



CALGARY ROYALS

Royals 19/20

The Only Easy Day Was Yesterday

Midget AAA

Midget AA Blue Midget AA Gold

Minor Midget Blue Minor Midget Gold

Schedule of Events



- ***Welcome address - Tom Geib VP Midget***
- ***The Royals Standard and Global Program information - Mark Maloney***
- ***Staff Introductions Off Ice- Mike Langen***
- ***Staff Introductions On Ice - Mike Langen, Drew Coles, Tyler Wagner, Brad Hodge, Jason Carruthers***
- ***Royals MAAA Presentation - Mike Langen***
- ***Royals MAA Presentation- Drew Coles***
- ***Royals M15 Presentation- Brad Hodge***
- ***Calgary Royals Admin Information - Jill Cameron***
- ***Q and A Break Out session***

The CRAA Standard



The “ROYAL GOLD STANDARD”

Expectations...Accountability...Consistency...Execution

It isn't easy...It takes time and energy...EVERYBODY is on the board...One weak link will open the door to excuses and mediocrity.

- **“Perfect Effort”** – *Life happens, but that does not release me from my responsibilities to prove my PERFECT EFFORT to uphold the Royal Gold Standard*
- **“5 Minutes Philosophy”** – *If you are not 5 minutes early...you are late...for everything.*
- **“Pro player”** – *You are representative of both your team and the Calgary Royals. Look the Part, Be the Part and Live the Part. Respect is earned not given and we strive to earn everyone's respect in all we do on and off the ice.*
- **Appearance** - *Appropriate hair, clean cut, cleanliness for ALL TEAM functions i.e. team meals. Coach's option: Shirt and Tie or zipped up Calgary Royals track suit. We do not wear hats indoors.*
- **Dressing Rooms** – *Our sanctuary and the culture within is undeniable. Phones are put in the phone bag, players are always comfortable physically (showers) and there is respect for everyone's mental and physical space. Cross the line in this regard and the consequences will be extreme.*
- **Language** – *Awareness of social situations and professional conduct for players and coaches. We all respect families, sponsors, partners and much more than ourselves.*
- **Game and Practice** – *Warm –up/Cool-down – Proper footwear with the Calgary Royals track suits or related apparel MUST be worn. Training in underwear is not acceptable. We always dynamically warm-up for practices and games.*
- **Public Area Awareness** – *We don't change in the view of public.*
- **“Leave it cleaner that we found it”** – *Dressing rooms, busses & hotel rooms are to be left as clean or cleaner than when we arrived. We leave our footprint wherever we go.*

“Let there be no mistake as to what we value. You are all here to aspire, grow, develop and lead”. What legacy are you leaving for the association?”

Program Information

The program is based on giving the player the best chance at growth and success on and off the ice. We are a player focused program. Our belief is that when we look after the needs of the individual player the team will become successful. The partnership with Global and our team enable us to provide a fully complete program that will develop every player. A proper mind set is necessary from every player to take advantage of all of the aspects of the program to maximize the offerings.

What are you willing to do today that others won't, so you can do later, what others can't ???



CALGARY ROYALS

CRAA Midget AAA Program

10 months

Ice with Global Sport Academy Coaches and your CRAA Coaching Team every week
Off-Ice Training with PEAK Power Development at Mount Royal University twice per week
Mental Performance Sessions with Coach Lorie Pulliam
Mental Health - Mindful Athletics
Academic Support and Tutoring once per week
PEAK Fitness Testing
Coach Mentorship of All Teams
Junior Camp Preparatory Ice March/April
Off-Season Training March, April, May, June - Mount Royal University
CRAA and Global Player Marketing Program Junior, NCAA, Sports

Royals Club Presentations and Themes:

- Undeniable "A Leadership Lesson in Courage, Success and Passion in Youth Sport" - Players, Parents and Coaches Presentation
- Routes/Choices/Marketing/Resumes and Scholarships - Players, Parents and Coaches Presentation
- The Science and Analytics of Development and Making It!!! - Players, Parents and Coaches Presentation
- Nutrition - Fuel to Perform - Parents, Players and Coaches Presentation

CRAA Player and Family Support Line
CRAA Game and Practice Video

Odds and Ends:

- All workshops are at Central Memorial High School
- Off-Ice Training will be held at Mount Royal University. Parking is provided



