

8U Mite ADM Policy

OF THE WEST SALEM HOCKEY ASSOCIATION

WSHA acknowledges that USA Hockey has adopted an American Development Model (ADM) for its youth hockey program progression. WSHA strongly believes that FUNdamental skill development, as outlined in numerous USA Hockey (USAH) documents, is an essential building block in early player development and therefore will implement the USAH ADM for its 8U Mite program. It is strongly encouraged that the USAH ADM is implemented at all youth levels.

Therefore, WSHA will implement the following guidelines in accordance with existing WSHA policies and the USAH 8U Mite ADM program:

ADM Coordinator

The function of the ADM Coordinator is to promote and incorporate USAH's ADM program within the association. The ADM Coordinator shall inform the general membership of USAH developmental goals and provide age-specific educational materials to all coaches.

- a. The ADM Coordinator shall be assigned by the BOD and work with the Ace Coordinator to develop age-appropriate curriculum for all WSHA levels.
- b. The ADM Coordinator shall oversee the implementation of the 8U Mite and transition programs.
- c. The ADM Coordinator should have, at a minimum, USAH Level 1 certification and have completed the 8U online module.

Coaches

WSHA will allow certification for a minimum of two 8U Mite coaches per 8U team level. All prospective coaches must apply for WSHA coaching positions via the application process set forth by WSHA.

- a. All appointed coaches must be USAH certified by December 31 of the current season.
- b. All appointed coaches must complete the WAHA required background check and USAH SafeSport compliance must be achieved prior to the beginning of the season.
- c. 8U Mite coaches will serve under the direction of the ADM and Ace Coordinators.
- d. 8U Mite coaches are expected to follow the curriculum of the USAH ADM and adhere to the guidelines outlined in this policy.

Team Managers (i.e. Parent reps)

8U Mite team managers: The responsibility of the team manager(s) is to act as the liaison between the 8U coaches, team parents and players and carry out other duties as assigned by the coaching staff.

- a. The 8U Mite team manager(s) are assigned by the ADM Coordinator and serve at the discretion of the ADM Coordinator and 8U coaches
- b. Duties of the team manager(s) may include scheduling of away and home games, entering jamborees and act as the onsite official during home games.
- c. 8U team managers are expected to follow the direction of the USAH ADM and adhere to the guidelines outlined in this policy.

8U progression levels

USAH outline three specific development levels for the ADM program designated by jersey color. WSHA will utilize a different coloring scheme Orange-White-Black (OWB) that correlates as follows:

- a. USAH Red = WSHA Orange
- b. USAH White = WSHA White
- c. USAH Blue = WSHA Black

Team assignments

All 8U Mite players will be evaluated by coaches in mid-November of the current season and assigned to respective levels (OWB). Players may be reassessed a second time in mid-season to determine whether any skaters have attained skills allowing them to progress to another (OWB) level.

- a. 8U Mites will be issued practice jerseys indicative of their assigned OWB level.
- b. 8U Mite evaluation criteria shall be established by the ADM Coordinator in accordance with USAH guidelines.
- c. Player evaluations and team assignments shall be led by the ADM coordinator but must involve all 8U coaches.

Practice format

Practices shall adopt the most current USAH station-based ADM practice plans and repeat each individual plan twice before advancing to the next plan. To ensure adequate progression through the lesson plans, the ADM Coordinator and 8U Mite team coaches should consider alternating USAH lesson plans over a biennial period. For example, lesson plans 1-2, 5-6, 9-10... etc. should be implemented in seasons beginning with an even year and lesson plans 3-4, 7-8, 11-12... etc. in seasons beginning with an odd year.

- a. All 8U Mites should practice together in their respective OWB groups. **If practical**, transition skaters should practice with the 8U Mites within their own group.
- b. Station-based practices shall be approximately 50 minutes in length with up to three practices weekly. In the event certain limited practices are extended, small area games or other age-appropriate fun activities shall be added.
- c. WSHA lesson plans for ADM will follow USAH principals of long term athletic development (LTAD) and include desired outcomes based on the skills progression manual.
- d. For example, USA Hockey recommends the following criteria for 8U Mites: 85% individual skill improvement via hockey skills, activities, and games, 15% hockey sense via teaching of concepts through small area games and 0% devoted to systems and/or team-play training.

