

# Cambridge roadrunners Philosophy & Coaches Expectations

Cambridge roadrunners overall development philosophy is to develop the maximum number of players at the highest possible level of women's hockey no matter the level or division of play. Development comes from being challenged at the highest level possible that a team can compete at (not necessarily win at) and from players playing. So in conjunction with the bylaws of the association and the expectations of the coaches for each level described below it is believed that the maximum growth and development will take place amongst the players of the roadrunner association.

## House League Expectation & Development Policy

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The purpose of the House League program is to provide an opportunity for players to play for the love of the game. It is designed to allow the players to play the game in a fun and semi-competitive environment and allow them to develop hockey skills at their own pace. This program's focus is to have fun, play fair and develop hockey and life skills. Below are the expectations of the coach in regard to the management of a team in this program on and off the ice.

- 1) Evaluations: Along with the other coaches in your age group evaluate the players using a simple scale and divide the players equally among each of the teams so as to create equally balanced teams.
- 2) Playing Time: All skaters and goalies will be played equally throughout the season, the only exception would be in the final 2 minutes of a tournament or playoff semi-final or final game, the coach may shorten the bench if he chooses too. The association will attempt to only have 1 goalie per team if however we have 2 on a team goalies will play an equal number of games, and will be allowed to play as a skater on games they are not playing net.

## Development Stream Expectations & Philosophy

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The purpose of the Development Stream (DS) program is to add a development level of competition to the roadrunner house league program. It is designed to develop young ladies' hockey skills and to allow them to compete outside the local league. This program's focus is to develop the hockey and life skills of the ladies in the roadrunner house league. The following are the expectations of the coach in regard to the management of the team on and off the ice.

- 1) Tryouts: An open tryout for all interested participants will be held to pick the DS team at each age level.
- 2) Roster Size: It is expected that teams will ice a full roster, 15 skaters and 2 goalies.
- 3) All skaters and goalies will be played equally throughout the season, the only exception would be in the final 5 minutes of a tournament semi-final or final game the coach could shorten the bench if he chooses too. Goalies will share ice time with the expectation that it will be equal ice time.
- 4) A carding fee will be accessed by the CrGHA for the extra ice time and equipment needed for this program.

# Travel Division

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The travel division will be broken in to 3 groups for development purposes;

- 1) **Development Group**, teams at all levels from Novice to Pee Wee inclusive;
- 2) **High Performance Group**, teams considered to be a first or second team at the Bantam and Midget level inclusive, teams in the High Performance group will participate along with the Rivulettes in the High Performance program as it is presented to the group each year;
- 3) Intermediate teams below AA and third teams at the Bantam or Midget level.

## **Development Group:**

On all teams, rosters will be maximized as per our bylaws and the **first team** in each division will play at “A” in the case of Novice and “AA” in the case of Atom & Pee Wee unless otherwise approved by the Board of Directors. Coaches will roll lines and play players equally at ALL times except in a playoff/play down games or a tournament semi-final or final where by shortening the bench it could result in the whole team playing more games in the immediate future. Coaches will be allowed to do this in the last 5 minutes of these games mentioned. Goalies will play an equal number of games flipping back and forth, a coach may play a goalie in back to back situations in a tournament or playoff round to set up the best scenario but the other goalie then must do a back to back as well, no 3 games in a row unless created by absence, discipline or suspension in which case the coach will rectify as best as he or she can going forward and even out the games played.

The second team in each of the development levels will be a development team for the first team in each of the levels. The expectation of the coaches on second teams in the Development Group is that the rosters will be maximised and all players will play equally except in the last 2 minutes of a playoff game or semi-final or final of a tournament. Goalies will be handled the same as the first teams as outlined above.

### **High Performance Group:**

All rosters in this group will be maximized as per the Bylaws of the association. This group is made up of the first and second Bantam teams, the first and second Midget teams and the Rivulettes. The first team in the Bantam and Midget category will play in the AA category unless otherwise approved by the Board of directors of the Association. The second team in each of the Bantam and Midget category will play BB or higher, if capable. The expectations of the coaches in this group is to develop kids to be able to challenge for positions with the Rivulettes and beyond along with creating a competitive hockey environment at their given level. Coaches will have power play and penalty kill groups and will shorten their bench where necessary to maintain the competitiveness of the team. Some players will play more than others but not in a drastic fashion, coaches will attempt to have different kids kill penalties than do power plays and will keep bench "shortening" to a minimum. Goalies will play as equally as possible, where a "#1" goalie has been determined a coach may set the rotation to benefit the team and maintain his competitive balance but it is expected that the goalies will rotate reasonably equally unless there is an illness or discipline or suspensions occur. Teams in this group will participate in the "High Performance Program".

### **High Performance Program:**

Teams involved in this program are the Rivulettes, Midget 1<sup>st</sup> and 2<sup>nd</sup> teams and the Bantam 1<sup>st</sup> and 2<sup>nd</sup> teams.

- 1) A Player who is competing in one of the categories and levels as outline above will participate in the "High Performance Group".
- 2) A player will participate in the strength and conditioning program as designed by the association and work in conjunction with the other teams in the group. A player from outside the group may be invited to participate by the V.P. of Travel.
- 3) Teams will actively participate in the "Practice & Play Up Program" as designed by the association. It will include monthly practices with teams above and hosting teams playing below. Coaches will also encourage individuals to practice and play up as often as possible within the guidelines set by the OWHHA. These opportunities will be based on coaches' on the upper teams need and requests in conjunction with the recommendation

and permission of the players' own coaches. To Play Up, players must attend a large amount of their own team's activities and conduct themselves around the team in a manner expected by the coach and the association.

- 4) Coaches and the association will attempt to put the teams in the highest profile tournaments possible for exposure that they can for each team.
- 5) High Performance coaches, including the Rivulettes coach, will meet to discuss strategies, systems and player evaluations to keep movement as seamless as possible from level to level. As well all travel coaches will meet 4 times per year to discuss a specific subject and review processes and just generally talk hockey for the betterment of the association.

#### Intermediate A/B and Third Team Group:

The purpose of the third team at Bantam and Midget is 2 fold, there will be younger players on the team that are looking for a development environment and there may be older players on the team who are looking for a competitive situation but have no aspirations to move to the next level. For these reasons the coach will play the players equally but have power plays and penalty kills. The coach will endeavor to share the ice as evenly as possible but maintain their competitiveness in their league. Players wishing to participate in the strength and conditioning program will be allowed to with one of the other teams but involvement will not be mandatory. Goalies will be played on an equal basis unless in a semi-final or final in the coach's opinion changing the rotation may result in more games for the team. No goalie will play 3 games in a row unless it is for a suspension, discipline or injury.