

Semester Dates
January 14th-March 4th
March 18th-May 8th

**Classes are scheduled on Saturday
from 2:00pm-3:00pm**

Cost
8 week session
with required new HIA jersey \$168
8 week session
without required new HIA jersey \$147

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Hockey Institute of Allen Initiation - Developmental Program Winter-Spring 2017

“The mission of the Hockey Institute of Allen to provide a community based structured program to introduce beginners to the game of Hockey focusing on seven areas of skill development while enabling players to be a part of a team effort and experience a sense of personal achievement in an atmosphere of fun and fair play.”

**The HOCKEY INSTITUTE OF ALLEN
Initiation Development Program**

The HOCKEY INSTITUTE OF ALLEN Initiation Development Program

I. Objective

The Hockey Institute of Allen goals for the Initiation Development Program are to teach the fundamentals of skating, balance, agility, and puck control; Provide an enjoyable introduction to hockey for players of all abilities; Stress participation, fun and individual skill development while providing a healthy environment for fun and learning during Cross Ice or Half Ice games.

II. Philosophy

The fundamental stage of Initiation development program is simple – **teach the player how to skate**. The basic goal of having fun and being successful at playing hockey is based on the ability to skate. Keeping long term participation in mind, HIA believes creating a positive, fun and healthy place for the youngest members of HIA is essential to a player’s growth and successful experience in hockey. The HIA Initiation Development Program focuses on individual age appropriate skill development for all players based on USA Hockey’s American Development Model (ADM). More information on the ADM can be found on the ADM USA Hockey at their website. The ADM encourages a noncompetitive environment in which players can learn the basic skills without the distractions that are often associated with an overemphasis on winning games. Mastery of the fundamental skills and the fun of playing are essential to the development of a lifelong interest in hockey.

Enjoyment and recreation are the main points of focus following the guidelines for youth hockey issued by USA Hockey and supported by the HIA. Again, if a player is unable to skate, they may never be fully appreciated as a hockey player.

III. Development Program

HIA Initiation Development Program is designed to create a successful experience for all players and parents. HIA understands that families are pushed in many directions and we are committed to creating a cost efficient and family friendly environment. At the beginning of the season, players will participate in an evaluation to ensure that all players are placed at the appropriate level based on their ability. Following evaluations, participants in the Initiation Development Program will be placed into groups based on ability. A base level of proficiency will be expected before players move to the next level in order to ensure that every participant possesses the basic fundamentals of skating, balance, agility and puck control. The importance of overall body control will be stressed at every level. The goal is to ensure that every player is ready to compete at the highest level once he/she reaches league age.

IV. 7 Stars of Development

Group Skill Sections/ADM practices are planned with the emphasis on the 7 stars of the foundation of hockey skills; Skating, Hands, Shooting, Sense, Competitiveness, Toughness and Character. Practices will be shared and games may include **cross ice** games or **half ice** games against other Participants.

V. Player Development

The HIA Initiation Development Program, based on USA Hockey's ADM, is centered on skill repetition, small area drills, station work and cross ice or half ice games. Practices are designed according to the ability level of the skaters in each group and will concentrate on the individual development of each player above all other interests. Player development is based on the following beliefs: Along with the hockey skills that are being taught, the HIA Initiation Development Program is committed to developing the life skills identified in the Philosophy section. Participants will be taught the proper way to perform skills. Practice makes permanent, not perfect. By learning to perform skills correctly, players will eliminate the formation of bad habits. Muscle memory is developed through repetition. Skills must be practiced repeatedly until performing each skill becomes second nature. The more times players practice the fundamental skills, the more success they will feel which translates into fun.

VI. Mite Development FUN-damentals

The Allen Community Ice Rink developed the HIA as an initiation program designed to make a players first contact with hockey a fun and positive experience. HIA main focus is on the seven key areas of development which are represented by the seven stars in the HIA Logo. Each star is an important developmental pillar which players will continue to develop and if they have the skills to play they will love the game. These are the skills that build the foundation for a lifetime of playing hockey. Player development is a long term process; HIA matches the correct resources at the right age and ability.

This is a unique program from those normally offered, with learning as the focus as opposed to playing, while playing is not eliminated. As there are bound to be doubters and those who favor a more traditional approach HIA will not lose sight

of the fact that the program has been designed for the children, not adults.

I. Coaching

At the Hockey Institute of Allen our coaching staff recognizes the importance of facilitating age appropriate activities so that children have an enjoyable hockey experience while also developing as players and young people. At this phase coaches are placing emphasis on Fun, Engagement, Active Practices, and Age-Appropriate Training including skills and concepts. These focal points go hand in hand with a player's initial introduction to the game that will grow the lifelong love of Hockey. Emphasis on the wrong aspects creates a novelty attitude that can wear off and cause young players to quit or lose interest in the game. HIA believes that if the practices and games are fun young players will enjoy each session and they will want to return for the next one. HIA Coaches avoid lectures because making mistakes are common and part of hockey, maintaining the confidence of players to attempt new skills or moves as important to developing those skills, as is continuing to work on correcting mistakes.

II. Parents

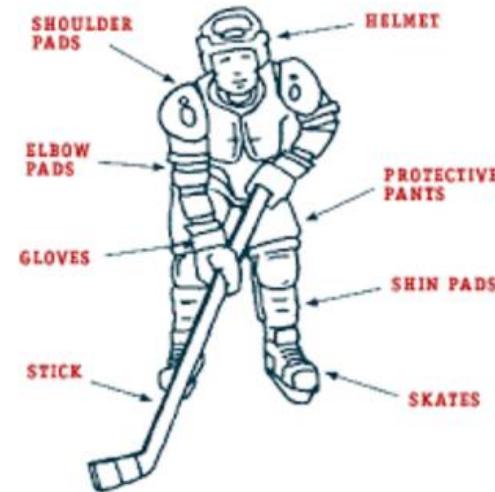
The success of the HIA Initiation Development Program relies greatly on the commitment and conduct of parents. HIA asks that families help support the program by ensuring that your player is at practice on-time and ready to skate. HIA recommends that parents communicate directly with coaches whenever you have a question or concern. Families are to support players in a positive, healthy way by following USA Hockey's Parents' Code of Conduct

For more on the American Development model visit USA Hockey www.admkids.com



The Hockey Institute of Allen Mites program requires players to be suited in full equipment.

- **Helmet**
- **Neck guard**
- **Mouth guard**
- **Shoulder pads**
- **Elbow pads**
- **Gloves**
- **Jock/Jill**
- **Breezer /Hockey pants**
- **Knee pads**
- **Socks**
- **Skates**
- **Stick**
- **HIA- Jersey**



The Hockey Institute of Allen Track to Success

Participants must complete all prerequisites and have graduated from Hockey 1 to be able to enter the Hockey Institute of Allen Initiation Program. The Junior Americans Youth Hockey Program begins with Squirts U10 thru Midgets U18.



Mites



**Junior Americans
Youth Hockey Program**

