



City of Vaughan Hockey Association

'HOME OF THE VAUGHAN RANGERS'

Hello CVHA Coaches!

Hope everyone had a fantastic winter break and a great time with friends and family over the holidays. We are excited that we are back into the swing of things and so we bring you our 2nd CVHA House League specific newsletter, the

THE COACHES HUB!

With New Year's behind us and playoffs ahead of us, we have a lot going on in the House League program.

Some topics covered:

- Volunteer Appreciation Night
- Picture Retake Day
- Website updates – Playoffs Posted
- Line Control
- Rule updates and clarifications
- Relevant hockey articles
- And celebrating some of the cool things our teams are doing!

2025 IMPORTANT DATES

Volunteer Appreciation Night
Wednesday, February 19, 2025

Picture Retake Day – February 22 @ Al Palladini Arena, Activity Rm#2 Upstairs – 9:30am-1:00pm

CVHA House League Playoffs
February 23 for U10/U11;
U12/U13 and U16/U17/U18
and March 9 for U14/U15.

House League Banquets –
April 1 – U5/U6/U9
April 2 – U7/U8
April 7 – U10/U11/U14/U15
April 8 –
U12/U13/U16/U17/U18

Last Day of the season 📅
Sunday, April 6, 2025



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VOLUNTEER APPRECIATION NIGHT (VAN)

Every year we celebrate our volunteers who are the backbone of our association and what makes minor hockey in Vaughan one of the best around! It is an amazing night where we bring all volunteers together to celebrate. We always have fantastic guest speakers, like last year when Jeff O'Neil, Jamie McLennan and Brian Hayes, and previous guests like Darryl Sittler, Gary Leeman, Mike Cammalleri, Olympic Gold Medalists Laura Stacey and Marie-Philip Poulin, and other hockey greats!

Please check in when you arrive at the tables! Looking forward to seeing you all there!

Wednesday, February 19 @ 6:30pm; Dinner 7:00pm



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CVHA House League Picture Retake Day

For those players that missed our first picture day with their teams, we have set up another day where they can drop in at any time. All they need to do is let them know their name, division, team and Head Coach and they will get added to the team photo!



Date: Saturday, February 22, 2025

Location: Al Palladini Upstairs Meeting Room #2

Time: 9:30am – 1:00pm

THIS IS THE LAST CHANCE!!! NO EXCEPTIONS!!!!



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CVHA PLAYOFFS

Playoffs are around the corner!!

Right now, schedules are currently live for playoffs all the way through to Saturday, April 5, 2025.

They are placeholders for each division so that you know when we will be playing. Each division will have a Round Robin format so that every team will play one another.

U10/U11 and U12/U13 Divisions

- Round Robin with the odd team practicing
- Top team a bye to the SF with #2-#7 playing a single elimination game;
- SF and Championship Game on Sunday, April 6, 2025

U14/U15 Division

- Round Robin; top 2 teams a bye to SF;
- Teams #3-6 play a single elimination game;
- SF and Championship Game on Sunday, April 6, 2025

U18 Division

- Round Robin (play each team 2x)
- SF and Championship Game on Sunday, April 6, 2025



U6/U7/U8/U9 Divisions

- Continue the current format as playoffs are not played in these divisions.
- Will have 2 games on Championship Day, Sunday, April 6, 2025



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LINE CONTROL

As playoffs start for most divisions this coming Sunday, we want to remind you that LINE CONTROL must be used and followed!!!

Line control sheets **MUST** be handed to the Convenor before the game starts.

Games will not start unless you have, and the clock will RUN as we will not hold the time. Please come prepared and have multiple sheets so that you can adjust based on your attendance!

Please check the COACHES HUB for links to everything, including PDF versions of the LINE CONTROL SHEETS and examples on how to fill them out!

<https://vaughanhockey.com/Categories/3915/Pages/16722/Playoffs/>

REMINDERS

- Referees have no say on line control, do not involve them. Speak to your Convenor!
- DO NOT yell and scream at the officials; calmly speak to them. Mistakes happen, and we need to be role models for our players and deal with them in a professional manner.
- Have multiple copies of line control for coaches on the doors!



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RULES SPOTLIGHT!

Did you know that Hockey Canada updated some rules for the 2024-2025 season? Here are just a couple that are relevant to general play:

Rule 6.3(e)(i)

New rule: Any stoppage of play occurring in the end-zone as the result of the puck going out of play or being unplayable will result in the ensuing face-off taking place in that end-zone at the faceoff spot nearest to where the puck was last legally played, regardless of whether the defending or attacking team causes the stoppage.

