Lower Level
Coach/Manager Meeting
2025 - 2026 Season

•Jordan Webinger – President

Scott Mack - Vice President

•Lindsay Bjorkstrand – Registrar

Dakota Kratz

– Ice Scheduler

•Matt Zarras – Social Media, Communications

•Jenny Jarocki - Scrip

Whitney Johnson - Mite Meltdown

Cody Fries - D8 Representative

Chris Cornwall - Lower Level Coordinator



## Agenda

- Registrar
- Ice Schedule
- District 8
- Mite Meltdown
- SCRIP Program
- Social Media & Communication
- Player Development
- Coaches & Managers Responsibilities
- Q & A
- Equipment Disbursement Jerseys, Goalie Gear, and Pucks



# Farmington Youth



# Lindsay Bjorkstrand Registrar



## Setting up your Season

- Get a good email list.
- 2. Birth Certificates for players that require them & get your roster certified
- 3. Quick Reference cards for players / Addresses for carpool.
- You MUST have a District 8 certified roster before you share ice with another association – Practice, scrimmage or game
- 5. Instructions on how to get your roster certified can be found on the Association website Manager's Page

Lindsay Bjorkstrand registrar@farmingtonhockey.org



## Get your roster certified!

- You MUST have a District 8 certified roster before you share ice with another association – Practice, scrimmage or game
- Instructions on how to get your roster certified can be found on the Association website Manager's Page

Lindsay Bjorkstrand <a href="mailto:registrar@farmingtonhockey.org">registrar@farmingtonhockey.org</a>



# **USAH Requirements**

#### **USAH Confirmation Number:**

#### **Coaches, Ops Managers and Locker Room Attendants**

Renewed Annually.

#### SafeSport:

#### **Coaches, Ops Managers and Locker Room Attendants**

- Renewed Annually (first year is a full course followed by three years of a refresher and then cycle begins again).
- You must be within 60 days of expiration to renew.

#### **Background Screening:**

#### Coaches, Ops Managers and Locker Room Attendants

- Renewed every 2 years.
- This can take a few weeks to be reviewed. Registrar CANNOT see if it's been submitted, only when it's complete.

#### Coaches:

#### If you have questions about your coaching requirements status, please feel free to reach out.

- Overview:
  - Age modules must be completed for the applicable level of play.
  - CÉPs must be completed and unless you're grandfathered, have to be refreshed before the end
    of the year.
  - Concussion training must be completed every two years.

## **USAH** Rosters

#### **USAH Roster Link**

- Once your team has been approved, I will email the link.
  - This link will remain the same regardless of if changes are made.
- Please make sure you are double checking the players and coaches included on your roster.

#### Labels

- Use of physical labels has decreased significantly; however, I am able to export labels from USAH once your team is rostered.
- If you'd like labels, please email me and I'll generate them for you.

#### Redlines

- If a coach do longer meets requirements, USAH will automatically Redline them and they can no longer be on the bench.
- This happens when a coach's SafeSport expires or CEP is not completed by the end of the year.

**Lindsay Bjorkstrand** 

registrar@farmingtonhockey.org 952.484.5721 (call or text)



# Farmington Youth



# Dakota Kratz

Ice Scheduler



### Ice Releases

- Ice will be released in 3 waves
  - Late October: Ice for the month of November will be released
  - Middle November: Ice for December, January, and February will be released
  - Middle February: March Ice will be released

### PLEASE BE PATIENT!



### Ice Schedule

- Main rinks will be
  - xhockey
  - Burnsville
  - Schmitz
- Every team has 1 practice the weekend of Oct 25/26 to get started
- Practice will consistently start Nov 1st
- I will schedule 1 or 2 solo full sheet game for Mite 4, Mite 3, and U8 Gray after January

### Burnsville

# If you do schedule a scrimmage during your Burnsville ice please email

Dean Mulso - dean.mulso@burnsvillemn.gov

Jill Cluver - jill.culver@burnsvillemn.gov



# Dryland

- Will be scheduled on Saturdays before or after ice.
- Bi-weekly dryland
  - Mite 4, Mite 3, Mite 2, & U8
- Monthly dryland
  - Mite 1 will be once a month



## Jamborees & Scrimmages

When your team schedules a tournament or jamboree please email <a href="mailto:ice@farmingtonhockey.org">ice@farmingtonhockey.org</a> as soon as its confirmed.

