

**NDL**

**Novice  
Development  
League  
  
Parent's  
Manual**

2010-2011 Hockey Season

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## Hockey Calgary

The Minor Hockey Association of Calgary (Hockey Calgary) is an organization committed to develop the sport of amateur hockey within Zone 9 which boundaries have been defined by Hockey Alberta (the City of Calgary and the area of Springbank). Hockey Calgary has the mandate to provide a hockey environment suitable for the enjoyment of the players aged 5-21, coaches, managers, officials, parents and administrators. Our goal is to encourage good sportsmanship and to help players form good character. The player and his/her welfare must be held paramount.

### **Our Vision**

"The Benchmark of Sports Associations... Providing Leadership, Life Skills and Development of our members for the enjoyment and success of all."

### **Our Mission**

"To provide a safe, fun, fair environment for all by building strong partnerships through shared leadership and support with our member organizations."

### **Our Core Values**

The core values that we apply daily are:

- RESPECT – We expect our players, parents, coaches, officials, spectators, league organizers and facility operators to be respectful of each other at all times.
- ACCOUNTABLE – We are responsible for our own decisions and actions.
- APPROACHABLE – We listen to the concerns of our member organizations in response to their needs.
- COLLABORATIVE PARTNERSHIPS – We build mutually beneficial relationships with others.
- COMMUNICATIONS – We get the right message to the right people at the right time in the right way.
- CONSISTENCY – We will be open and consistent in our interpretation and application of the rules and policies.
- FAIR PLAY CODES – We support the principles of fair play and The Fair Play Codes.

We live these values through the daily application of the principles of the "Fair Play Code".

## **Hockey Calgary Communication Process**



## **Become Involved with Your Hockey Association and Hockey Calgary**

Understand your Hockey Associations policies and procedures. Each association in Calgary is operated as its own not for profit association. There are 16 community associations, 4 quadrants associations, High School Hockey, Girls Hockey Calgary, AA Council and Rec Hockey Calgary. It is imperative that you understand your association and their processes, ie. Coach selection processes, evaluations, registration and by laws. Volunteer with your association and give back to the community. The more you do for your association the more enjoyable your experience will become.

## Do's and Don'ts for Sport Parents

### Do for Yourself:

- Get vicarious pleasure from your child's participation, but do not become overly ego-involved.
- Enjoy yourself while at the rink. If you are unhappy, your child may feel guilty.
- Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child performs.
- Have your own life outside of your child's Hockey Career.

### Do with Other Parents

- Make friends with other parents from the team. If you socialize the event will be a more enjoyable experience.
- Volunteer as much as possible. Minor Hockey depends heavily upon volunteers.
- Police your team. Work with the parents from your team to ensure that everyone acts appropriately while at the rink.

### Do with Coaches

- Let the coaches' coach.
- Provide the coaches with any support needed to do their job.
- Communicate with the coaches about your child. You can both learn about your child from one another.
- Inform the coaches of any home issues that may affect their performance.
- Inquire about your child's progress, you have the right to know.
- Make the coaches your allies.

### Do for your Children:

- Provide guidance to your child when needed, do not force or pressure them.
- Help your child set realistic goals for participation.
- Emphasize fun, skill development, and other benefits of sports participation.
- Ensure that you show interest in your child's participation in Hockey.
- Provide a healthy perspective to help children understand success and failure.
- Reward your child for their efforts, rather than their success.
- Intervene if your child acts inappropriately during practice or games.
- Understand that your child needs a break from hockey during the off season.
- Ensure that you give your child space. A big part of sports participation involves kids figuring things out for themselves.
- Have a sense of humor. If you are smiling and having fun, your child will do the same.
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed at the rink. Ensure you have balance in your life.
- Show your child unconditional love, win or loss.

### **Don't for Yourself**

- Base your self-esteem and ego on the success of your child.
- Care too much about your child's success.
- Lose perspective and or sight of the importance of your child's sports participation.