Please pick up MAA and M15 Program handouts for specific program information

Staff Introductions- Off Ice



- ***CRAA Midget VP - Tom Geib***
- ***CRAA Administrator- Jill Cameron***
- ***CRAA Midget AAA Director- Wilf Richard***
- ***CRAA Midget AA Blue Director- Lee Morris***
- ***CRAA MAA Gold Director – John Mitchell***
- ***CRAA MM Blue Director- Dan Danis***
- ***CRAA MM Gold Director- Chris Anderson***
- ***Academic Coach - Shelda Kozak***
- ***Strength and Conditioning Team - PEAK Power Athletics- Michael Souster***
- ***Mindful Athletics- Jessica Renney and Paula McQuaid***
- ***Mental Performance Coach- Lorie Pulliam***
- ***Team Mentors - Mark Maloney (MAAA), Jamie Fox (MAA Gold), Terry Johnson (MAA Blue), Jeff Ovens (M15 Gold), Randy Cave (M15 Blue)***

Staff Introductions- On Ice



- **Head Coach MAAA – Head Coach Mike Langen. Assistant Coaches Micki DuPont, Derek Puttick, Ken Plaquin, Video Coach- Liam Belcourt, Athletic Therapist - Eryn Tippe, Team Managers - Peter Hughes, Elaine Smith**
- **Midget AA Blue - Head Coach - Drew Coles. Assistant Coach Brett Krokosh**
- **Midget AA Gold - Head Coach - Tyler Wagner**
- **M15 Blue- Head Coach Jason Carruthers. Assistant Coaches Brett Hartos, Mike Friesen, Kevin Griffin, Ryan Howell**
- **M15 Gold- Head Coach Brad Hodge. Assistant Coaches Eric Gilholme, Kevin Tjostheim and Manager Dave Maberley**
- **Global Sport Academy On-Ice Skill Staff - Various Specialists**

Off Ice Program Components Brief Overview



- *Academic Coach - Shelda Kozak*
- *Strength and Conditioning Team - PEAK Power Athletics- Michael Souster*
- *Mindful Athletics (Athletes Mental Health)- Jessica Renney and Paula McQuaid*
- *Mental Performance Coach- Lorrie Pulliam (unable to attend this evening)*

What do we do all this for?



Objective: Become the Midget Program of Choice in Western Canada.

TELUS CUP

Tournament will be held in Saint-Hyacinthe in April of 2020.

But first there will be...

32 League games

Mac's Tournament

20 +/- playoff games

Pacific's

100 +/- practices

40 +/- Off ice Sessions

And ... A ton of fun along the way



AMHL - Development Excellence



(WHL, NCAA, U-Sports, ACAC)

- ***AMHL League Champions are crowned provincial Champions.***
- ***Top league in Canada for MAAA.***
- ***Balanced schedule and Best of 5 play downs in playoffs. North and South play off for a League and Provincial Championship and the right to play in Pacific's.***
- ***2020 Pacific Regional Championships - BC. Best of 3. Hosted by the BC provincial Champion this year.***