If your team is having an away scrimmage please email <a href="mailto:ice@farmingtonhockey.org">ice@farmingtonhockey.org</a> as soon as its confirmed if you plan on NOT using your ice.

We need to know so I don't schedule your team practice.



## Weekday Ice

Weekday ice will be on Wednesday or Thursday Nights at Maki and Burnsville

Starts Nov 5th

Mite 4, Mite 3, Mite 2
U8
will rotate every other week
(holiday weeks will be off)



### Outdoor Ice

- We have outdoor ice at Dodge and Greenridge
- I will post a google doc with all outdoor ice times available
  - The time is always dependent on weather and when the rink opens
- It will be up to your team to sign up for outdoor ice slots
  - Then add it to your team calendar



### Team Pictures

 Team pictures will be held the evening of December 9th at Boeckman Middle School.

So please refrain from scheduling away scrimmages that night.

I will publish the schedule to your team calendars as we get closer.



# Farmington Youth



# Cody Fries

**District 8 Representative** 



## **Jamborees**

\*Farmington Mite Meltdown is required for all 8U and Mite Groups\*

	Mite 3, Mite 4	Mite 2, 8U	Mite 1
Format of Scrimmages Allowed	Before January 15: Cross-ice/Half-ice After January 15: Up to 10 full ice scrimmages allowed All full ice games need District Director Approval	Cross-ice or half ice only	Cross-ice or half ice only
Practice to Scrimmage Ratio Mites/8U are for Skills!	3 to 1 50 hrs Practice : 16 Scrimmages Outdoor Practices	3 to 1 50 hrs Practice : 16 Scrimmages Outdoor Practices	3 to 1 40 hrs Practice : 13 Scrimmages Outdoor Practices
<b>Let's do some Math!</b> 18 Week Season	3 games per Jamboree x 3 Jamborees* = 9 Scrimmages 7 scrimmages spread out the rest of season	Same as Mite 3 and U8-B	3 games x 2 Jambo* = 6 Scrimmages 7 games remaining
Able to go out of District 8 for scrimmages and jamborees (60 mile max)	Yes with required permission from District 8	Recommendation is to stay in District 8 for scrimmages. If going out of District 8, required permission from District 8 and must notify Lower Level Coordinator on all requests to District 8	Recommendation is to stay in District 8 for scrimmages. If going out of District 8, required permission from District 8 and must notify Lower Level Coordinator on all requests to District 8

#### **District 8 Associations Apple Valley/Burnsville Cottage Grove** Eagan **Eastview Farmington** Hastings **Inver Grove Heights** Lakeville **Red Wing** Rosemount South St. Paul West St. Paul

