



4840 SW Western Ave., Ste. 7000
Beaverton, OR 97005

September 25, 2011

RE: 2011 Oregon Coaches Symposium

What: First Annual Oregon Coaches Symposium
Who: All Coaches, Administrators, Team Managers, Interested Parents
When: Saturday, October 22 9:00 AM to 7:00 PM
Where: Lane County Ice Arena - Eugene, OR
Why: Receive Level 1, 2, or 3 Certification. Information on Checking Age Changes. American Development Model. Further Coaching Education.
How: RSVP by email to flint@eugenegenerals.com or by calling 541-554-7004. Register for Certification at www.usahockey.com

On behalf of the Oregon State Hockey Association, I hope your preparations for the 2011-2012 season are going well.

As you know, USA Hockey has gone through many changes in the last few years including the introduction of the American Development Model, moving the body checking age up to Bantam, and emphasizing body contact at Squirts and Mites.

As a part of those changes, the Coaching Education Program has gone through significant changes starting this season. There will now be two components to the Coaching Certification Process. In addition to acquiring their Level 1, 2, 3, 4 or 5 certifications, each coach will now need to be certified via an online age appropriate course. Your Level will not be related to the division in which you can coach. Furthermore, you will no longer be able to take more than one Level class per year. For more details, visit www.usahockey.com

Given all the changes, as the new Coach in Chief for our State, I thought it prudent to have a state wide Coaches Symposium as we look to deliver world class player development programs in our state. In addition to the Certification Classes (Level 1, 2 and 3), we'll be covering topics for Coaches, Administrators, and Parents that are pertinent for the development of hockey players of all ages. There will be on-ice components, Guest Speakers from the National Office, and Open Forums to discuss topics from youth development to high school hockey. Topics will include:

- The USAH American Development Model – Flint DOUNGCHAK, Pacific District Associate Coach in Chief
- Body Contact and Body Checking (On-Ice) – Mike McMillan, National Coach in Chief
- ADM On-Ice Clinic (On-Ice) – Larry Bruyere, Pacific District Coach in Chief

A full list of the topics and schedule is attached.

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In addition to providing a coaching education component in a single day, people who are involved with hockey development can receive the latest information, meet, discuss ideas, and hopefully forward those ideas to their organization.

The Symposium is free of charge. Only the certification classes will have a fee as in the past. However, other attendees will not be charged to attend any of the seminars or on-ice clinics. OSHA will also be holding its October Meeting at this event.

OSHA would like to see the following people in attendance:

- Those Coaches requiring new or updated certification (Level 1, 2 or 3)
- Mite, Squirt and Peewee Coaches
- High School Coaches and Administrators
- Anyone interested in furthering their coaching education
- Board Members from local associations
- Key Parents and Administrators (Team Managers, Committee Heads, Development Personnel)

The First Annual Oregon Coaches Symposium is on **Saturday, October 22. Seminars start at 9:00 AM** and all classes will end by 7:00 PM. This should allow all attendees to return home without incurring overnight costs. However, the Eugene Generals have arranged for a special rate of \$79.95 at the Red Lion. Please use code EUP when reserving.

All attendees will also receive a free ticket to the Generals game after the seminar.

I hope to see all of you at the event.

Sincerely,

A handwritten signature in blue ink, appearing to read "Flint Doughtchak".

Flint Doughtchak, Coach in Chief
Oregon State Hockey Association



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USA Hockey and the New Coaching Education Program (CEP)

An introduction and explanation of USAH, its role in player development and the relationship between our affiliate, the Oregon State Hockey Association, and its member associations. In addition, USAH has significantly altered the CEP requirements including the introduction of online, age specific certification requirements.

The American Development Model (ADM)

A presentation on USAH's long term athlete development vision from U6 and U8 ages all the way to the National Programs. Presentation from leaders in the country on the process of childhood and athletic development as it pertains to hockey development (skills, sense, and competitiveness). An explanation of the science behind physiological and neurological development of our hockey players. Includes an on-ice session related to efficient use of practice for player development.