### **Do not with Other Parents:**

- Make enemies with other parents.
- Talk about other parents, coaches, players in the sports community. Talk to them directly, it is more constructive.

### **Don't with Coaches:**

- Interfere with their coaching during practice or games.
- Ensure that you agree philosophically and practically on why your child is playing sports and what you hope to get out of sports.

### **Don't with Your Children:**

- Expect to get anything more from their participation than a good time, physical fitness, mastery and love of hockey and transferable life skills.
- Let your child's inappropriate actions go unnoticed.
- Ask the child to talk immediately after practice or games.
- Car coach on the way home, leave the coaching to the coaches.
- Make negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money that you are spending and the sacrifices that you are making.
- Think of your child's participation as an investment and expect a return.
- Live out your dreams through your child's sports participation.
- Compare your child's progress with the progress of the other kids on the team.
- Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to dislike you.
- Expect anything but the best from your child each time they are at the rink.
- Ever act and or do anything that will cause them to think less of themselves and or of you!

### **You can help your child become a strong competitor by...**

- Emphasizing and rewarding effort rather than outcome.
- Understand that breaks and playing other sports is positive.
- Encourage your child, and not forcing or pressuring them to compete.

- Emphasizing the importance of learning and transferring life skills such as hard work, self discipline, teamwork and commitment.
- Emphasize the importance of having fun, learning new skills, and developing skills.
- Show interest in their participation in sports, ask lots of questions.
- Ensure that you give your child space, kids need to figure things out themselves.
- Always have a sense of humor. If your having fun so will your child.
- Always look relaxed, calm and positive while at the rink.
- Remember that your attitude and behaviors influence your child's performance.
- Have a balanced life outside of hockey.

### **Don't**

- Think of hockey as an investment and expect a return from his/hers participation.
- Live vicariously through your child.
- Act in any way or fashion that will cause your child to be embarrassed.
- Feel that you need to motivate your child. This is the child's and coach's responsibility.
- Ignore your child's behavior when it is inappropriate, deal with it constructively to ensure that it does not happen again.
- Compare your child's performance and progress to that of other children.
- Show negative emotions while at the rink.
- Base your self-esteem on the success of the team and child.
- Care too much about your child's performance.
- Make enemies with other children's parents or coaches.
- Interfere with coaching during a practice or game in anyway.
- Coach your child at home or work, let the coach, coach.

### **Stress Relievers for Parents with Children in Sports**

- Laugh, go to a funny movie, or do anything that will make you laugh.
- Take a few minute break and walk around the rink or walk around the block.
- Do nothing, and don't feel guilty about it!
- Payoff any credit card debt that you might have.
- Turn off the t.v.
- Pick up a book or magazine and read.
- Go enjoy a hobby or activity that you really enjoy.
- Meet a good friend for coffee.
- Write your child's coach a note of thanks.
- Smile at someone.
- Avoid initiating or participating in the rink gossip.

## Supporting your Children in Hockey

Parents can help their kids feel that they can reach goals they have set for themselves with effort, perseverance, and just a little patience. Below are 7 ways you can help your children do their best.

- 1. Support their efforts.** Listen to your child's dreams, goals and ideas and help him/her to work out steps and progressions that seem attainable by organizing them into do-able parts.
- 2. Encourage follow through.** Praise task completion and encourage them to carry on when the initial excitement fades. Relate your struggles to complete tasks and talk about the satisfaction you had by achieving a goal.
- 3. Offer reinforcement and reward.** Give incentives for better efforts, not just accomplishments. Keep a tracking sheet or chart, which tracks your child's progress and rewards task completion, not its grade. Younger children need quicker rewards and briefer tasks.
- 4. Recognize success levels.** When a child reaches a point of frustration, learning specialists advocate you to help them return to a level where they feel successful. By doing so, you will reinstall enthusiasm in the child. It is crucial that this is talked about at the first parents meeting.
- 5. Involve others.** Tell coaches that it is more important to you that your child feels successful than to come on top. By clearly stating your values to the coach, it can make them more effective in helping your child.
- 6. Point out efforts in others.** Make light of how others work hard at their daily activities, so that your child sees that they are not alone in trying, overcoming discouragement, meeting challenges, and succeeding.
- 7. Praise them for trying.** Point out how much you can appreciate your child is doing something that may be difficult for him or her.