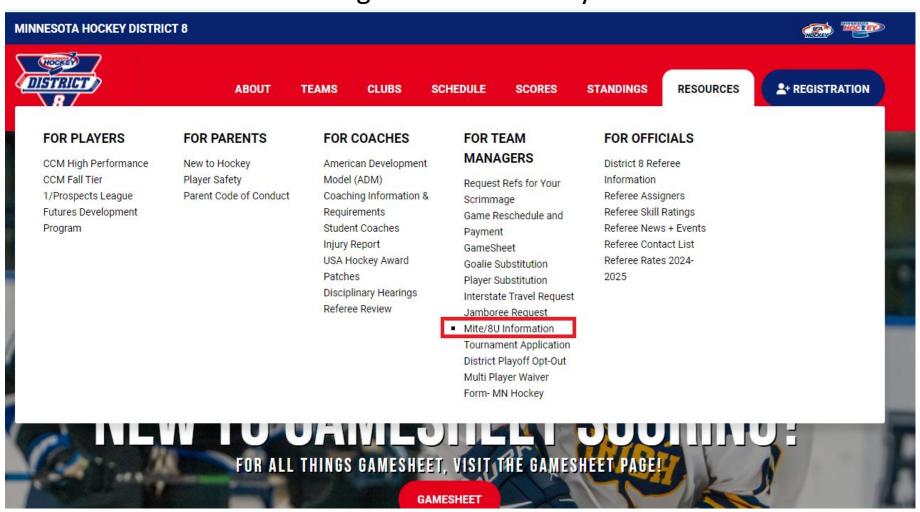
Woodbury



#### **District 8 Requests**

#### https://www.minnesotahockeydistrict8.com/

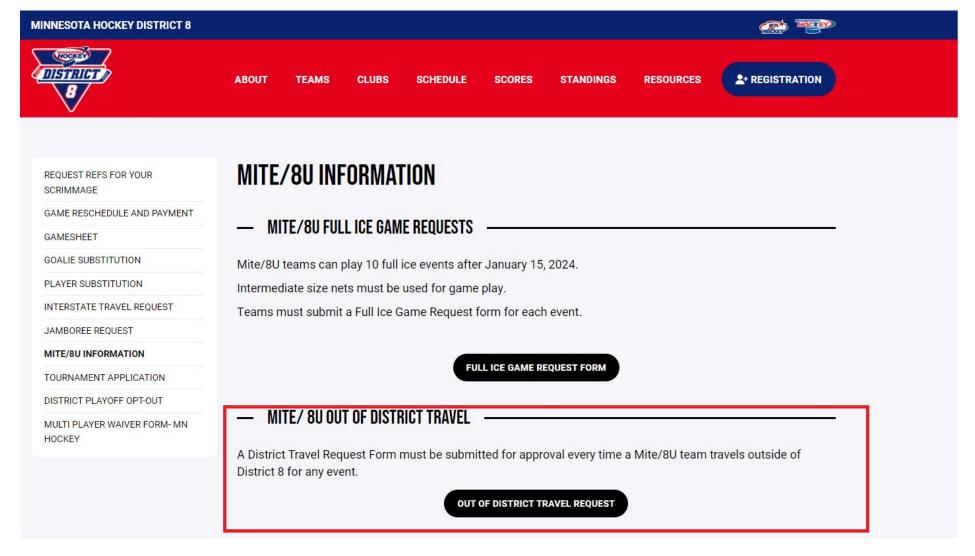
Google: MN D8 Hockey





### District 8 Requests

### https://www.minnesotahockeydistrict8.com/





# Farmington Youth



# Whitney Johnson

**U8/Mite Meltdown** 



# 2026 Farmington U8/Mite Meltdown

#### Save the DATE! March 13th-15th

- Burnsville Ice Center & Schmitz Maki Arena
- Mite 1-4 & U8's
- Marquee game with name announcements, fog & light show, and National Anthem at Schmitz Maki Arena
- whitney.johnson@farmingtonhockey.org







# Farmington Youth



# Matt Zarras

Social Media & Webmaster



# ROAR - Coming to a game near you!!

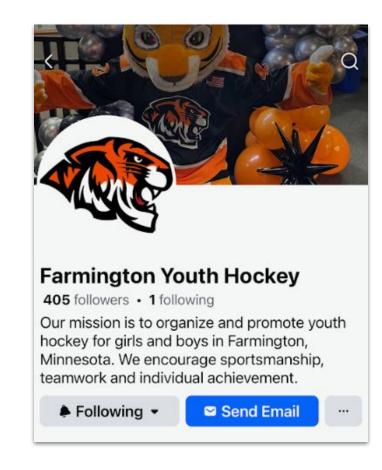


 Please send requests sent to matt.zarras@farmingtonhockey.org



### **Social Media**

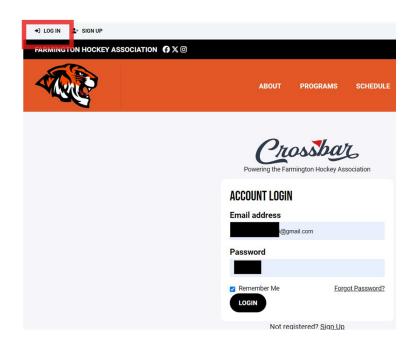
- Weekly highlights featured on SOCIAL!
- Exciting scrimmage or team event?
- Have a player to spotlight?
- Email matt.zarras@farmingtonhockey.org
- Like us on all social media platforms
- Tweet to @FarmingtonFYHA to get Retweeted
- Facebook to Farmington Youth Hockey to get Shared
- Remember to tag #FYHA in your posts
- Please remember you are representing FYHA and your team

