

Technical Commision Document for the Utrecht Dragons youth

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UTRECHT DRAGONS

TC youth

1. Technical committee members

Kees Slagmolen
Andreas Crane
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2. Technical committee advisory board

Robert Herckenrath
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3. Technical committee contact information

The technical committee can be reached at the following email address:
Technische.Commissie@utrechtdragons.nl

4. Technical Committee

The Technical Committee supports the youth ice hockey in Utrecht (hereinafter: youth TC) and is responsible for all technical matters, including the planning and construction of guidelines for all levels of youth players, development of a "growth plan/red thread" for the youth training and determining the future vision of the club in the technical field. Furthermore, in consultation with the coaches, the youth TC will determine in which team a youth player can best be placed.

The youth TC is also responsible for formulating proposals to help the club comply with their house rules, the codes of conduct and all rules and regulations of Ice Hockey Netherlands.

The TC youth consists of 3 voting members and is supported by two non-voting advisory members.



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TC youth

5. *Mission/Vision.*

Utrecht Dragons youth aims to develop and enthuse the youth players for the sport of ice hockey as much as possible. The development of the players is always central. The U9, U11 and U13 do not play competitively and these age groups primary focus is to prepare all players for the U15 and above. Utrecht Dragons youth will play more competitively from U15 onwards.



6. Utrecht Dragons values

- Fairplay & Respect
 - Treat others as you would like to be treated yourself.
- Fun
 - The basic principle of the Utrecht Dragons is that everyone attending trainings and games, do so with joy; comes to training sessions and matches with pleasure.
- Team player
 - The team always comes first and is more important than any individual.
- Always give your best
 - We always expect maximum commitment, both during games and training as well as during off ice sessions.

7. Development of youth players

The youth TC wish to emphasise that the development of youth players starts with shaping them as individuals, then as athletes and finally as ice hockey players. Many ice hockey players eventually become a professional in a field other than ice hockey. However, through playing hockey, the individual is shaped as a person and taught valuable life lesson including working together, to interact with people, to work towards a goal, being on time, etc. However, these skills are not learnt automatically, and the youth TC therefore expect both input and ideas from the coaches to assist shaping and developing the youth players in being the best athletes, individuals and hockey players, they could be.

8. Members

Membership is obtained by a decision for admission taken by the secretary on behalf of the board. The secretary cannot refuse membership on his own authority, in which case the Board will decide whether or not to admit a player.

For new applications from members older than 10 years, the trainer will also assess skating and ice hockey skills before these members are provided Utrecht Dragons membership.

New application - older than 10 years who do not meet an acceptable level of skating - will be referred to an alternative recreational team.



Well before the start of the new season, the board will provide the youth TC a list of all current members and the teams they should be assigned to based on their age.

9. General principles

The core of youth training is to develop enthusiastic youth players. The core of youth trainings are explicitly not to win championships. Achieving a championship is a nice goal, but this is and remains secondary to training players. As soon as youth players can play at a higher level, the aim is to let them play against players of the same level as much as possible, so they learn as much as possible. The TC youth and the coaches should take this into account in the team allocation before the start of the new season.

The youth TC expects a positive attitude from the coaches towards the players, with the coaches setting a good example of what it means to be a good sportsman/woman. The coaches are the role models for the Utrecht Dragons youth. The youth TC expects the coaches to fulfil this role with dignity which means, among other things, that youth players, opponents, referees, coaches and

others involved are treated with respect (Also see the code of conduct https://utrechtdragons.nl/wp-content/uploads/2023/09/Gedragcode-Trainers_Coaches-en-Begeleiders.pdf).

10. Coaches & coaching

For each youth team, the aim is to have at least two coaches on the ice during training sessions. In addition, each youth team must have at least one head coach, possibly supplemented by an assistant coach and a team manager.

In all youth teams up to and including U13, the youth TC considers it appropriate for one parent of the youth players to assist during a game, both in the dressing room and on the bench. This parental position will rotate weekly, providing the parents insight and understanding of what goes on in a changing room and on the bench during a match.

11. General plan youth & annual plans

The youth TC has chosen to follow a "Growth model" as the common thread for the Utrecht youth training. The growth model will state which skills the coaches must teach the youth players per



age group. Based on the growth model, the coaches are to construct an annual training plan for the entire (ice hockey) year. The annual plan contains the conversion of skills from the growth model into concrete training sessions and/or focus points per week/month.

The youth TC will provide the coaches with a number of example year plans that they can use to draw up their own year plans. The youth TC will discuss these annual plans with the coaches involved at the beginning of each year. The starting point of the TC youth is to support and help the coaches as much as possible in drawing up the annual plans in order to achieve the best and most challenging programme for the youth players.

12. Teams

All team players are first classified by age, which is done by the board. After this, the youth TC - in consultation with the trainers/coaches/youth coordinator - will determine for whom dispensation may be requested or who will be asked to play in a higher team. The youth TC has the final authority to decide which player will play in which team.

Before the start of the season, the primary team for all players will be determined. This means that the player in question trains and plays matches with that team, and another (higher or lower) team counts as an extra. The primary team always takes precedence over participation in another team, unless otherwise decided in consultation with the youth TC and trainers/coaches.

13. Filling teams at matches

The basic principle at matches is that own team players get the most ice time. Teams may be supplemented with players from a lower team, but this only applies to players who have not received dispensation for the lower team.