Applied to schoolwork, hockey and other pursuits help develop a "can do" attitude in your child.

## Hockey Calgary Parent Code of Conduct

As a parent of a Hockey Calgary athlete and a member of Hockey Calgary, I will abide by the following guidelines:

I. Practice teamwork with all parents, athletes and coaches by supporting the values of discipline, loyalty, commitment and hard work.

II. As a parent, I will not coach or instruct my child or any other player at practices, games or team functions (from the stands or any other areas) or interfere with the coaches.

III. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other athletes, parents, officials and the coaches.

IV. Maintain self-control at all times. Know my role.

**Athletes- Compete**

**Coaches- Coach**

**Officials- Officiate**

**Parents- Parent**

V. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials and or any other player will not be permitted.

VI. Enjoy the involvement with my organization and team by supporting the athletes, coaches and other parents with positive communication and actions.

VII. During games and practices, questions and concerns regarding decisions made by officials are directed to a member of the coaching staff. Parents will address officials via the coaches or management staff.

**Sanctions:** Should I conduct myself in such a way that brings discredit or discord to Hockey Calgary, My team and Member Association, I voluntarily subject myself to disciplinary action. As a result of my actions I understand that I may be brought in front of my associations and or Hockey Calgary's Disciplinary committee where my actions will be dealt with, resulting in disciplinary action.

## **10 Commandments for Hockey Parents**

1. I will not impose my personal ambitions onto my child.
2. I will be supportive of my child, regardless of the situation.
3. I shall not coach my child.
4. I will only have positive things to say while attending practices, games and team functions.
5. I will acknowledge my son or daughter's fears.
6. I shall not criticize the officials.
7. I will not criticize my child's coach, rather support his or her efforts and contribution to the game.
8. I will be loyal and supportive to my team.
9. My child will have goals other than winning.
10. I do not expect my child to make it to the N.H.L.

## **Parent to Parent Relationships:**

As a team (parents, coaches and players) it is everyone's responsibility to create a positive team dynamic that will show leadership and respect, starting with the parent to parent relationships. Parents need to lead by example. As a parent, if you have an issue with a coach, manager or fellow parent, conduct a meeting away from the team. Address the issues at hand and agree on a solution to the problem. Do not get into the habit of having a silent majority- small group of parents who have issues and say nothing in public. It is imperative that each team conducts monthly parent meetings to discuss any issues at hand. Voice your concerns in this meeting when the group is together.

As a parent, remember that everything you say on the way home from the rink is heard from the passengers in your car. If you have issues with the coaches or parents on the team, try not to voice these opinions when your child is around. There is nothing more disheartening for a child, then to hear his/her parent cutting down members of the team.

Remember- if you your team has open communication and you use common sense when issues prevail, the matter will be resolved in a professional manner.

## Parent to Player Relationship

Motives of Young Athletes:

A positive and constructive hockey experience.

- The parent of a child in minor hockey needs to ensure that their child's hockey experience is a positive one. Parents need to provide positive reinforcement to their children, coaches, officials and fellow parents.

An understanding to why children play sport.

- Sasksport conducted a survey as to why children play sports. Over 10,000 kids were surveyed and the top reason why children play sports is to have fun. The second most popular reason as why kids play sports is to develop skills. At the bottom of the list at #10- To win. It is imperative that we note why kids play sports, and what they are gaining by doing so. We are not trying to create future NHL players. Each child in minor hockey is being taught significant life skills that they will carry with them throughout life.

Problem Areas for Hockey Calgary Parents:

Expressing emotions in a proper manner.

