 24-26	Brantford Nov 14-16	Marlies Dec 26-30	Peterborough Jan 28-31
Major Midget	Markham Oct 9-12	Kanata Oct 16 19	Sudbury Nov 5-8	Waterloo Dec 12-14	Gatineau Jan 6-11



Tryouts

- **Dates: Aug 21 – 30 @Carleton U.**
 - Park in Parking Lot # 3
 - Free on weekends: we have passes for weeknights
- ***Fee: \$125 before June 1st & after June 1st \$200.00***
- **Each player receives 2 tryout sweaters (white & black) and a pair of socks which must be worn at all sessions.**
- **Your home Association registration will be verified**
- **Each player is guaranteed 2 x 2hr tryout sessions.**
- **Separate session for goalies.**
- **First reassignments begin Sunday August 23th.**



Fitness Testing

Testing consists of:

- **1 - Height**
- **2 - Weight**
- **3 - Push-Ups**
- **4 - Sit-Ups**
- **5 - Chin-Ups**
- **6 - Standing Vertical Jump (2 feet, R leg & L leg)**
- **7 - Trunk Flexion**

Note: 2008/09 average scores for each level are on the website



League Update

- ***All Bantam & Midget games - 2 hrs***
 - ***15 - 20 - Flood - 20***
- ***28 game season***
- ***Top 4 teams make playoffs***
- ***Season begins Sept 22nd & Major Midget Sept 29th***
- ***Season ends Feb 17th***
- ***Teams do not play on Monday following Tournaments***
- ***No league games Thanksgiving weekend***
- ***No league games Dec. 23 – Jan. 1***
- ***Minor Bantam do not play during March Break.***



Jr. 67's AAA Development Model

Mission Statement

- *To ensure a positive hockey experience*
- *To create a challenging and progressive learning environment where the athlete's long-term development is the objective*
- *To develop "winners" in life as well as on the rink, where excellence is a habit, not an act*



Vision

Complete athlete development through:

- ***Physiological Development***
 - 5 S's: Strength – Speed – Stamina – Skills – Suppleness
 - Nutrition
- ***On-ice Development***
 - High speed and intense individual skill development
 - Group and team tactics - Read and react instruction - technical and tactical support to club systems
- ***Psychological Development***
 - Mental practice, rehearsal and training as is used with provincial and national team programs
- ***Academic monitoring***
 - To help achieve and maintain good grades
- ***Parental encouragement and Support***



Development Model

2 level approach:

- **1 - Club system**

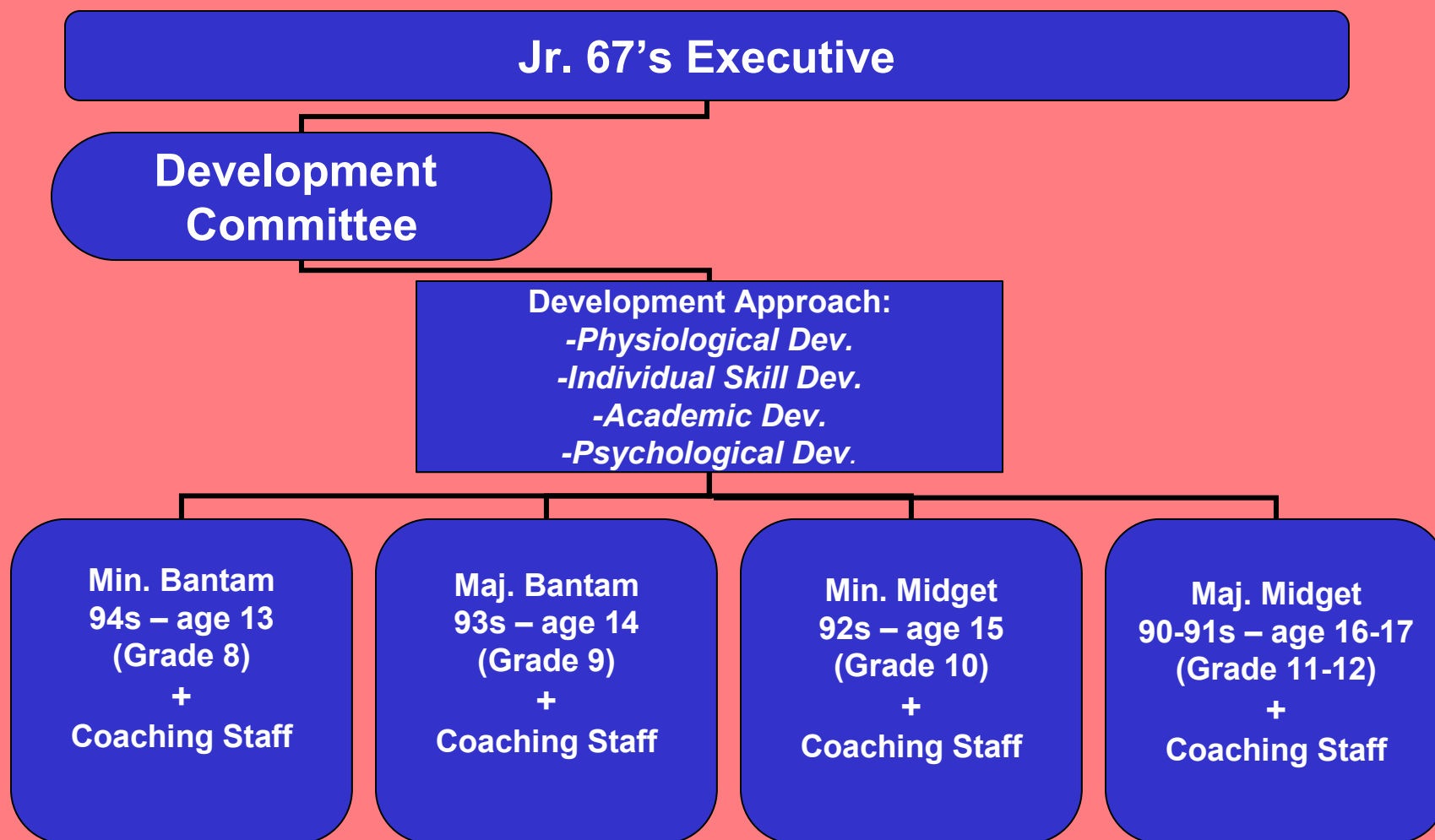
Consists of our 4 teams and their coaching staffs

