WEST VANCOUVER MINOR HOCKEY ASSOCIATION

Rep Hockey Manual



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Our Rep Hockey Program

We welcome your interest in Rep Hockey and we are proud to offer a program that is designed to help your child reach their highest potential in hockey.

We are excited to offer an enhanced comprehensive program that will include on-ice training, off-ice training and learning, sports psychology, and dryland training.

Our Rep program is directed by our Director of Hockey Operations, Lubomir Macoun. Lubo will be available for private or semi-private lessons and consultations for all players.

While we continuously improve our program, we are proud of our recent track records, not only for winning the BC Championships in U13 in season 2023/2024 or winning the bronze medal at the BC Championships in U13 the season prior , but also for seeing 11 of our 2008 -2009 players play for academy and zone teams in the 2024-2025 season. A remarkable record of success for a small minor hockey association.

On-Ice training (all ages)

Each Rep team will have two team practices per week and two games per week (home and away). U11 teams may play one game per week during certain weeks as a new U11 Pathway program is being implemented by the Pacific Coast Amateur Hockey Association (PCAHA).

An additional (optional) power-skating clinic will be held every Sunday afternoon led by Lubo Macoun. Position and skills-specific skills clinics will also be held at other times.

Players can enrol in private or semi-private lessons – please enquire with Lubo for details and availability.

On balance, WVMHA Rep players will have the opportunity to attend four to five practice/development sessions per week. This is equal to or better than the offerings of private clubs and private leagues in the Lower Mainland.

Video Review (all ages)

At the initiative of our Director of Hockey, an extensive video library has been assembled for use by coaches throughout our association. This library has two components: skills development and game development.

The game development videos have been assembled by Lubo Macoun in his capacity as a professional coach for the Linkoping Hockey Club in Sweden, Val di Fiemme Hockey Club in Italy, and Slovan Bratislava in Slovakia.

Dryland training with Lubomir Macoun (U11)

Our Director of Hockey will lead our U11 A teams in off-ice training once per week to develop stick-handling skills, hand-eye coordination, motor skills, agility, strength, and conditioning. Sessions will be held in a school gymnasium and are patterned after European development programs.

Dryland training with RK4 (U13 – U18)

All dryland (gym) training sessions will be held at RK4 Development (https://www.rk4development.com) in North Vancouver. RK4 was founded by Ryan Kerr and offers hockey-specific training. Ryan trains several professional hockey players, including Connor Bedard. Each team will train one time per week with RK4. Players will also be able to access additional private or small-group training at their discretion.



Sports Psychology with Kenny Batke (U13 - U18)

Founder, Prodigy Athletics | Strength & Conditioning Coach | Former U Sports & Junior Hockey Defenseman

Overview

Kenny Batke is a former competitive ice hockey player, strength and conditioning coach, and the founder of **Prodigy Athletics**. Hailing from Vernon, British Columbia, Batke's unique journey through the hockey ranks—starting competitive rep hockey later than most at age 12 and grinding through Junior B—shaped his player-first coaching philosophy. Today, he dedicates his career to helping youth and junior hockey athletes build physical resilience, tactical awareness, and elite mental confidence so they can reach their full potential on and off the ice.

Goalie Coaches – Joey Ali, Rob Fuchs and Tavin Grant, PFGS



Pro-Formance provides specialized goaltending coaching to WVMHA goalies. Pro-Formance is the leading goalie training company in the Lower Mainland and the Fraser Valley, working with many of the area's top athletes.

Their coaches believe that the foundation of everything goalies learn is based on positional mastery. From Novice-aged beginning goalies to Pro caliber athletes, their students are taught to continually work towards improving their positioning skills. Stressing confident positioning is where all goalies start. Once positioning has been understood and demonstrated consistently, students are ready to start learning the mechanics of stance, movement, challenging shooters, rebound control, playing the puck, and directing play in the defensive end.

Their instructors are sticklers for details. Details on stance, positioning, holding your stick and other subtleties can mean the difference between the one that got past you and making the winning save. Students are constantly monitored and assessed for their adherence to practicing exactly as the instructors have explained. This attention to detail makes students more aware of the finer points of their game and aids in developing of mental toughness.

www.progoal.com

Dryland Coach – Ryan Kerr

RK4 (www.rk4development.com) founder Ryan Kerr understands how injuries can hurt performance and how the right training program can propel you forward and increase longevity.