What changed?: When the puck goes out of play or becomes unplayable in the end-zone, the face-off will remain in the end-zone. The purpose of this rule is to eliminate debate about correct face-off locations.

Rule 10.5(a)

New rule: A minor penalty will be assessed to any player who throws, shoots, or kicks a stick or any other object, anywhere on the ice.

What changed?: Addition of kicking a stick or any other object as a criteria under this rule. The purpose of this rule is to ensure that players cannot use their sticks or other objects to interfere or threaten to interfere with opposing players.



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HOW TO EARN RESPECT OF YOUR PLAYERS

(adapted from <https://truesport.org/respect-accountability/new-coach-earn-respect/>)

You may have been a coach for many years, but to this team, you're the "new coach."

They could have just started playing the game, or perhaps they're now old enough to start your program. Either way, they are sizing you up the same way you're sizing them up.

Getting players on your team to respect you as their new coach takes work, but these tips will make it easier.

AIM TO MOTIVATE, NOT INTIMIDATE

There are coaches out there who believe in setting an authoritative tone right from the beginning, even going so far as to make early practices brutally difficult, so players "know who's boss." These are fear-based tactics or motivation through intimidation. Players will work and play harder to avoid pain (running laps, doing push-ups, etc.) or humiliation (getting yelled at, particularly in front of peers).

Among the problems with fear-based motivation is that players are unlikely to give you more than the minimum effort required to avoid negative consequences. In contrast, athletes motivated through positive reinforcement will continually strive to elevate their performance. They will give you everything they have and dig deeper than they knew they could.

COACH THE PERSON, NOT JUST THE ATHLETE

Get to know more about your athletes off the field or court. It is important for young athletes to know a coach cares about them as a person, not just as a player. Respect develops within relationships, so connecting with your players helps them see you as a person they can trust, rely on, and come to if they need help.

Coaches who are disconnected from their players can be great at teaching skills, devising tactics, and leading winning teams. But when a coach is good at all those things and connects with their athletes on a personal level, then you become more than just a coach, you become a mentor to them outside of sport as well.

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HOW TO EARN RESPECT OF YOUR PLAYERS (continued...)

BE FAIR AND TRUE TO YOUR WORD

You can't always make everyone happy, nor should you try, but you should be fair. When you set expectations for your team, those expectations need to apply to all players. Still, your actions should make it clear that all players have the opportunity to succeed and that they will all be held similarly accountable for misbehaving, etc.

Athletes respect coaches who do what they say they will do, even if that means a negative outcome for them personally. If you tell a player they will be the one to demonstrate drills in practice next week, then that player should be the one demonstrating drills in practice next week. It shouldn't always be your best player. Athletes respect a coach that provides opportunities to everyone. Coaching in House League means you need to be fair and treat players equally when it comes to opportunities.

BE PROFESSIONAL

You don't need to be a professional coach to exhibit professionalism. Players develop respect for coaches who are organized, on time, polite, and remember people's names. Your level of professionalism reflects your respect for the team, their efforts, and yourself. Your players are likely to reciprocate that level of respect.

WIN THE PARENTS

Parents greatly influence a child's views and feelings, even during the teenage years. Get to know your players' parents, so they'll be more likely to support you as a coach.

Athletes cannot be expected to respect a person simply because they bear the title of "coach." We should not expect athletes to respect a coach based on his or her reputation automatically.

Respect is earned day in and day out by the way coaches interact with athletes, peers, and parents.



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CVHA HOUSE LEAGUE GIVES BACK TO IT'S COMMUNITY!

We couldn't be prouder of our CVHA hockey family for their involvement in the community. While we know hockey players are some of the best around, it always is impressive when we see what our players and coaches are willing to do to better the lives of others! We want to showcase some of the amazing things they do, as a way to inspire others!



The U15 Toronto Pro Leafs, lead by Head Coach Rob Fiumara and Assistant Coach Domenic Colucci represented the entire team and coaching staff by taking up a collection and donating a bunch of gift cards for the families and patients of HOSPICE VAUGHAN. A small way to thank those that do such amazing work for families in our community, thank you to the entire team, we know it meant a ton to them!

[\(https://www.hospicevaughan.com/\)](https://www.hospicevaughan.com/)



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