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**VMHA**  
**U13/15/18 Information Meeting**  
**2021/22 Season**



# VMHA U13/15/18 Information Meeting

VMHA U13/U15 Timeline											
August	September	October	November	December	January	February	March	April	May	June	July
Camps/Evaluations August 16th	Exhibition	Tiering	Season Start	Christmas Break	Season resume	Playoffs	End of season Spring Break	Spring Skates	Spring Skates	Summer Break	Summer Break

VMHA U18 Timeline											
August	September	October	November	December	January	February	March	April	May	June	July
Camps August 16th	Evaluations	Tiering	Season Start	Christmas Break	Season resume	Playoffs	End of season Spring Break	Spring Skates	Spring Skates	Summer Break	Summer Break

\*Overview of a normal season



# VMHA U13/15/18 Information Meeting



## VANCOUVER MINOR UTS HOUSE

## PROGRAM OVERVIEW

MONTH	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
<b>DESCRIPTION</b>	<b>CAMPS AND PREP</b> *starts 3 weeks prior to start of school	<b>START UP OF SEASON</b>	<b>SOLIDIFY ICE TIMES AND TEAMS</b>	<b>REFINEMENT</b>	<b>COMPETITION</b> *possible Christmas break	<b>REINFORCE HABITS</b>	<b>PEAK OF COMPETITION</b>	<b>WRAP UP</b> *ice times ending first week of March
<b>GAMES</b> *1.25 HOUR GAME SLOTS	No organized games in August.	Ice times allocated on a divisional level with no organized games.	Players assessments for team placement and start of intra association balancing games.	Teams start to play inter association (PCAHA League) games.	End of first half of league games, Christmas break and possible tournaments.	Start of the second half of league games.	PCAHA League Playoff games.	End of season competition, PCAHA Banner games and season ending team activity.
<b>GOALS</b>	Accessory training to encourage players back on the ice.	Get all players back on the ice. Build framework for team program.	Creation of teams for consistent ice times and future games.	Refine practice habits and skills. Introduce ideas to learn how to play as a group.	Learning how to compete against other programs consistently. Building on success and adversity.	Improve as a team and continue to reinforce habits.	Achieve peak of individual and team performance.	Have fun one last time together as a group.
<b>PRACTICE</b> *1 PRACTICE SESSIONS A WEEK AND 1 SKILL SESSION EVERY 2 WEEKS - OCTOBER ON	Well rounded skills program and small area games.	Skating skills and introducing progressive skill development model.	Skating and puck skills. Introduce team skills/habits and game play.	Drills that reinforce habits and skills.	Develop patterns that relate to game play.	Increase difficulty of skills and drills.	Increase competition level in skills and drills.	Focus should be on small area and inter squad games.



# VMHA U13/15/18 Information Meeting



## VANCOUVER MINOR U15 REP

## PROGRAM OVERVIEW

MONTH	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
<b>DESCRIPTION</b>	<b>CAMPS AND PREP</b> *starts 3 weeks prior to start of school	<b>START UP OF SEASON</b>	<b>SOLIDIFY ICE TIMES AND TEAMS</b>	<b>REFINEMENT</b>	<b>COMPETITION</b> *possible Christmas break	<b>REINFORCE HABITS</b>	<b>PEAK OF COMPETITION</b>	<b>WRAP UP</b> *ice times ending first week of March *Provincials first week of March break
<b>GAMES</b> *1.25 HOUR GAMES *2-3 TOURNAMENTS RECOMMENDED.	No organized games in August. Tryouts begin the week before labour day.	Ice times allocated on a team level with inter association exhibition games.	Teams begin PCAHA Tiering round.	PCAHA League play begins.	End of first half of league games, Christmas break and possible tournaments.	Start of the second half of league games.	PCAHA League Playoff games.	PCAHA Banner games and season ending team activity. Potential Provincial play.
<b>GOALS</b>	Accessory training to encourage players back on the ice. Conduct tryouts for team formation.	Build framework for team program. Finalize rep rosters by second week of September.	Consistent ice times. Refine practice habits and skills. Learn how to play as a group.	Learning how to compete against other programs consistently.	Building on success and adversity. Taking a break from playing for a week or two.	Ramp up for playoffs. Continue to reinforce habits.	Achieve peak of individual and team performance.	Play at the highest level possible for the year. Have fun one last time together as a group.
<b>PRACTICE</b> *2 PRACTICE SESSIONS A WEEK.	Well rounded skills program and small area games.	Skating and puck skills while introducing progressive skill development model.	Team concepts and habits. Continuing to focus on underlying skills for execution.	Drills that reinforce habits and skills. push pace in practice to challenge players.	Develop patterns that translate skills to game play. Utilize competitive drills to reinforce skills.	Focus on bringing players back up to speed after Christmas.	Increase competition level in skills and drills.	Focus should be on small area and inter squad games.



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VMHA is pleased to announce the following coaches for the  
2021 Rep Program

U11A1 Matthew Hayashi-Mahedy

U11A2 Lucas Robinson

U13A1 Jamie Smith

U13A2 Matthew Adams

U13A3 Jim Russell

U15A1 Rod Ramsay

U15A2 Stephen Gillis

U18A1 Jason Mann and Nathan Deyell



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## VMHA Training Center and Extra Development Opportunities

Through our engagement survey we asked membership what they want more of and it is clear that a majority of membership want additional paid development. We will be working hard to maximize ice time in order to free up more opportunities to provide a high level of skill development for members.

In addition through the hard work of board members Mike Corderre and Kern Chiu, we will be opening up the training center when it is safe to do so. The over 60 programmable hours a week that this facility gives us will provide a lot of space to further build on our development program.



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**Questions?**