

# CVMHA – Coaching Coordinator Report

**To:** CVMHA Membership

**From:** Cam Knox – CVMHA Coaching Coordinator/Skill Development Coach

The coaching coordinator role was an extremely busy and very productive one this 2022-2023 season. I was able to grow programs, attend AGM's, present coaching forums and support coaches, players and families in the CVMHA as well and help run grassroots programs.

As the coaching coordinator for the 2022-23 season I sent out weekly practice plans and drills that coaches used in their weekly practices. The practice plans and drills were focused on station based practices that focused on skill development and helped coaches and players develop throughout the season. These practice plans helped coaches become more efficient with their ice times and gave direction on how to coach skill development. I also followed up with coaches to make sure they were being supported and to see if any coaches needed support or had any questions.

As the coaching coordinator I took over the role of Head of Female Development. I was able to recruit new female and male coaches to help with the on ice practices and helped organize scrimmages with Campbell River and helped grow our female development in the Comox Valley and in the North Island. We grew the female development program from 39 girls in 2021 to two groups of 68 plus girls in 2022. We focused on skill development, hard work, having fun and making new friends. I also helped organize scrimmages with our U7,U9 and U11 girls teams against Campbell River. It was an amazing year for the female development program and we look to build on it next season with the addition of female only teams and CVMHA girls having the opportunity to play in the girls Island League.

As coaching coordinator I also helped organize the house teams rosters and made sure rosters had parity and all teams were set up as equal and fair as possible. I did this for all CVMHA divisions. The overall success of the Recreation Program was outstanding and players and coaches had a great season.

I also helped organize the house all star teams and selections. This was a very time consuming endeavour but paid off with the creation of CVMHA house all star teams that will represent CVMHA in the Powell River All Star tournament. Doing player evaluations, vetting and choosing all star coaches and getting feedback on how to improve the process was a great success and something we will build on in the upcoming seasons.

My role as coaching coordinator also saw me helping organize the T1 Bears ID camps, tryouts, vetting coaches and selection of coaches as well as day to day activities and for the Bears competitive program. Our competitive CVMHA Bears Hockey program was a huge success and

saw players grow and develop as hockey players and as young men and women throughout the season. Our U11 Bears Development team had great success winning an Island Banner and going undefeated. Our U13 Bears had a great season and played in tournaments and competed hard against other rep teams on the island. Our U15 Bears team had success in the regular season and won gold at the prestigious Pat Quinn Classic tournament in Vancouver. Our U18 Bears had an excellent season seeing the players work hard and buy in to the program the coaches presented. The U18 Bears went to the island finals and lost in overtime to miss going to the T1 provincial finals. Overall the Bears program was a huge success and we look forward to building on it this season with our ID camp starting in mid April.

As the coaching coordinator I helped organize the First Shift Program that saw 45 new players attend 6 on ice sessions and helped players have a great experience with their first taste of hockey. I was the lead coach on all skates, recruited coaches and helped support the coaches with predetermined practice plans and made practices fun and efficient for both players and coaches.

I also brought the first ever BC Hockey goalie course to the North Island and hosted the presentation in the Comox Valley. I helped organize a Zoom presentation and also helped to host an in person seminar and on ice presentation that was a great success and helped push goalie development in the CVMHA.

As coaching coordinator I helped organize the Friday morning goalie development sessions with lead instructor Brad Smith as the goalie coach. This program was amazing with all participants growing and learning each session. Goalies were able to focus on goalie specific training and the improvements for the goalies that attended was outstanding. As an association I wanted to push a focus on goalie development and get more kids trying and growing the goaltender position. This program was sold out with a waitlist.

As coaching coordinator I ran a coaching seminar that was open to all rep and house coaches in the CVMHA. This included a 60 minute seminar presentation on skill development and a 60 minute on ice presentation on how to teach skill development. This was well received by all coaches who attended and I look to build on its success for next season.

Along with the help from Luisa Perry, I set up a coaching mentorship program that saw CVMHA players who were interested in coaching attend practices and help coaches and teams with their practices. I ran a mock practice to help show coaches and mentors the best way for them to be effective on the ice and help support players and coaches during their practices. This was a great success for both the mentors as well as the coaches and players of the teams where the mentors were helping out. Mentor coaches were able to build relationships with the CVMHA coaches and players and learn the finer details of coaching. This will help feed our future CVMHA coaching streams. We look forward to building on the success of our mentorship program for next season.

My role as the coaching coordinator also saw me vet CVMHA coaches and provided guidance to make sure coaches had proper certifications and support coaches with their certifications in a

timely manner to make sure they were certified to coach their teams. I signed off on completed assignments to help coaches become certified and attend practices to help coaches complete necessary certifications.

Daily communication with CVMHA members/ families answering questions and giving direction to families was another day to day activity that I took on as the coaching coordinator. Helping families and players navigate through their hockey season was a daily activity and a very rewarding one. This was done through emails, phone conversations and in person meetings.

As the coaching coordinator I also travelled to Penticton to represent CVMHA at BC Hockey AGM. This was a two day event and was a great experience and I was able to learn lots and network with other associations from BC and bring back that knowledge to the CVMHA.

2022 also saw me attending the HP1 coaching certification in Kelowna. This is a high level coaching certification that allows me to coach U15 and above competitive teams who look to attend provincials or nationals tournaments. This is a very challenging course with ongoing assignments and seminars to do and attend.

My role as coaching coordinator also saw me coaching teams where coaches were unable to attend games or practices. I travelled to Victoria, Nanaimo and also ran practices when coaches were away or sick.

As coaching coordinator, I also managed equipment lockers and hockey training aids that were important to coaches to help run successful practices. The hockey lockers always had the necessary equipment needed to run effective practices.

The coaching coordinator role saw me take the role of Head Coach of the U7 division. I provided practice plans to coaches. Attending jamborees in Lake Cowichan, Campbell River and Nanaimo. Our season was an amazing success with the help of Tish Kristensen and all our parent coaches. All players and families had a great season with 100% retention and saw players skill development improve dramatically while having fun and enjoying the game.

Another role I did for the CVMHA was running three groups of power skating - Beginner, Intermediate and Advanced Power Skating. All 3 groups were full with waitlists and all feedback from parents and players was great and improvements on the ice was amazing. I also ran our Bears skill development sessions which saw me on the ice 2 mornings per week working with our T1 Bears programs focusing on skill development with players and helping mentor coaches each week. Both the Power Skating and Bears Skill Development were very successful programs and I look forward to building on these for next season.

In summation, the coaching coordinator role is much more than just coaching. It is an all encompassing role that sees me helping coaches, players, organizing and presenting seminars, as well as supporting families and players on a day to day basis. I look forward to another great season on and off the ice next year.