- Many parents struggle to express their emotions in a proper manner. Parents need to learn how to properly express their emotions. Never lose your cool in front of the team. If you have issues that need to be addressed with a coach, or parent, take some time to cool off and conduct a meeting away from the kids. Kids want a positive hockey experience.

Provide an opportunity for success without pressure.

- Kids do not need pressure from parents, and coaches. Set short and long term goals that are achievable for each player. Let the kids pick their goals and provide positive reinforcement as they work towards achieving these goals.

Understanding the importance of skill development and acquisition.

- Each parent needs to understand the importance of skill development and skill acquisition.

## Players Responsibilities and Expectations

It is reasonable for a coach to set up specific responsibilities and expectations of his or hers players. By setting up goals and objectives, coaches can hold players accountable for their actions and skill development. Each Novice coach in Calgary has received a copy of Hockey Calgary's goal setting manual. It can also be found on the Hockey Calgary website- [www.hockeycalgary.com](http://www.hockeycalgary.com).

Below is a sample of a coach's expectation of players. It is the coach's responsibility to go over these rules and expectations with the parents and coaches at the start of the season at the first parents meeting. Any issues or concerns need to be addressed at this meeting.

#### Team Values

- A. Respect
- B. Responsibility
- C. 100% Work Ethic
- D. Team first attitude- All for one, One for all
- E. Friendship
- F. Excellence
- G. Team and organization pride
- H. Work hard

#### Develop Family Feeling

#### Successful Home Study

- A. Academics
- B. Exercise
- C. Smart Hockey Principles
- D. Team Concepts- For PW and Higher Divisions
- E. Nutrition

#### Adhere to the Teams Dress Code Policy (If there is one)

- A. Wear proper attire to games- ie- no jeans, no hats etc
- B. All jerseys are to be clean and hung on a hanger
- C. All players will wear matching socks

#### Full commitment to the team for the entire season

- A. Practices
- B. Games
- C. Tournaments

## **Parents Coaches Expectations and Roles and Responsibilities**

Every parent who has a child involved in hockey has the right to expect a lot out of his or her coach. Hockey is the primary focus of many Canadians lives. Therefore, it is imperative that coaches outline their seasonal plan and coaching philosophy to the parents at the beginning of the season. It is equally important that coaches take coaching courses and specialty clinics to increase their knowledge in the game of hockey. Any time spent increasing ones knowledge in the game of hockey, shows dedication and a willingness to learn. If a coach does not show a proactive approach in increasing his/hers

knowledge, parents have the right to question what they are offering as a coach. Again, coaches are the trusted guide in developing the player's skills in one of the most important parts of their lives, the game of hockey.

With this said, there are expectations of the parents that must be met. As a coach you can expect that the parents will support you in your philosophy, coaching processes and in your seasonal plan that focuses on developing their son or daughter's skills in the game of hockey. Parents should be expected to hold an active role within their team. Teams who form a "team bond" will experience a more memorable year than teams who throw the onus on the coaches and manager. The parents also have the responsibility to act professional and respectful while at the rink.

## **Parent to Coach Relationships:**

Respect for the coach, his philosophy, goals and coaching responsibilities.

Parents need to understand where the coach is coming from, his past experiences and his coaching knowledge and background. The coach needs to outline his goals and philosophy to the team at the first parents meeting. As a parent, you need to address any concerns you may have, so that each and every parent is on the same page. Remember, these coaches are VOLUNTEERS and they give up their time to give back to the game of hockey.

Each parent should let those empowered to coach, coach.

Parents need to let the coaches coach. There may be times in each season when the team is losing, but do not lose sight of the matter, that winning means nothing, and that skill acquisition and fun, are at the forefront of an enjoyable season. If the players are having fun and improving skills, then the coach needs to be commended for a job well done.

## **Hockey Parents Rights**

To be a successful hockey coach and to make a positive hockey experience for all parties involved, each coach must accept the fact that hockey parents are the good guys and not the "enemy". It is a perceived notion that the majority of hockey parents are "crazy". Keep in mind that parents have rights and sometimes their questions of you, your philosophies, and coaching methods are reasonable and important. Every member of a team needs to keep a professional stance when challenging one another.