Teams may be increased with a number of players from a lower team subject to the following rules:

1. The requesting team may expand to a maximum of 15 players (three lines) if needed. The youth TC considers it important that youth players learn to play with three lines. That way, the youth players learn to keep a high tempo and the shifts short. It is up to the requesting team how many extra players the team would like to use from the supplying team. The supplying team decides how many and which players they eventually wish to supply.
2. Players from the supplying team may not get more ice time than any player from the requesting team.



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3. Players from the supplying team must be given playing time when called upon by the coach of the asking team. Players from the supplying team must rotate with the asking team, barring power play or penalty kill situations. All in accordance with rule 2.
4. Players must be informed within a reasonable time period, whether their assistance is needed by the requesting team.
5. The coach of the supplying team should keep the competition between the players such that it is not a foregone conclusion that the same players will always go with the asking team, should the coach of the asking team call on the supplying team again.
6. With regard to goalies, the above rules also apply, unless it has been clearly communicated beforehand that the goalie of the supplying team will only go along as a back-up goalie.

14. Playing time players

The starting point of the youth, is the development of all players. With the exception of power play and penalty kill situations, this means that all youth players must get equal playing time, unless the youth TC youth has made exceptions in this document.

15. Competitive play U15 and U17

The youth TC considers it important that youth players also learn what it is like to play competitively at a later age. With regard to the U15, the rules as mentioned under "filling teams at matches" also apply, i.e. in principle everyone plays, but with the following possibilities to deviate from them:

- in penalty kill and/or power play situations, coaches are entirely free to choose the best players, even if these players are from a younger team;
- in the last five minutes of a game, coaches are entirely free to choose the best players, even if these players are from a younger team - provided there is no greater goal difference of a total of three goals.
- in play-off games, coaches have a free hand to decide who they put on the ice.

With regard to the U17, the rules as mentioned under "filling teams in matches" also apply and thus that in principle everyone plays, but with the following possibilities to deviate from them:

- in penalty kill and/or power play situations, coaches are entirely free to choose the best players, even if these players are from a younger team;



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- in the final period of a game, coaches are entirely free to choose the best players, even if those players are from a younger team - provided there is no greater goal difference of a total of three goals; and
- in play-off games, coaches have a free hand to decide who they put on the ice.

16. Communication players, parents and coaches

From U13 and upwards, only players are allowed to contact the coaches regarding hockey content issues. Coaches should ensure that they create an atmosphere where youth players feel free to ask questions. Should a parent disagree with a hockey content issue handled by the coaches, then they have the option of raising the issue with the Youth TC. However, parents may only contact the relevant coach/trainer or TC 24 hours after the last game or practice to discuss the issue.

17. Higher training

Second-year players may train with the higher team from the month of December of the current season, unless it has already been established that the player will be dispensated next season. This should always be explained well in advance to the players concerned, so that it is clear why someone may or may not train higher up. In case of disagreement between the coaches, the youth TC will make the final decision.

18. Lower training

Players of low quality for the team they play for will be given the opportunity to train with a lower team to generate extra ice time for themselves. The youth TC would like to give everyone to have the opportunity to improve, not just the good/best players.

19. Cancelling training sessions

If a youth player cannot come to training, the youth player should inform the coaches. The youth player must give the coaches the reason for his/her absence. The youth TC assumes that every youth player would like to come to training. However, the youth TC does understand that parents - in special cases - will not always manage to bring their children to training on time.



However, if it happens more often, then the coaches and parents should consult with each other. Missing training sessions to a (very) limited extent should explicitly not be at the expense of the playing time of youth players.

20. Bullying protocol

The youth TC, in consultation with the board, will see to it that a protocol on bullying is put in place. It is up to the coaches to discuss this with the youth players.

21. Confidential counsellor

The TC youth emphasises that there is a confidant within the club who may be approached by any person involved in the club. Utrecht Dragons has appointed the following person as confidant: Anneke Harmsen (vertrouwenspersoon@utrechtdragons.nl)

22. House rules

Every person involved in the club must act in accordance with the club's house rules and regulations. These can be found on the Utrecht Dragons website.

23. Explanation and operation of rules

Although the youth TC has the final decision-making authority in some areas, the youth TC, coaches and trainers shall talk to each other on an equal basis. Ultimately, we desperately need each other to lift the club to a higher level.

If a situation arises during the season that does not fall under one of the cases listed above, those involved should act in accordance with general principles as set out in this document. In case of doubt or disagreement between coaches or trainers on how to act in a specific situation, they may decide to refer the matter to the youth TC who will ultimately make a decision to which those involved must then adhere.

24. Sanctions

We at Utrecht Dragons deal exclusively with volunteers. The youth TC is fortunate with the current volunteers who with great pleasure and commitment try to lift the club to a higher level.



However, the TC youth has been asked to put rules on paper to create more structure within the club. However, the rules drawn up by the TC youth only make sense if those involved also abide by them.

The youth TC assumes that all those involved will abide by the rules set out in this document. However, should it happen that the rules in this document are flouted, then the youth TC will report this to the board. The board will then contact the relevant trainer or coach to discuss this and determine any follow-up steps.

*Disclaimer - Board and youth TC can always decide in consultation to deviate from these rules in an individual case. Regarding technical issues, only the TC youth is authorised to deviate from the above rules.