Checking and Body Contact at U8, U10, U12

In addition to the discussion of the rule change moving the checking (hitting) age to U14 (Bantam), USAH will explain the emphasis of bringing proper training for body contact at the earliest ages so players can be prepared for full contact body checking at older ages. Includes an on-ice component.

Level 1 Certification

New coaches will need to take the Level 1 Certification Class in order to take the ice this season. Topics include the:

- Role of the Coach
- Leadership Qualities of a Coach
- Developing Self-Esteem
- Skill Progression and Fundamentals
- Coaching Basic Goaltending
- Skill Analysis
- Practice Planning and Organization
- Risk Management

Level 2 Certification

Coaches who have completed their Level 1 in the previous season will need to complete their Level 2 in order to remain eligible to coach for the 2011-2012 season. Topics include:

- Role of the Coach, Player Evaluations
- Bench Management
- Coaching Philosophy
- Season Planning, Practice and Drill Planning
- Checking the Right Way



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- Goaltending
- Defensive and Offensive Concepts

Level 3 Certification and Re-Certification

This clinic is for Coaches who have completed their Level 2 or are seeking Level 3 recertification. These materials are new to the 2011-2012 season. Topics include:

- Checking the Right Way
- Fitness
- Checking and Body Contact – On Ice
- Continuing Coach Development
- Goaltending Game Situations
- Offensive and Defensive Concepts
- Special Teams
- Faceoffs

Selective Seminar Topics

Attendees not seeking certification may choose to attend any of the topics at their choosing at no cost. Coaches who are not seeking certification, such as Level 4 Coaches, are highly encouraged to attend various seminars. (See schedule).

Time	HSI Room	Evans Building Room	Red Lion Room	McDonalds Room	Rink 1
8:00					
8:15					
8:30	Check-In and Registration				
8:45					
9:00 AM	Welcome and Intro				
9:15 AM	American				
9:30 AM	Development				
9:45 AM	Model				
10:00 AM	Coaching Education				
10:15 AM	Program				
10:30 AM	Coffee Break				
10:45 AM	Level 1	Level 2	Level 3	OSHA Board Meeting	
11:00 AM	Role of the Coach	Role of the Coach Player Evaluations	Fitness and Nutrition		
11:15 AM				Oregon Select Process	
11:30 AM	Level 1	Level 2	Level 3	HS Showcase	
11:45 AM	Developing Self-Esteem	Bench Management	Face Off		
12:00 PM	Lunch	Lunch			
12:15 PM	Coaches and Parents	Administrators			
12:30 PM	Level 1, 2 & 3				
12:45 PM	Checking the Right Way				
1:00 PM					
1:15 PM	Level 1	Level 2	Level 3	Developing the	
1:30 PM	Basic Goaltending	Coaching Philosophy	Con't Coaching Dev	U18 Player in Oregon	
1:45 PM					
2:00 PM					ADM On-Ice
2:15 PM					Practice
2:30 PM					
2:45 PM					
3:00 PM	Level 1	Level 2	Level 3	OSHA	
3:15 PM	Leadership Qualities	Seanson, Practice & Drill Planning	Goaltending	Board Meeting	
3:30 PM	Level 1				
3:45 PM	Skill Progression and Fundamentals	Level 2	Level 3		
4:00 PM		Defensive & Offensive Concepts	Defensive & Offensive Concepts		
4:15 PM	Level 1				
4:30 PM	Risk Management				
4:45 PM					
5:00 PM					Body Contact
5:15 PM					& Body Checking Clinic
5:30 PM					
5:45 PM					
6:00 PM	Level 1	Level 2	Level 3	OSHA Board Meeting	
6:15 PM	Practice Planning & Organization	Goaltending	Special Teams		
6:30 PM					
6:45 PM	Recap and Thank you				