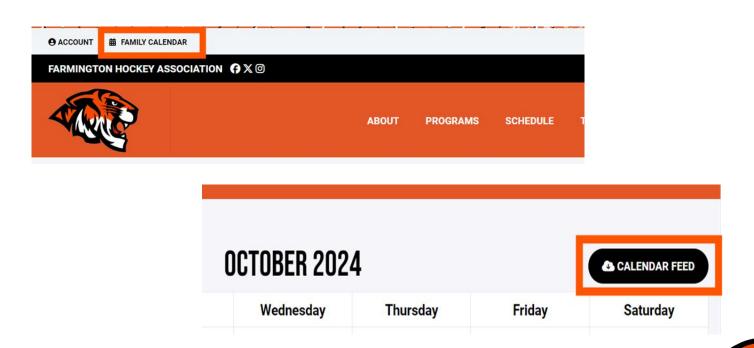




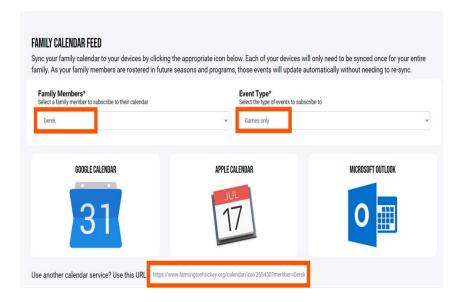
## Crossbar

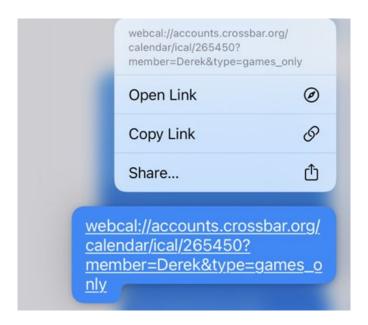
• Schedule for reference on your team page- calendar feed

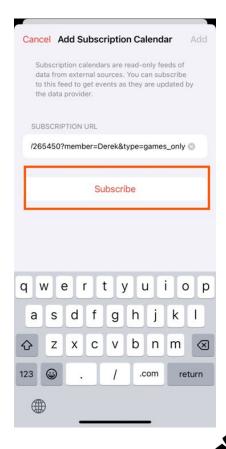




### Crossbar







## FYHA @ THE MN WILD GAME

- Sunday December 14th 2025
- 5pm puck drop vs Boston Bruins
  ALL FYHA players and families get to skate on the ice at Grand Casino Arena for 1 hour after the game
- We will have a storage space for skates and helmets during the game
  Tickets can be purchased on <u>farmingtonhockey.org</u> under 'registration' for \$50

#### AND

#### **Intermission Spotlight Game:**

 Up to 18 players and 2 coaches will be selected from a pool who are in their last year of U8/Mite eligibility (entries drawn from all ticket buyers on 12/1)

# Farmington Youth



# Scott Mack

Vice President
Player Development



# Katy Jo Power Skating

- Elevating every stride: FYHA is partnering with *Katy Jo Power Skating* to bring her proven "KJ Skating Intelligence<sup>TM</sup>" method helping players move smarter, faster, and with greater purpose on the ice.
- Commitment to excellence: This partnership reflects FYHA's ongoing investment in top-tier player development and our mission to raise the overall skating standard across all levels.
- Building a competitive edge: With Katy Jo Power Skating as part of our model, FYHA continues to give every player the opportunity to maximize their potential and strengthen Farmington's on-ice identity.



# Player Development

- We follow the American Development Model (ADM) and the Minnesota Development Model (MDM) promoted by USA Hockey.
- PRACTICE FOCUS Practices should focus on (percentage of time) listed for each):
  - 1. Individual skill improvement (hockey skills, activities, and games) 85%
  - 2. Hockey sense (teaching of concepts through small area games) 15%
  - 3. Systems (team-play training) 0%

#### **Mini-Mite Hockey**

Utilize Learn to Skate Learn to Play as transition program to Mini-Mites (beginners). The program should be low cost and low time commitment.