As a WHL first-overall draft pick, Ryan knows that training hard on and off the ice improves athletic performance. Ryan's journey is Rk4's foundation and the lessons he has learned are incorporated into intelligent, effective, and connected training programs for all levels of athletes.

Fees

Tryout Fees

A try-out fee is charged by the Association for players attending Rep try-outs. This is to cover the additional ice and coaching costs for evaluations. It also partially covers the cost of our player evaluation software (TeamGenius). The Rep tryout fee is $195. To participate in Rep tryouts, a player must be fully registered, and have paid all fees.

Carding Fees

Once selected to a Rep team, each player will pay a Carding Fee. Carding Fees will largely replace *team* fees and will be administered by the association instead of team managers. This is in part to reduce the burden on team managers, but also to provide families with the opportunity to pay fees in monthly instalments instead of lump sums.

Carding fees will cover the following items:

- Remuneration for team head coach and assistant coaches
- Goalie training
- Dryland training
- Sports psychology training
- Practice jerseys
- Extra refereeing costs
- Additional ice

Note that the cost of professional coaching that is allocated to house teams (included in the base registration fees) is deducted from the carding fees for Rep players.

Carding fees for each division are indicated on our website at www.wvmha.ca/register/

Carding fees must be paid once a player is selected to a Rep team. Players will not be permitted to attend Rep team practices or games until fees are paid.

Team Fees

Additional team fees may be charged by Rep team managers to cover the costs of tournaments, including tournament entry fees, coach accommodation, travel costs, and coach per diems for travel tournaments. Team functions such as team-building activities and meals may also be charged.

In addition to the team fees, families may be required to purchase track suits or other WVMHA apparel.

Bursaries

Bursaries are available to cover registration fees and/or carding fees for families in financial need. Applications for bursaries are to be made in confidence to the WVMHA Treasurer or President. Bursaries are awarded at the sole discretion of the Board of Directors. As a general guide, families that qualify for KidsSport assistance (http://www.kidsportcanada.ca) also qualify for WVMHA bursaries. Further resources for financial assistance are available on our website at https://www.wvmha.ca/financial-assistance/

Applications for bursaries can be made in confidence to president@wvmha.ca.

Rep Hockey Policies

Rep Team Formation

The decision as to whether there should be Rep teams is made in the interests of the Association as a whole and cannot be based solely on the interests of a few. Accordingly, the Association is guided by the following policy:

1. Rep Teams at each level will only be declared when the Board of WVMHA, in consultation with the Director of Hockey, determines that there is a sufficient number of registrants whose skills, commitment and fitness are of such a level as to allow the team to play competitively within WVMHA's designated Tier level.
2. The number of Rep Teams at each level will be decided by the Director of Hockey based on the number of registrants who meet the requirements for Rep play.
3. Rep A1 teams will be comprised of the 'best qualified' registrants. Rep A2 teams shall only be created if:
    - There are sufficient registrants not playing A to meet the minimum team size and
    - The skills, commitment and fitness of the registrants wanting to play are of such a level as to allow the team to play competitively.

Rep Coach Selection

The hiring of the Rep coaches is the responsibility of the Director of Hockey and it is at his/her discretion if a parent is selected.

Rep Try-Outs & Team Selection

Playing Rep is a privilege and not a right. The selection process is not perfect and making the Rep team does not mean that you are there for the season. Players can be moved up and down at any time before the PCAHA roster freeze deadline of January 10.

If you wish to play on a WVMHA Rep team, you must agree to abide by all the Rep rules of conduct and meet all the commitment expectations including games, practices, tournaments, on-ice skill development and off-ice hockey development.

Rep team players and goalies will be selected based on commitment to play Rep hockey, ability, fitness and desire. They need to be there because they want to be there and not because their parents want them to be. Once teams are selected, players may still be transferred to other teams (including movements up and down).

