



Aberdeen Hockey Association

Parent-Player Meetings

2025-2026 Season- Pee Wee/12U

Meeting Agenda

- USAH/SDAHA/AHA Overview
- Coaching Staff/Coordinator Introductions
- Team Introductions
- AHA Team Values
- Team Philosophy
- Expectations
- Skills
- Leadership
- Locker Room
- Equipment
- Communication/Contact Info
- Schedule
- Policies/Paperwork



USAH/SDAHA/AHA

- USA Hockey Preeminence:
 - Sportsmanship, Respect for the Individual, Integrity, Pursuit of Excellence, Enjoyment, Loyalty, Teamwork
- SDAHA:
 - Leagues, Schedule, Playing Rules, Conduct
- AHA:
 - Administer program, enforce policies and procedures for AHA, SDAHA, and USAH
- AHA Structure
 - Board of Directors/HDC



Coaching Staff/HDC Introduction

- Head Coach: Ben Fischer
- Assistant Coaches: Nick Schipke, Shelby Edwards, Eric Hoggarth, Michael Lockwood, Jasper Lien
- Dryland Coach: Loren Vilhauer
- Mike Schmidt: Director of Hockey Operations
- Coordinator: Ashley Zens, Joni Larson
- Duke Witte: AHA President
- Derek Hadrick: AHA Vice President/Discipline Chair
- Katie Linke: AHA Treasurer

“Let me start with issuing you a challenge: Be better than you are.” **Herb Brooks**



Team Introductions

Players introduce
themselves and parents



AHA TEAM Values

"The highest compliment that you can pay me is to say that I work hard every shift, that I never dog it." **Wayne Gretzky**

- **POSITIVE ATTITUDE:**
 - Bring a positive attitude to practice and games
 - Be ready to work hard and become a better hockey player
 - Support your teammates and encourage them to work hard
 - When a teammate is down, pick them up
- **PRIDE:**
 - It is a privilege to be part of the Cougar program
 - Pride is about being part of something bigger than yourself
 - You are representing AHA/Cougars during games and practices, and in the community
 - Wear your jersey and travel suit with pride and represent our association with integrity
- **EFFORT**
 - 100% effort is expected at all times. Effort can't be coached. Each player is expected to control their effort
 - You are expected to bring your best effort each day in practice and during every game.
 - It takes your best effort to help the team reach their potential
 - Playing time is earned by your effort and attitude



AHA TEAM Values

"I don't think any, one person will ever be bigger than the team." **Wayne Gretzky**

- **DISCIPLINE:**

- Having discipline is about making the right choices.
- Come to practice every day ready to work hard and not cut corners
- Be on time for practice and games
- Don't talk back to officials or coaches. They are there to make you a better hockey player

- **TEAMWORK:**

- Always put the team **FIRST**
- Accept your role on the **TEAM**
- Be **RESPECTFUL** to coaches, teammates, officials, and opponents
- We **WIN** together and lose together as a **TEAM**
- Celebrate your teammates during good times
- Pick up your teammates during the hard times

"You'll never catch me bragging about goals, but I'll talk all you want about my assists." **Wayne Gretzky**



Team Philosophy

Your attitude, not your aptitude,
will determine your altitude.

"No matter who you are, we're creatures of habit. The better your habits are, the better you will be in pressure situations." **Wayne Gretzky**



Team Philosophy

- Team FIRST Mindset
- Combined effort of EVERYONE
- Cohesive Unit

"I knew at a young age, whether I was playing baseball or hockey or lacrosse, that my teammates were counting on me, whether it be to strike the last batter out in a baseball game or score a big goal in a hockey game." **Wayne Gretzky**



Team Philosophy- Commitment

- Practice- Be There
 - School, family, religion
 - Notify Coach prior to missing
- You control: Effort and Attitude
 - 100% effort in practice make game situations easier
 - Nobody is more important than the TEAM
- Commit to team and individual goals
- Short shifts with lots of hustle

"Hockey is a unique sport in the sense that you need each and every player helping each other and pulling in the same direction to be successful." **Wayne Gretzky**



EXPECTATIONS

"You find that you have peace of mind and can enjoy yourself, get more sleep, and rest when you know that it was a 100% effort that you gave—win or lose." **Gordie Howe**

- Focus
- Commitment
- Effort
- Attitude
- Discipline
- TEAM

"You win with people, not with talent. So, the quality of the people is very important in building your team. I always looked for people with a solid value system. Then I recruited kids from a cross-section of different personalities, talents and styles of play." **Herb Brooks**