## What the parents can expect from “you” the coach

1. **Your training, background and coaching experience-** Parents have a right to know your technical expertise and experience in the game of hockey. They have the right to know where you have been, your profession and other teams and age groups you have coached in the past.
2. **Their child will be safe-** Parents have a right and an obligation to insure that their child will be safe physically, sexually, and emotionally. They have the right to be reassured that their child will not suffer any sexual, physical or emotional abuse. The coaches and manager must sensitively answer any questions asked along these lines. When discussing these concerns please ensure that there are always 3 parties present.
3. **Coaching philosophy, view of competition, structure of program-** Parents have the right and obligation to know your coaching curriculum. Your curriculum should include- program details, how it will run, your beliefs about teaching, winning, competing, what it takes to be successful etc. The more clearly outlined your views, the more efficient and effective your parent to coach relations will be.
4. **Their child will be treated fairly-** Parents have the right to expect you will be just as interested in their child as any other child on the team. Coaches who treat players differently depending on their ability always causes problems and this contributes to early dropout rates in minor hockey. It is equally important that as a coach, you are not harder on your son or daughter than others. Coaches who are hard on their own kids will also increase the chance of their son or daughter wanting to drop out of hockey.
5. **You will deal with them in an open and honest way-** It is reasonable for parents to assume that in your dealings with the players, parents, fellow coaches, administrators and officials that you will be honest and trustworthy.
6. **You will listen to appropriate concerns and be responsive-** A parent has the right to expect that you will maintain a professional stance when dealing with children and themselves. That you will enforce appropriate boundaries with the athlete, and that you will act professionally at games and at all team and organization functions.
7. **You will make an effort to know your athletes individually and treat them as people with respect-** Good coaches do just this. Parents will enjoy their hockey experience if they see the coach getting to know their child as individuals. They expect that your interactions will be respectful and sensitive in relation to their child. Parents can expect that the coach will have a sense of humor and that they understand that it's just a game.

8. **Their child will learn and development their hockey skills-** Hockey parents spend hundreds of dollars on hockey each season, therefore they expect to see their child's skills to increase throughout the season. If a child is not having fun and smiling while they are at the rink, you can expect a parent to approach you.
9. **You will not tolerate bullying or destructive behavior-** Parents and hockey administrators expect that you will not condone nor participate in, nor turn your back on negative social interactions. Scape goating, bullying, or other demeaning behaviors will not be tolerated. If these actions do occur, the matter will be dealt with professionally and in a timely manner.

## Getting Parents on the Team

A successful sport experience depends on parents being proactively trained to play the right role on the parent-player-coach team. Coaches should take the time in the beginning of the season to educate parents on their important support roles. The coach should appeal to the parent's proper involvement for the team's and child's success. In parents meetings and in written handouts the coach should present and discuss the correct parent, coach and athlete roles, and the do's and don'ts for success.

### Parents' Roles

1. **Don't Coach.** Leave the coaching to the coaches. This includes pre game psyching, motivation, post game critiquing, setting goals, and enforcing additional training sessions.
2. **Support the coach.** Your coaches are the experts and volunteers. They need your support to make the season enjoyable and a successful.
3. **Support the program.** Get involved. Volunteer, help out at games, practices, tournaments and fundraisers.
4. **Be your child's best fan.** Support your child unconditionally. Do not withdraw love when your son or daughter performs poorly. Your child should not have to perform well to win your love.
5. **Support and root for all athletes on the team.** Foster teamwork. Your child's teammates are not the enemy. When your child teammates perform better than yours, it provides the opportunity for your child to improve his or hers skill levels.
6. **Do not bribe or offer incentives.** It is not your job to motivate. Leave this to the coaching staff. Bribes will distract your son or daughter from performing well in games and at practices.