- Players and goalies who did not indicate on their registration form that they want to try-out for a Rep Team and wish to do so, must obtain permission from the Director of Hockey.
- Except with approval from the Director of Hockey, any player failing to attend all scheduled ice times for try-outs or who registers late without valid reason is not eligible for Rep selection.
- Registered players attending Junior, Academy or Zone try-outs are exempted from attending try-outs where a scheduling conflict occurs by giving notice to the Director of Hockey.
- Players that miss two or more try-out sessions due to injury and or sickness require a "Doctor's note" to be eligible to continue the try-out process.
- Selection of initial Rep team rosters will be determined by September 30 with allowance for returning Junior or Academy/Zone players if applicable.
- Being selected as a Rep player in a division for one year, does not entitle the player to a place on the Rep team the following year.
- If players from neighbouring associations join our Rep team selection process, they are given equal opportunity as WVMHA players. This situation can occur when neighbouring associations do not declare a Rep team of their own. There is no discrimination as to player origin and all players must make a Rep team based on merit.

Team Selection – Skaters

- Selection will be made over several on-ice sessions by a WVMHA designated group of evaluators.
- Where appropriate, WVMHA may contract for external expertise to assist in the evaluation process.
- All Players, U11 to U18, can try-out for Rep. The Director of Hockey may re-assign a player to a House team at any time during the try-outs, without there being a requirement for game play assessment, if in his/her sole opinion, the player is not suitable to play at the Rep level.

Team Selection – Goalies

- A maximum of two goalies can be selected per team but Rep teams will elect to carry only one goalie if there is only one qualified candidate. Registering as a goalie does not automatically result in being able to play as a goalie.
- Goalies who registered but are injured either before the try-out process commences or during the try-out process such that it is impractical for them to be properly evaluated and who have a medical certificate to confirm the injury, may be evaluated at the goalie clinics when they are fit. If the goalie coaches and/or Director of Hockey feel that they are of Rep calibre, then the goalie may be evaluated for a Rep team.

- Qualified goalie coaches and the Director of Hockey will assess skills and rank the goalies qualified to play Rep.
- Selection to be made only after receiving an objective assessment from a qualified goalie coach. The assessment and team placement recognizes all aspects of goaltending including:
    - Athletic Ability including conditioning, strength, agility and quickness.
    - Goaltending technique including general ability, positional play, technique, and vocalization to team.
    - Attitude and coachability for prior and current year including commitment, attendance, mental strength, drive to improve, team player.
- The team head coaches, and the Director of Hockey shall not override the assessment report of the goalie but can modify the goalie's seniority based on their knowledge of the goalie's historical effort, attitude and commitment.
- Age will not be a factor in goalie selection unless it is determined that two goalies are equally skilled. If equally skilled, the older goalie will be given priority.
- Where two or more goalies are competing for the same placement and where there is no clear difference in skill level, a qualified goalie coach will provide input on the relative skill level of the goalies in game situations.

Player Release Appeals

In the case of Players: Parents or players with questions or concerns regarding player releases to House must wait 24 hours before contacting the Director of Hockey. The Director of Hockey in consultation with the head coach shall respond in writing within 24 hours. If the issue is not resolved, an appeal may be filed in writing to the Ombudsman. Should a further on ice review be required, it will occur on the team the player has been moved to.

In the case of Goalies: Parents or goalies with questions or concerns regarding goalie releases to House must wait 24 hours before contacting the Director of Hockey. The Director of Hockey in consultation with the head coach shall respond in writing within 24 hours. If the issue is not resolved, an appeal may be filed in writing to the Ombudsman. Should a further on ice review be required, it will occur on the team the player has been moved to.

Attendance Requirements

Attendance at all team activities is a requirement for acceptance to Rep team play.[1]

Rep Player Conduct

Rep players are **representative** of the Association and have a special obligation to always act in a manner that respects and advances the reputation of the Association. Players are expected to be respectful and disciplined both on and off the ice. Failure to comply will result in suspensions and/or removal from the Rep team.

All players, team officials and parents must recognize that they are representatives of both our Association and our greater community. We are all ambassadors of WVMHA, and it is critical to our success that we take pride in who we are and maintain our integrity and an honourable reputation both within minor hockey and the greater community.

See also to our **Zero Tolerance for Bullying, Harassment and Abuse** policy located below in the "Zero Tolerance" section of this document.