Mac's Tournament



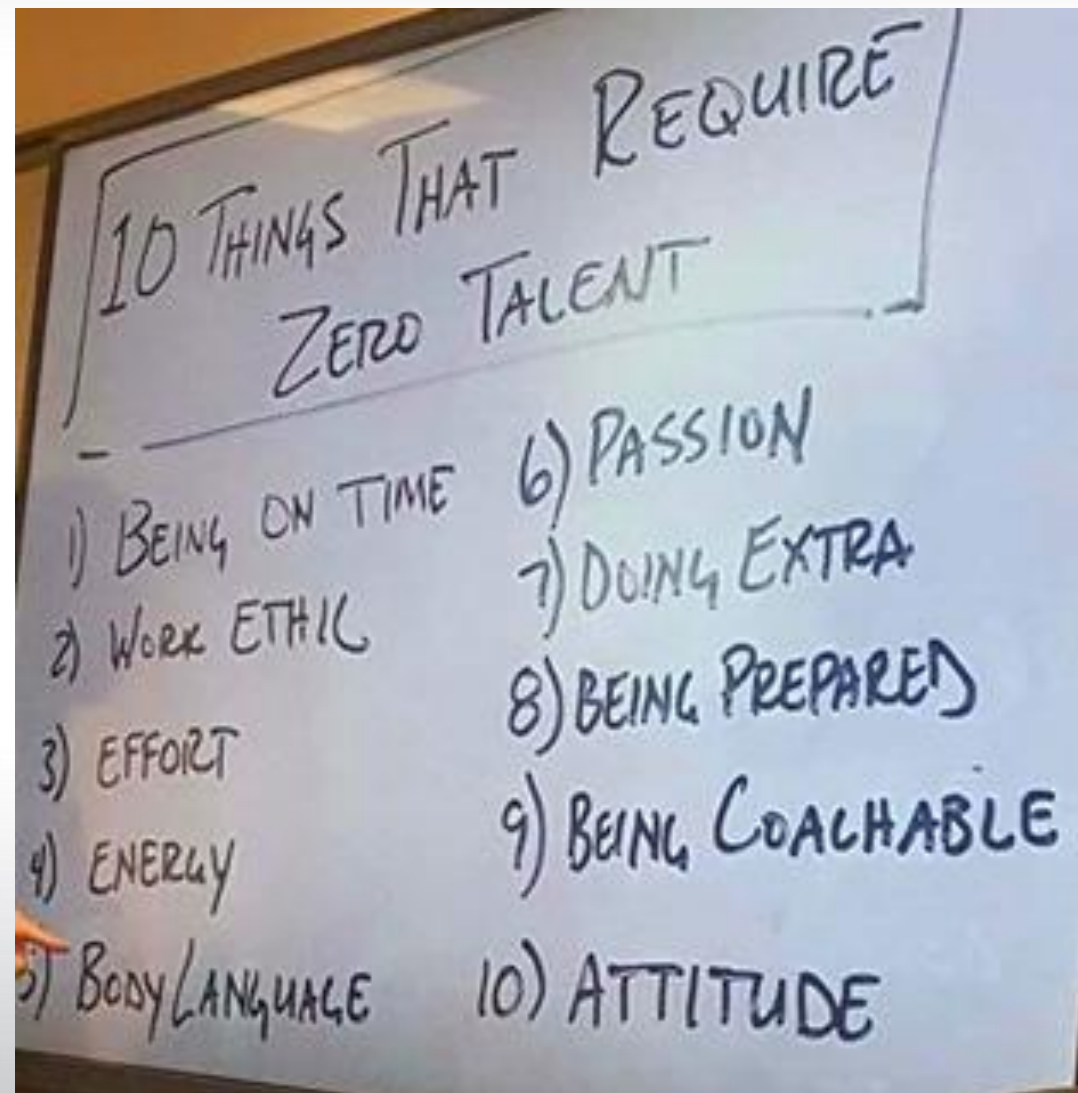
As we are a host team... Participation is guaranteed.

This experience is one that you will remember for your entire life.

Exposure: All WHL Teams, NCAA Division 1 & 3 Programs, All Junior A Franchises.



Our Culture... Past and Future. What will be your legacy and what will you do to honor those that went to War before you...



Team Focused Approach To Winning Everyone Contributes and Everyone has an opportunity...



10 Traits of a winning TEAM CULTURE:

- 1. Togetherness***
- 2. High Standards***
- 3. Commitment***
- 4. Winning Mindsets***
- 5. Zero egos or entitlement***
- 6. High work ethic***
- 7. Respect for each another***
- 8. Great communication***
- 9. 'We' not 'me' focused***
- 10. Strong relationships***