SKILLS

- Physical/Technical Skills
 - Skating, passing, shooting, puck control, and reading/reacting
- Mental Skills
 - Communication thinking ahead, anticipation, desire, tenacity, positioning, effort
- Fundamentals First, Then Speed and Power
 - Muscle memory, creates habits under pressure

“No matter who you are, we’re creatures of habit. The better your habits are, the better you will be in pressure situations.” **Wayne Gretzky**



LEADERSHIP

- Expect the older/more experienced players to lead by example
- Be role models for younger players
- Positively represent our program on the ice, off the ice, and in the community
- Demand 100% effort from everyone on the team at all times

"A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be." **Wayne Gretzky**



LOCKER ROOM

- Team Sanctuary
 - No one except coaches and team players allowed in the locker room before, after, or during games or practices
 - A playlist of appropriate music is allowed, but must be approved by coach
- AHA/USA Hockey Locker Room Policy
 - No Cell Phones permitted to be used in the locker room
 - No device capable of recording or taking pictures to be used in the locker room
 - SafeSport: Misconduct, Bullying, Hazing, or Harassment will not be tolerated

“A player that makes the team great is more valuable than a great player.” **John Wooden**



EQUIPMENT

- Game day warm up - Black shorts, Cougar Pee Wee shirt and tennis shoes
- Breezer Covers & Socks will be distributed at jersey check out (date TBD)
 - Breezer covers will be supplied by the association to each peewee player to keep. Any future replacements of the breezer covers will need to be purchased.
 - Families will be billed through Crossbar for socks. Additional socks will be available on site for purchase (details TBD).
- Neck Laceration Protection is required



COMMUNICATION/CONTACT INFO

- Player communications will be sent out via Crossbar Chat
- Coach may delegate Captains to distribute information to the team
- 24hr rule will be strictly enforced
- Coach: Ben Fischer: 605.216.1778
- Coordinator: Ashley Zens: 605.380.6590
- Coordinator: Joni Larson: 605.354.2922
- School Absences: May miss up to 5 days. Must advise school that the absence is hockey related.



SCHEDULE

- League Schedule: by 11/1/24
 - **8A, 8B**, 6C = 22 PW Teams
 - 18 League Games
 - League Competition Committee
- Practice Schedule –
- Monday & Thursday 7:30-8:30 (Odde)
- Tuesday – 6:45-7:45 (Expo)
- Dry Land Monday and Thursday 6:30 – 7:10
- Chalk Talk Schedule TBD
 - Infinite Edge & Power Skating: 10/31-11/2
 - Goal Robbers: 10/13
- Bleacher Cleaning Thursday Blue seats sections A-D

“It’s not necessarily the amount of time you spend at practice that counts; it’s what you put into the practice.” **Eric Lindros**



TOURNAMENT SCHEDULE

- **Pee Wee A**
- Bismarck B1 Tournament Dec 12-14
- West Fargo Tournament Jan 2-4
- SDAHA 2/20-2/22 Brookings
- **Pee Wee B**
- Bismarck B Tournament Dec 12-14
- Worthington Tournament Jan 30-Feb 1
- SDAHA 2/20-2/22 Huron

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POLICIES/PAPERWORK

- Code of Conduct
- Volunteer Policy
- Fundraising Policy/Dates
- Jersey Deposits/Rental
- Academic Release
- 24 Hour Waiting Rule
- Locker Room Policy
- Zero Tolerance Policy



ZERO TOLERANCE (USAH/SDAHA/AHA)

The game officials will stop a game when the parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. This inappropriate and disruptive behavior shall include:

1. Use of obscene or vulgar language in a boisterous manner towards anyone at any time.
2. Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing, threats of physical violence or actual physical violence
3. Throwing of any object in the spectator's viewing area, player's bench, penalty box, ice surfaces, or any other area inside the rink directed in any manner as to create a safety hazard. Spitting at players, officials (off ice, minor officials, or on-ice officials), or fans/spectators is also prohibited.
4. Touching, pounding, or hanging on the glass boards of the rink

Spectators not abiding by these rules may be removed from the facility with or without warning.

We want to ensure a great fan experience for all spectators and urge you to cheer loud and proud for your team in an appropriate manner. Please help us in making our ice rink the best place in South Dakota to watch hockey by displaying respectful behaviors!

“Administrators are responsible for enforcing the rules and policies established and approved by USA Hockey, their Affiliate, and their Association or Club. This includes taking disciplinary action, as deemed appropriate, towards any parent/spectator removed from a game as a result of a violation of the Zero Tolerance Policy.” **USA Hockey**



CONCLUSION

"Success is won by those who believe in winning and then prepare for that moment. Many want to win, but how many prepare? That is the big difference. A sound value system held water then, holds water today, and will hold water in the future." **Herb Brooks**