Rep Team Dress Code

A dress code for Rep players and coaches will be mandated by the Director of Hockey in consultation with the Board of Directors at the beginning of each season. The dress code may be comprised of WVMHA apparel that may need to be purchased at the beginning of the season.

Players and coaches must conform to the dress code when attending games. Failure to do so may result in sanctions by the team coach and/or the Director of Hockey as appropriate.

Coaches may mandate the wearing of colour-specific practice jerseys and socks (to be purchased at the beginning of the season) to facilitate team practices.

Dryland Training

If you want to play competitive hockey, it is critical that you participate in the WVMHA organized hockey specific dryland program. **Participation in a WVMHA organized program is a requirement for playing Rep hockey.**

The game of hockey is both physically and mentally demanding, and hockey specific off-ice training will assist players in becoming better hockey players and reduce the likelihood of injury.

[1] Exceptions may be made on an individual basis for athletes participating in other high-level sports or activities. **Such exceptions must be confirmed with the Director of Hockey prior to final team selection.**

Around the Rink

General Policies

Parents

- **Parents, unless they are team officials, are not permitted on the bench or the ice at any time!**
- **Parents should not discipline or critique other players**; any on-ice or off-ice behavioral issues must be brought to the coaches' or manager's attention and can **only** be dealt with by team officials, the Director of Hockey or WVMHA board members.
- Read and know the **Parent's Code of Conduct** http://www.wvmha.ca/parents/parents-code-of-conduct/

Uniforms

- Game socks are not to be worn during practices.
- Game jerseys are not to be worn during practices.
- Only WVMHA-issued socks and jerseys can be worn during games.
- Black helmets are **mandatory** for Rep players.

Timeliness

- Arrive at the rink at least **15 minutes** before practice – or earlier as per coaches' discretion.
- Attendance to all team functions is a requirement for Rep hockey.
- Players are to be **fully dressed and ready at least 5 minutes before practice starts or at the discretion of the Head Coach.**

Dressing Room

- **No cell phones or cameras** in the dressing room.
- Dressing rooms must be **supervised** at all times by team officials or designated parents. Players should not enter unsupervised dressing rooms.
- Our dressing rooms are **nut aware**. Please avoid bringing or consuming foods with nuts or nut products in the dressing rooms.

Players' Conduct

- Players shall read the **Players' Code of Conduct** and abide by it. http://www.wvmha.ca/parents/players-code-of-conduct/

- **Players are not to go on the ice without a coach present.**
- Players shall always be respectful of coaches and teammates.
- Players should remember to volunteer to pick up pucks and equipment at the end of practice.
- Players should be mindful of thanking their coaches after each practice.

Personal Equipment

- **Neck guards are mandatory for all ages**. Players may not participate in on-ice activities without a neck guard.

'24 Hour' Rule & Parent to Coach Communication

Rep Teams - Parents who are not rostered as team officials on Rep teams should never initiate communication directly with the coaches except during pre-defined team meetings between the parents and the coaches.

24-hour Rule: if you have something to say to the coach (that could be contentious) you must wait 24 hours after the event or the game before discussing it. By this time, you have better perspective, and a lot of arguments naturally are eliminated in the process.

In all situations the Team Manager or Team Safety Person (HCSP) is the conduit for confrontational communication. Mangers and HCSPs need to understand their role as a non-partisan representative of the team.

Any concerns or issues that need to be addressed by the coaches should be raised with the team manager who will review it with the team head coach. If that doesn't get it resolved, then the team manager should inform the Director of Hockey of the situation who will either try to resolve it or bring it the Board for review and/or dispute process/intervention if necessary.

Behaviour and Zero Tolerance Policies

Respectful Behaviour

WVMHA is committed to cultivating a safe and productive sports environment and a culture of respect. We expect the highest standards from our players, coaches, team officials, parents and volunteers at all times.

We take pride in being ambassadors for our organization and our community whenever we are at a rink — home or away.

We expect all our players and coaches to demonstrate respect for:

- Themselves;
- Their teammates;
- Their coaches;
- Parents;
- Volunteers;
- The game and all of its rules;
- Opponents;
- Referees;
- Any facility we occupy, especially our arena;
- Our equipment (both personal and association equipment);
- Guests in our arena;
- Our neighbours in the community.