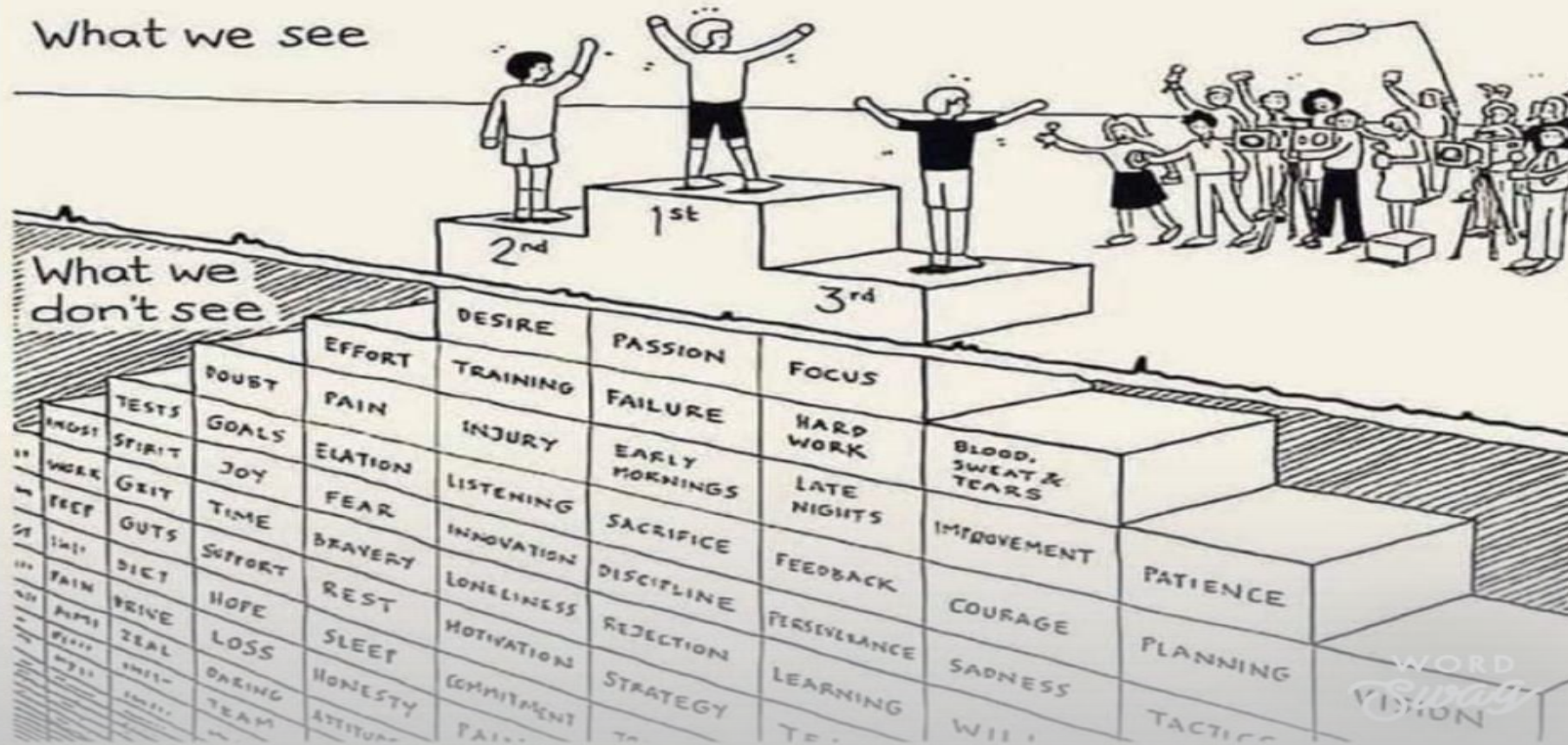
**“The moment you accept
responsibility for
everything in your life is
the moment you gain the
power to change anything
in your life.”**

Hal Elrod

Discipline Equals Freedom



SUCCESS: What people don't see:



MAAA Camp Schedule



Schedule

- ***M15 Camp August 30th-September 1st***
- ***Goalie Session September 1st***
- ***September 3rd - Players report to camp. Practice Ice- Station based and 3 on 3 session***
- ***September 4, 5, 6th Game evaluations***
- ***September 7th- Top 40 fitness Testing***
- ***September 8th- Top 40 game***
- ***September 13-15th Preseason Tournament***
- ***September 18/20th Exhibition Game vs CFR***

Player Release Dates

- ***September 6th- Top 40 will be chosen. Remaining players will be released to M15 or MAA.***
- ***September 8th- MAAA Draft. 30-32 Players. Remaining players to M15 or MAA to potentially be drafted.***
- ***September 15th – Required to get to 23+/- players. Remaining Players released to M15 or MAA.***
- ***September 22nd- Final Cut down date. 20 players. Balance of players released to M15 or MAA by this day. TBC to meet Hockey Calgary Requirements***

Evaluation Focus



Physical Skill Set

- **Puck Skills-** *Passing and receiving at speed, shooting in stride, ability to protect the puck, 50/50 board battles*
- **Skating-** *Solid on your feet, ability to get to top speed quickly, Dynamic on your edges at speed*
- **Strength-** *not necessarily size. Be physically able to battle for position and possession.*

Intangibles

- **Character-** *Looking for “team” guys. Ones that care more for others than they do themselves. Team First mentality*
- **Growth Mindset** - *Looking for players who love to learn.*
- **War Mentality** - *Willing to do whatever it takes to get the job done. Players who relish competition and thrive under pressure.*
- **Not afraid to fail** - *Embrace the challenge of learning and comfortable pushing your own boundaries.*