- >> Use 6U Age Specific (ADM) practice plans and guidelines.
- >> 8-10 skaters per team, teams composed of like skill ability.
- >> Station based practices should contain multiple teamsto maximize ice time.
- >> There should be 8-10 skaters of like ability per station.
- >> No goaltenders in practice or on game days.
- 2 on-ice sessions per week.
- Maximum of 35 on-ice days, 50-60 minute sessions
- >> All in-house game days should be played in a cross-ice format (3v3 or 4v4 based upon number of kids).
- All away games and jamborees should be played cross-ice.
- >> 1 off-ice session per week (30 minutes possibly done right after short ice session).

#### Mite/8U Girls Hockey

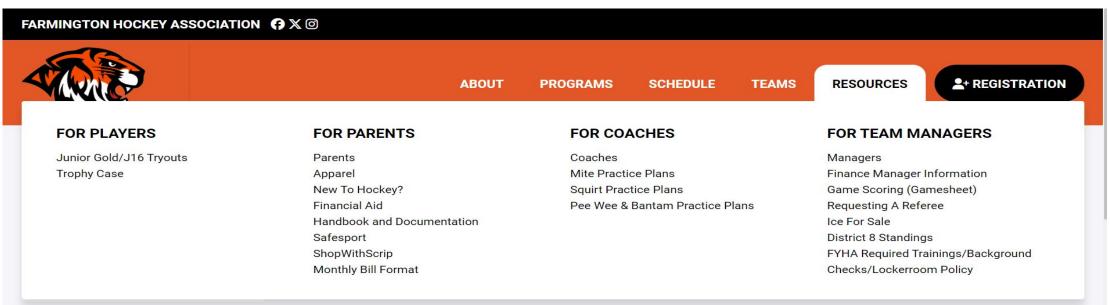
- Use 8U age-specific (ADM) practice plans and guidelines.
- >> 10-12 skaters per team, no full-time goaltenders, teams formed based on neighborhood, grade & balanced abilities.
- >> No full-time goaltenders in practice, give all players the opportunity to play goaltender for games.
- >> 2-3 on-ice sessions per week includes practices and games.
- >> 40-50 on-ice days, 50-60 minute ice sessions.
- >> 12 to 14 cross/half-ice game days and 28 to 36 practices.
- >> No more than 6 full-ice games after December 31st.
- >> For practices & games, players of like ability should be grouped together at stations & on playing lines.
- >> Players at the Mite/8U classification should be discouraged from moving up to the Squirt/10U classification.
- >> 1 off-ice session per week (30-40 minutes possibly done right after short ice session)





### Practice Plans Location

- https://www.farmingtonhockey.org/
  - Resources
    - For Coaches





# Sample practice plan



#### **8U Intermediate Practice Plan 1**

Time: 60 minutes Number of Players: 36-48 Date: Early Season

Practice Theme/Goals: Skating, puck control, fun

Equipment Required: Borders, nets (6), cones, puck bucket or soccer ball

In and Out of Circles All players start with a puck, stickhandling around the rink. Coaches try to steal pucks. Face-off circles are safe zones for players.

#### STATIONS

On the whistle to change stations, players do tive jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

#### Station 7: Amilib Race Around Sticks

Have players start by laving their sticks on the top, or use an ice marker to dow lines. Have player race to the cone performing various againty and balance maneuvery around or over the sticks: 2-foot hops, single-foot hops, sense around the sticks, etc. Vary starting positions, from knees, on stomach, etc.

Give players plenty of pucks and have them spread out around the outside of the face-off circle. Players try to pass or shoot the puck to hit and move the bucket, bull, ring, or whotever object used. Objective is to move the object outside the circle. Have players osition sideways (perpendicular) to the bucket so that they shift weight and sweep the puck.

#### Station 2: Sharks and Minnous Tag

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks, too.

#### Station 4: Border Tag

Players pair up starting on each side of a divider pad. One player is

#### designated "IT" and tries to tag their partner. Once tagged, switch roles and repeat. Players are not allowed to step over the pads. Station 2: Chaos Pack Control (7 extends) Every player has a puck. Players skate in a small area trying to avoid

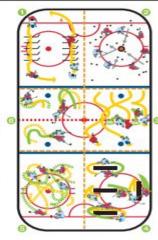
others. Players are not to shoot the pucks (the goal is to maintain possession). Encourage there to try different maneuvers and to weave around the other kids.

