



Aberdeen Hockey Association

Parent-Player Meetings

2025-2026 Season

Youth Varsity/Junior Varsity

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/Hockey Operations/HDC



Coaching Staff/HDC Introduction

- Head Coach: Dana Myhre- JV- Landon Danielson
- Assistant Coaches: Kevin Hundstad and Landon Danielson
- Mike Schmidt: Director of Hockey Operations
- Coordinator: Jen Danielson – JV- Smantha Loeb
- 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**



Expectations

"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**



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 ATTIRE

- White Helmet, LB Jerseys, LB Breezer Covers, LB Socks, Protective Gear, Mouth-Piece, Neck Laceration Protection
- Game Day Attire:
 - Home: Dress Pants, Button up Shirt/Polo. Suites are fine, no novelty suits.
 - Away: Black jogging pants and black hoodie with Cougar logo preferably
 - Bring shorts, t-shirt, and running shoes for warm up
- Be at Rink at least 60 minutes before game time. BV will attend JV games and JV will attend BV games



COMMUNICATION/CONTACT INFO

- Player communications will be sent out via Crossbar Chat
- Coach may delegate Captains to distribute information to team
- 24hr rule will be strictly enforced
- Illness will happen. Please communicate with your coach prior to missing (copy another adult (parent) in the communication for SafeSport compliance)
- Coach:
 - Dana: 605.216.4185
 - Kevin: 605.354.0578
 - Landon: 605.216.6166
- Coordinator:
 - Jen: 605.216-6012
 - Samantha: 320.522.2550
- School Absences: May miss up to 5 days. Must advise school that the absence is hockey related.



SCHEDULE- Varsity

- Practice Times: Mon-Fri 4:00 pm – 5:15 pm
 - We will not always have practice on Friday. We will communicate as applicable
- Dryland/Film/Chalk Talk: Weekly TBD
- State League Schedule:
 - Will be shared as soon as it is available. (Expect November)
 - 12 Teams, 22 League Games
- Aberdeen Jamboree: 10/25-10/26
- Dickinson Jamboree: 12/29-12/30
- Duluth Jr. Gold: 1/30 – 2/1
- SDAHA State @ Sioux Falls 3/12-3/14
- If the coach is not contacted in advance of missing a practice, it will be unexcused.
- If you oversleep, coming late is better than not coming at all.
- Your participation in games will be driven by your participation in practice
- Infinite Edge & Power Skating: 10/31-11/2
- Goal Robbers: 10/13
- Cleaning: Thursday Entire upstairs floor, behind metal bleachers, including dryland area, and outside front steps and landing



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

SCHEDULE- Junior Varsity

- Practice Times: Mon-Fri 4:00 pm – 5:15 pm
 - We will not always have practice on Friday. We will communicate as applicable
- Dryland/Film/Chalk Talk: Weekly TBD
- State League Schedule:
 - Will be shared as soon as it is available. (Expect November)
 - 13 Teams, 24 League Games State League Schedule:
- Fargo Jr. Gold 12/5-12/7
- Dickinson Jamboree 12/29 – 12/30
- Brookings JR Gold 1/3-1/5
- SDAHA State @ Watertown 3/6-3/8
- If coach is not contacted in advance of missing a practice, it will be unexcused.
- If you oversleep, coming late is better than not coming at all.
- Your participation in games will be driven by your participation in practice
- Infinite Edge & Power Skating: 10/31-11/2
- Goal Robbers: 10/13
- Cleaning Thursday East Side of Bleachers Sections H-K

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



POLICIES/PAPERWORK

- Code of Conduct
- Volunteer Policy
- Fundraising Policy/Dates
- Policy on Use of Sticks, Balls, & Pucks
- Academic Release
- 24 Hour Waiting Rule
- Locker Room Policy
- Lettering 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**