5 Pillars



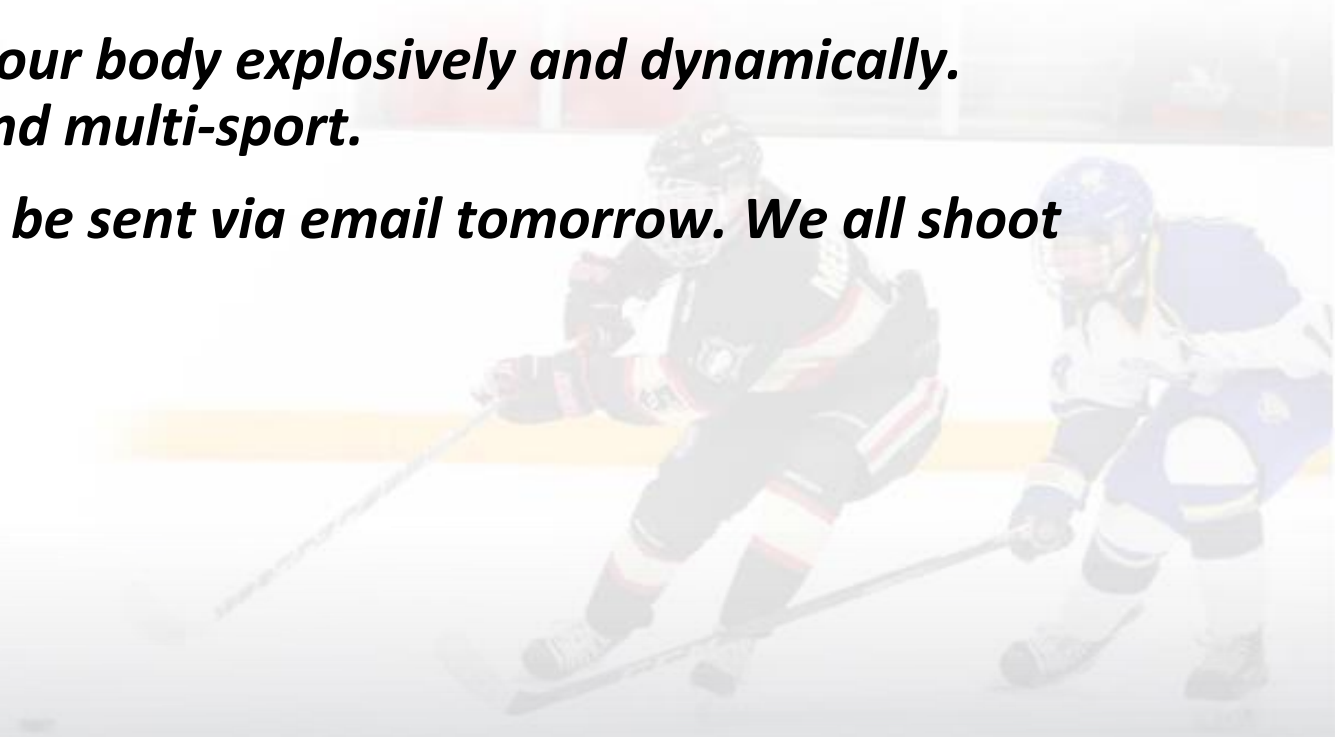
- *Passing and Receiving at Speed*
- *Angle Checking*
- *Puck Support in all Zones*
- *Dynamic Skating and Edge Control*
- *Drive the net Scoring Techniques/Royal Road*



Fitness Testing Focus and Requirements



- ***Fitness Testing will be performed on the Saturday at Peak on the SAIT campus. Top 40 players only will attend.***
- ***Fitness testing follows the NHL combine testing protocol.***
- ***Your training focus: The ability to move your body explosively and dynamically. Train on your feet and incorporate skill and multi-sport.***
- ***Puck-handling and Shooting Package will be sent via email tomorrow. We all shoot 200 every 2nd day.***



Your Typical Week



On Ice

- ***Monday- Skills Practice 1.25hr***
- ***Tuesday- Systems Focus Practice 1.25hr***
- ***Wednesday- Rest and Recovery***
- ***Thursday-Flow practice 1.25hr***
- ***Friday- Special Teams/Gato Cup 1hr***
- ***Focus Changes Throughout season and follows yearly plan.***

Off - Ice - Evenings

- ***Monday- Academic Session***
- ***Tuesday-Video Session/Strength and Power Training***
- ***Wednesday-Rest and Recovery***
- ***Thursday-Multi Sport/Spin/Yoga/Acceleration etc.***
- ***Friday- Rest and Recovery when able to schedule***