Jamborees

WSHA 8U Mites and transition skaters are encouraged to participate in “jamborees” hosted by local hockey associations (within a 45 mile radius). Guidelines for jamboree participation are as follows:

- a. 8U players will participate at their assigned level at jamborees.
- b. Transition skaters shall participate in jamborees at the discretion of the ADM Coordinator.
- c. Blue (Black) teams shall participate in cross-ice jamborees and will not utilize goaltenders.
- d. White teams shall participate in cross-ice or half-ice jamborees and may have goaltenders.
- e. Red (Orange) teams can participate in cross-ice or half-ice format games that may include fully dressed goalies.
- f. Allowable jamborees will have between 4 and 5 players on the ice per team.
- g. To allow for adequate skill development, no WSHA team may participate in a jamboree prior to the first week of December of the current season.
- h. Maximum number of jamborees per season per 8U player is eight (8).
- i. The ADM Coordinator shall approve all jamborees before scheduling.

Full ice practices

WSHA may authorize one weekly "Intro to Full Ice" practice beginning no earlier than the first week in February of the current season. These practices shall be at the discretion of the ADM Coordinator and BOD.

- a. “Intro to Full Ice” practices will be limited to transition skaters and 8U players in their final year of Mite eligibility only.
- b. “Intro to Full Ice” practices shall be held under the direction of the ADM Coordinator.
- c. “Intro to Full Ice” practices will be designed to introduce players to fundamental positioning and rules associated with full ice games. Minimal conditioning is to be done at these practices.
- d. “Intro to Full Ice” practices are optional and will be held in addition to regularly scheduled ADM Mite practices.
- e. 8U and transition players’ primary responsibility is to attend regularly scheduled ADM practices.

Full ice scrimmages

WSHA will allow up to two (2) local Mite full ice scrimmages beginning March 1st of the current season per WAHA requirements.

- a. “Scrimmage” is defined as the interplay between two teams that begins with the initial drop of the puck and extends for the duration of a normal 8U game as defined by WAHA.
- b. Full ice scrimmages will be limited to transition skaters and 8U players **in their final year of Mite eligibility only**.
- c. If not enough players are available to field a 8U Mite scrimmage team as defined above, the ADM Coordinator may contact the Squirt coaches to request that lower-level Squirt players participate.
- d. Full ice scrimmages must occur within a 45 mile radius of West Salem.
- e. Full ice scrimmages may or may not include USAH certified referees.

Tournaments

Travelling tournaments are recognized as an enjoyable activity rewarding players and parents for their commitment to WSHA hockey. At the 8U Mite level, the primary focus of playing hockey is FUNdamental development and player retention. Excessive travelling can be financially burdensome to families. Excessive tournament preparation and participation is deterrence to 8U Mite developmental goals. As a result, 8U Mite tournament participation will be limited to the following:

- a. WSHA will not permit any 8U Mites to participate in full ice tournaments during a current 8U Mite season. The start date for a “current” 8U Mite season is Nov. 1st and the end date is March 21st.

- b. No current or retired WSHA jerseys or other equipment representing WSHA can be used for 8U Mite full ice tournaments at any time.
- c. Up to two (2) half-ice tournaments will be allowed during the 8U Mite season for orange players, Mites in their final year of eligibility and transition skaters per the discretion of the ADM Coordinator.
- d. The ADM Coordinator shall approve half-ice tournaments before scheduling.
- e. WSHA prohibits any unauthorized 8U full ice practices, scrimmages, games or tournaments not in adherence with the above guidelines.

Disciplinary Procedures

In accordance with WAHA's policy of ZERO TOLERANCE for player/parent/ coach misconduct, any behavior deemed abusive or otherwise detrimental to the positive atmosphere of our youth hockey program will not be tolerated. On or off ice incidents shall be immediately handled by the ADM coordinator or head coaches, and documented and forwarded to the WSHA BOD for adjudication.