- **2 - Support system**

Core of experts, under the auspices of the club executive, to assist in the delivery of development model components and to work closely with the coaching staffs in their implementation



Development Model





Development Committee

Ottawa Jr. 67s Association Executive Wayne Gudbranson	Player Development Jason Prevost	Goalie Development Tom Dempsy	Coach Mentor Richard Bercuson	Sports Psychologist Jamie Smith	Nutritionists Bruce Bonner	Coaches
--	---	--	--	--	---	----------------

- **Committee meets monthly to refine our program.**
- **Pre-Tryout Fitness Program will be sent to all registered players as they register.**
- **Off-Ice training facility – OSPC on Lancaster Road.**
- **Standard pre-practice/game and post game workout program.**



Development Committee

Player Development

Jason Prevost

- regular on-ice instruction by team on high-speed skill development and multi-tasking
- advisor to teams on technical instruction
- directs and teaches fitness components

Goalie Development

Tom Dempsey

- weekly on-ice instruction by team on goaltending techniques
- advisor to teams on goalie development and training

Coach Mentor

**Richard
Bercuson**

- monitors team segment plans, practices, and games
- liaison with coaches – advisor on various hockey-related issues – instructional and tactical resource
- on-ice instruction for specific topics or themes

Sports Psychologist

**Jamie
Smith**

- monthly team sessions on mental preparation for games
- advisor to teams on sports psychology



Development Model - Update

Ottawa Jr. 67's weekly program will include:

- **Team Practices** – 2 x 1.5hr + 0.5hr off-ice/practice + 1.5hr skills = Total 5.5 hrs
- **League Games** – 1 x 2.0hr Game + 0.5hrs off-ice = Total 2.5 hrs
- **Off-Ice Training** – 1.5hr off-ice + 1.5 off-ice at home = Total 3hrs
- **Mental & Leadership Training** – 1 hr/mth (add on to a practice)
- **Nutritional Advice** – 1 hr (add on to a practice)

Commitment – Estimate of 11 - 13 hours/week



Development Model - Update

Overview of mental training

- **Focus training: Consistency / Ongoing Learning**
- **Being a team player / team cohesion**
- **Excelling in hockey and school**
- **Mental Readiness / Preparation**
- **Goal-setting Motivation & Commitment**
- **Confidence**
- **Team Building**
- **Mental Rehearsal / Imagery / Positive Imagery**
- **Self-talk**
- **Controlling Emotions / Distraction Control**



Ottawa Jr. 67 AAA

Fundraising and Sponsorship

Programs



Ticket Sales

- **The Ottawa Jr. 67's AAA Association is responsible to sell 1000 tickets to Ottawa 67's games.**
- **Each team will sell 255 tickets (15 tickets per player) giving each team an immediate \$1,275.00.**
- **Players will pay for the tickets at registration.**



Sponsorship

- There are two levels of Sponsorship
- Association Sponsorship: money raised will benefit the 4 teams.
- Team Sponsorship: money raised will benefit the individual teams. Including one mandatory Draft a Player Sponsorship for each player.