Season Layout



- **Pre-Season** - Modified and Adjusted Line ups each game based on what the staff needs to see out of some players
- **Regular Season** - Players will play in all situations and contribute equally to all special teams. This is a time in the season you will be required to round out your game and learn to play in all types of situations. In the short term we may give up a few wins but in the long term it will ensure we have developed everyone maximally on the team. This part of the season will be preparation and tryouts for the latter part of the season where specialized roles are developed. Everyone has equal opportunity to develop and succeed through the first half of the season,
- **Macs Tournament - Short Term Competition** - This tournament is for you the player. We will continue with the basis of equal ice and equal special teams time. If the team comes together and plays as a whole team we have just as much of a chance at making the finals as anyone. Shortening the bench will not be an option as keeping everyone engaged and rolling will afford us the best chance of winning.
- **Playoff Preparation (Post Macs) - Final League Games and Preparation.** Focus on special teams and defining and learning roles specific to the talents of each player. Fair and fun for everyone is now done. We will be placing players in roles they have the greatest chance at being successful.
- **Playoffs - Series Competition** - Coaches coach... Players Play... Parents Cheer. Players will play in situations the coaches feel they will have the most success. Sometimes that means restricted ice time, sometimes it means more than that. This is the time of the season that being able to have all your players ready and willing to play any situation will benefit our team the most and buy in to line and player roles is super important. The team is more important attitude is essential during this time in the season.
- **Pacific's- Short Term Competition** - Generally a shortened bench scenario based on the competition and the ability of our group of 20. Best of 3 series dictates that the players who have the best chance of generating 2 wins will see more ice during this short term competition.
- **TELUS Cup - Short Term Competition** - Teams play up to 8 games in 7 days. The whole team needs to be ready to play here in order to be successful. Cannot shorten the bench and be competitive. This is the reason we play all players in all situations from the start of the year. Not just enough to get here... we want to win.

MAA Season Layout Presentation



Drew Coles and Tyler Wagner – Head Coaches

Season Layout:

Preseason games – September 2019

Regular Season Games – approximately 6 – 8 travel games interlock with SCAHL teams

Western Canada Midget AA Showdown Tournament – Dec 12 – 15, 2019 - Calgary

Esso Minor Hockey Week – mid January 2020

Playoffs – begin February 2020

Midget AA Provincials– only one CRAA team to host – March 2020

M15 Season Layout Presentation



- Evaluations – Weekend of Aug 30-Sept 1. 4 games and 1 goalie session. Two team draft to be held Sept 1 after final games have been completed.
- Preseason – Typically consists of 4 exhibition games, the NWCAA Minor Midget Pre-Season Wrap-up Tournament, and 6-7 practices to finish the evaluation process. Final player releases back to community to be completed by September 23.
- Regular Season – Runs from the end of September through the first week of March. League is split into North and South Divisions and schedule consists of 34 games with some inter-division games. Typically includes 1-2 overnight trips (i.e.. Lethbridge/Medicine Hat). Monthly averages of 9-10 practices and 4-5 dryland sessions.
- Sutter Cup – Usually the second week of March, the top 8 teams in South qualify for Sutter Cup with the Bottom 6 competing in the Consolation round. Split game round-robin style tournament with cross-over playoffs. Top 3 teams qualify for Provincial Championships. Host and dates have yet to be announced.
- Provincial Championships – Held approximately 2 weeks after Sutter Cup, full 5 game round-robin tournament with top 4 teams advancing to semi-finals.

Trust the Process and Value the experience



The Trip to MAAA is not always a straight line

- *M15 to MAA to MAAA is more the normal, than not. Work to make it..... expect to have to earn it. Development more often works in your favor than not. Set a short term goal and a long term goal and make sure the work is put in to achieve both those goals.*
- *Always remember that a “no” is not a “no”. It is a “not yet” and you have the power to control your future no matter where you play. Be the best you, no matter your situation and work to your goal. We cannot be successful if we are afraid of failure and react negatively to perceived adverse situations.*
- *Your attitude will dictate your altitude*
- ***Be proud to be a Calgary Royal.** This system is here to help you and make sure you reach your potential. How you get to your goal depends solely on you and your attitude. Bantam Draft and MAAA does not hold your hockey career hostage.*

Your Work Ethic and Attitude are the determining factors