#### Station 6: 1x1 Keep-Away

Have players play Iv1 keep-away in a tight area. Have multiple Ty I's going at once to encourage playing to traffic areas. Every 40 seconds, the players can rest by passing back and forth. Rest 30 seconds, then repeat.

3v2 or 4v4 Cross-ke Game

Play 3v3 or 4v4 cross-ice for the remaining time. The goal is to have the players play every other shift. Change every 60 seconds.



#### COACHING TIP

Remeat a practice before moving on to the next one in the sequence. SU players love fun repetition, and knowing the activities makes the practice run more efficiently.



## Best tips for practice

- Share plan with all coaches prior to practice
  - try send 24 hours prior
- Assign set up duties to assistant coaches
  - training tools cones, tires, pads, etc.,
  - pucks
  - nets
- Ask questions and share ideas/feedback
  - lowerlevelheadcoaches@farmingtonhockey.org
  - lowerlevelcoaches@farmingtonhockey.org



### Resources

- https://www.usahockey.com/practiceplans
- https://www.hockeycanada.ca/en-ca/error/404?aspxerrorpath=/en-ca/hockey-programs/drill-hub/unde-9
- https://www.icehockeysystems.com/hockey-drills
- Mentor program
  - o email Scott or Chris to get assigned a mentor if your a newer coach
- Lower Level Coordinators Scott Mack & Chris Cornwall
  - o vp@farmingtonhockey.org & chris.cornwall@farmingtonhockey.org



# Farmington Youth



# Jenny Jarocki

**SCRIP Program** 



## SCRIP PROGRAM

#### Personal Family Fundraiser

Everything a family earns is used for their OWN ice bill when you get to upper level.

### How To Sign UP:

- Download App: RaiseRight
- RaiseRight.
- Scan QR Code: Posters up at Rink
- create account/name of skater/ bank info
- buy gift cards.... use at those stores!

#### WHY?

- upper Level ice bills can be between \$350-\$400
- Start saving now and we keep in your account
- Anyone in the family can raise money for your skater!





THIS IS THE EASIEST WAY TO HELP PAY FOR ICE BILLS FOR SQUIRT SKATERS!

## SCRIP PROGRAM

#### Personal Family Fundraiser

Everything a family earns is used for their OWN ice bill.

#### **PAYMENTS:**

- Beginning of every month 1<sup>st</sup> Sat/Sun I will work on Scrip.
- Funds are deposited directly into each team account for the player.
- Finance manager will be emailed which families a payment has been deposited for and how much (\$50 increments)
- Finance Manager MUST relay the information to the family.
- If parents have questions about scrip, have them email the Script Coordinator directly

scrip@farmingtonhockey.org

App on your phone

- Buy gift cards for everyday stores, restaurants, etc.

- percent back to you for your ice bill.

Ops Managers encourage families to sign up! Mites can start saving now for future upper level ice bills



# Farmington Youth



# Jordan Webinger

President



# **Coach's Responsibilities**

- Be sure you are up to date on required certifications: USAH and MNH Registration, Level 1 CEP & age specific modules, Safe Sport, Background Check and Coaching Ethics Code Agreement (Farmington Web-page, then click the coaching tab and complete the list)
- Organize and hold a team meeting- Parents? Players?
- Be sure all players have required equipment
- Notify LL Coordinators and Dakota Kratz <u>ice@farmingtonhockey.org</u> if your team does not plan to use scheduled ice. <u>We do not want arenas to sit empty!</u>
- Communicate with families on questions, comments, & concerns. Be proactive, 90% of team issues come from unclear or inconsistent expectations.



### **Contact Information**

Chris Cornwall, LL Coordinator – Chris.cornwall@farmingtonhockey.org

Jordan Webinger, President – Jordan.webinger@farmingtonhockey.org Scott Mack, Vice President - Scott.mack@farmingtonhockey.org Dakota Kratz, Ice Scheduler – Ice@farmingtonhockey.org Lindsay Bjorkstrand, Registrar – Registrar@farmingtonhockey.org



### Q & A

## **Equipment Check Out**

- Goalie Gear, Puck Bags, Jerseys East Side of Parking Lot
- Mouth Guards

Thank you in advance for your time and efforts this season!