Examples of respectful behaviour expected of WMVHA members include (but are not limited to):

- Players picking up garbage in the dressing rooms and being respectful towards arena staff;
- Players not complaining about penalty calls either verbally or via body language;
- Parents and players demonstrating moderation in celebrating goals in blowout games;
- Parents not cheering opposing team injuries;
- Coaches not yelling at or berating players or referees;
- Players “taking a knee” in practice when summoned by coaches and not engaging in distracting/unsafe behaviour.

Zero Tolerance

There is zero tolerance for drugs, alcohol, bullying, abuse or vandalism. Zero tolerance means that behaviour involving any of the above will not be tolerated at any event related to WVMHA and will be immediately sanctioned.

Any occurrence must be immediately reported **and the President of WVMHA must be immediately advised should incidents occur involving drugs, alcohol, bullying, abuse or vandalism.** See Reporting Procedures below.

REFER TO OUR ZERO TOLERANCE POLICY FOR DETAILED INFORMATION:

https://www.wvmha.ca/my_files/Policies/WVMHA-Zero-Tolerance-Policies.pdf

Social Media Policy

Social Media Guidelines

a) All parents and players participating in social media are asked to voluntarily follow WVMHA's social media accounts. These include our Instagram, Facebook and Twitter (X) @westvanhockey accounts.

b) WVMHA holds members who participate in social media and networking to the same standards as it does for all other forms of media including radio, television and print.

c) Comments or remarks of an inappropriate nature which are detrimental to WVMHA or any constituent team, other Associations and Leagues or any of their constituent teams, BC Hockey or an identifiable individual will not be tolerated and will be subject to disciplinary action in accordance to our Zero Tolerance Policies. This includes immediate suspension and potential expulsion from the Association.

d) Social media comments are on the record and instantly published and available to the public and media. Everyone including Association and/or team personnel, parents, players, corporate partners and the media can review social media communications. You should conduct yourself in an appropriate and professional manner at all times.

e) Ensure that you always strive to add value to any social media conversation. If you are uncertain about a post, consider if the comment is making a contribution, helping understand, solving a problem, improving knowledge or skills, or building a sense of community.

f) Divulging confidential information of a personal or team related nature is prohibited. Do not discuss medical or injury information about any player. Only divulge information that is considered public.

g) Show respect for audiences and the Association by ensuring that content is family friendly, protects the privacy of others, respects different opinions and does not knowingly breach privacy or copyright laws. Include links to relevant resources where applicable.

h) Use your best judgement at all times – pause before posting. Once your comments are posted they cannot be retracted. Ultimately, you are solely responsible for your comments and they are published for the public record.

Social Media Violations

The following are examples of conduct through social media and networking mediums that are considered violations of our social media policy and may be subject to disciplinary action in accordance with our Zero Tolerance policies.

a) Any statement deemed to be publicly critical of Association officials or detrimental to the welfare of a member of a team, association, league, BC Hockey or individual.

b) Any form of bullying, harassment or threats against players or officials of any minor hockey association. This includes mocking, threatening or harassing players and members of opposing teams.

c) Divulging confidential information on anyone or any team associated with WVMHA.

d) Negative or derogatory comments about any player, team, association, league, staff, volunteers, programs, stakeholder, or any BC Hockey member.

e) Photographs, video or comments promoting negative influences or criminal behavior, including but not limited to alcohol abuse, public mischief, hazing, bullying, and sexual exploitation.

f) Inappropriate, derogatory, racist, or sexist comments of any kind.

Zero Tolerance for Cyberbullying

Cyberbullying is the use of any electronic communication device to convey a message in any form (text, image, audio or video) that defames, intimidates, harasses of is otherwise intended to harm, insult or humiliate another in a deliberate, repeated or hostile and unwanted manner under a person's true or false identity. In addition, any communication of

this form that disputes or prevents a safe and positive environment may also be considered cyberbullying.

Any player, team official, contractor, parent or volunteer caught or suspected of cyberbullying of any member or guest of WVMHA, including opposing teams, players, associations and leagues, will be automatically suspended indefinitely pending review by the WVMHA Board of Directors and Ombudsperson.

Any infraction may cause the Board to expel a player, team official, contractor, parent or volunteer from the association with no refund of fees or remuneration.