Draft a Player \$500.00

Benefits:

- **Logo Bar on your player's set of Jerseys (home and away)**
- **Advertising Team Website**
- **Team Appreciation Plaque**
- **Thank you letter and receipt**



Ottawa Jr. 67's AAA

2009/10 – Preliminary Costs

Tryout Fee

Player Tryout Cost	\$125.00
---------------------------	-----------------

One time Team Uniform Fee

Team Uniform - sweaters/tracksuit/jacket	\$525.00
---	-----------------

Association Fees

EXPENSES - Association		
Ice Costs - Game & Play-off ice	6	\$6,660.00
Player Development Clinic's	14	\$3,100.00
Insurance	7	\$660.00
ODMHA & AAA Fee's	8	\$1,800.00
Association Costs	12	\$2,200.00
Association Equipment - Socks	13	\$700.00
Referee Fee's (including travel)	9	\$2,500.00
Coach Honourarium	4	\$3,000.00
Team Pictures	18	\$500.00
Association Banquet	10	\$500.00
Fund for Kids / Provincials	16	\$500.00
Sponsorship		
Professional Fees / Bank Charges	11	\$100.00
Total Expenses - Association		\$22,220.00
Association Per Player Cost		\$1,307.06

Team Fees

EXPENSES - Team		
Coach Travel Expenses	4	\$6,400.00
Off-ice Training - 1.5 hrs/wk	17	\$3,150.00
Tournaments - 5/team	15	\$4,500.00
Practice Ice - 70 hrs/team	5	\$13,300.00
Player development ice	6	\$2,500.00
Team Events (X-mas & Year-end)		TBD
Team Transportation (e.g. bus)		TBD
Team Misc.(e.g. faxes, labels, photocopies, etc.)		TBD
Sponsorship		
Total Expenses - Team		\$29,850.00
Team Per Player Cost		\$1,755.88

3rd Year Proposed cost \$3,317.00

(before revenue offsets from sponsorships and fundraising)



Cost Analysis AAA vs. AA

Comparative Cost Analysis of AAA Hockey vs AA Hockey Minor Bantam Level

	2008-09 season	
	AA	AAA
Association Fees	\$ 500.00	\$ 1,300.00
Team Fees - could be reduced by fundraising efforts	\$ 1,600.00	\$ 1,500.00
Mandatory fundraising (Ottawa 67's tickets), recoverable		\$ 225.00
Total fees, per player	\$ 2,100.00	\$ 3,025.00
Team jerseys, track suit & leather jacket, 1st year		\$ 525.00
Total outlay per player	\$ 2,100.00	\$ 3,550.00
Major expenses:		
Hours of ice provided by Association	90.0	122.0
Additional hours of ice acquired by team	15.0	32.5
Total ice costs	\$ 12,400.00	\$ 25,720.00
Number of tournaments	3	5
Cost of tournament fees	\$ 2,900.00	\$ 4,870.00
Transportation & Travel expenses	\$ 5,700.00	\$ 5,400.00
Player Development costs, per team, paid by Association	\$ 950.00	\$ 7,295.00
Off-ice player development costs acquired by team	\$ -	\$ 3,150.00
Total of Major Expenses, per team	\$ 21,950.00	\$ 46,435.00
Total of Major Expenses, per player (17)	\$ 1,291.18	\$ 2,731.47

Association - Fee's

- Ice Costs - Game & Play-off ice
- Insurance
- ODMHA & AAA & District Fee's
- Association Costs
- Association Equipment
- Referee Fee's (including travel)
- Coach Honourarium
- Association Banquet
- Provincials Support
- Professional Fees / Bank Charges

Team - Fee's

- Ice Costs - Practice Ice - 70/hrs
- Player Development Ice
- Tournaments
- Off-ice training - 1.5 hr/wk
- Coach Travel Expenses



Questions & Answers

- Please forward all suggestions & questions to:
Neil Ferguson at: nferguson@rogers.com
- Jr. 67's website – please check for updates on
a regular basis www.ottawajr67aaa.com
- Thank-you for attending tonight.
- Good luck to all players – See you in 119 days
tryouts!