7. **Take your concerns and problems directly to the coach.** If you have a problem with the coach, do not go to other parents to discuss. Go straight to the coach involved to discuss the issue at hand.
8. **Understand and display appropriate behaviour at the rink.** Remember that your child's self esteem and performance is at stake. Be supportive and cheer but always be appropriate.
9. **Monitor your child's stress level at home.** Keep an eye on your child to make sure they are handling stress effectively from various activities in their life.
10. **Monitor eating and sleeping habits.** Be sure your child is eating the proper foods and getting adequate rest.
11. **Help your child keep their priorities straight.** Help your child maintain a focus on schoolwork, relationships and other important things in life besides hockey.
12. **"Reality Test" for your child.** If a player comes out of a game with a personal best for points, but the team lost the game, help him/her understand that this is a win. Help your child keep things in their perspective including losses, disappointments and failures.
13. **Keep your Hockey in perspective.** Hockey should not be larger than life. If your child's performance elicit strong emotions, keep these away from him or her. Keep your goals and needs out of your child's sport.
14. **Be an appropriate liaison to the coach.** Keep the coach informed as to how your child is responding to the experience. If your child is having trouble with something that happened in practice or with something with the coach said, help the child deal with it and if necessary, speak directly with the coach.

## **Parent to Officials Relationship**

Hockey Calgary has a large official's turnover rate due to abuse and harassment from coaches and spectators. Remember- officials are trying to increase their skills, just as your son or daughter is trying to do. As a parent, you would not appreciate 10-15 spectators yelling, swearing and threatening your child on the ice, and this is the same for officials. Officials are going to make mistakes as do the players on the ice, let it go, it's only a game. As a parent, your concern is your child, the officials concern is everyone's child. Understanding the rules of the game can greatly provide you with an understanding of the game of hockey. Understand the rules and by laws of Hockey Calgary. Several issues brought up in Calgary are the result of parents not knowing the rules. Understand the game before your critique.

If there are ever concerns that need to be addressed involving officials, it is the coaches responsibility to follow the proper channels of communication to ensure that the officials can be dealt with in a professional and inviting manner.

**Did you know that Hockey Canada on average loses 10,000 officials each season?**

**Is this because of you?**

## **Hockey Calgary Statistics**

1 in 84,615 kids who play Hockey in Calgary will make it to the NHL. Therefore every 6 years one former Hockey Calgary participant will make it to the NHL.

Source: Hockey Calgary February Newsletter.

Each practice in Novice should follow the Hockey Canada Skills Development program Model:

- 75% Technical Skills
- 15% Individual Tactics
- 10% Team Tactics
- 0% Team Play
- 0% Strategy

### **Top 10 Scorers in the NHL**

1983-1984 Study	25.24 years of age
1993-1994 Study	26.86 years of age
2003-2004 Study	28.2 years of age

## **Interesting Facts to Consider**

- One practice will give more skill development than 11 games collectively.
- Players will have the puck on their stick for an average of 8 seconds per a game. (stats from Pee Wee level games in Calgary)
- Each player should have the puck on their stick for 8-12 minutes in a one hour practice.
- Players will take an average of 1-2 shots per game. (stats from Pee Wee level games in Calgary)
- Each player should have a minimum of 30 shots on goal in a 1 hour practice.
- 99% of the feedback coaches give players is when they have the puck.
- Ironically, players only have the puck on their stick 0.2% of the game.
- Canada's Joe Sakic, who dominated play in the 2002 Olympic Gold medal game, touched the puck for only 1 minute, 19 seconds. In that time he did tally two goals and two assists along with four shots in Canada's 5-2 victory.
- It takes 10 years or 10,000 hours of deliberate training for a talented athlete to reach elite levels.

## **Canadian Sport for Life- Long Term Athlete Development. (L.T.A.D)**

The Canadian Sport Centre Classifies the Fundamental Stage for athletes as:

Males Ages 6-9 and Females 6-8

Novice falls within the fundamental stage according to the L.T.A.D model. "Skill development in the Fundamentals stage should be well structured, positive and FUN! (L.T.A.D, 38.)

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