



Summer 2006

Hockey Education Program (HEP)

Developed Collaboratively by Minnesota Hockey and the Mayo Clinic Sports Medicine Center

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HEP in 2006

Although we have submitted several articles which have been published in Let's Play Hockey and Hockey Moms, the HEP committee felt players, coaches, parents, and officials (Fig. 1) would enjoy a more regular update on the important youth hockey programs. So welcome to the first issue of the Hockey Education Program (HEP) newsletter. HEP is a three component program intended to increase fun, sportsmanship, and skill while reducing unnecessary injuries, attrition, and sport rage in the fast and exciting sport of ice hockey. Each of the following three components of HEP (Fig. 2) are defined as:

Skill Development— the goal of HEP's Skill Development component is to teach, measure, and have players master a set of age-appropriate skills that build progressively on each other at each level of participation.

Coaching Excellence— the HEP Coaching Excellence component is centered on an education program unique to both coaches and parents that teaches them skills to develop well-rounded athletes who display good sportsmanship.

Fair Play— the Fair Play component of HEP awards a point for both teams in each game if a team is assessed less than a preset number of penalty minutes, and if player, coach, or parent behavior does not result in forfeit of the Fair Play Point. Fair Play points are factored into team standings as follows (Win = 2 pt. , Tie = 1 pt. , Loss = 0 pt. , Fair Play = 1 pt.) Teams can receive up to 3 points per game toward their season standings (Win + Fair Play = 3 pt.), and can still earn a point in a loss (Loss + Fair Play = 1 pt.).

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Fig. 1 A player's behavior in hockey is strongly influenced by others in the hockey world, therefore, HEP is educating coaches, officials, parents, and players simultaneously.

HEP: Hockey Education Program

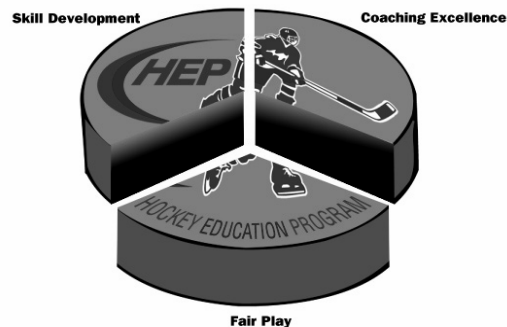


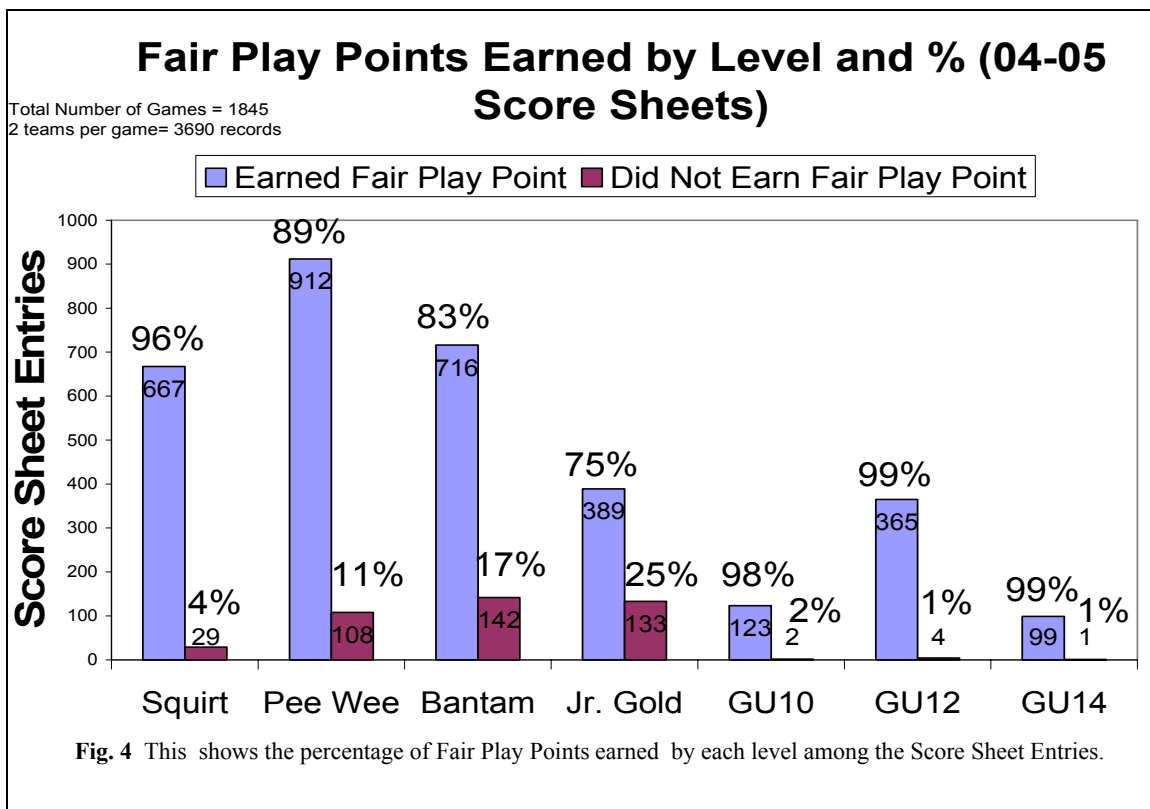
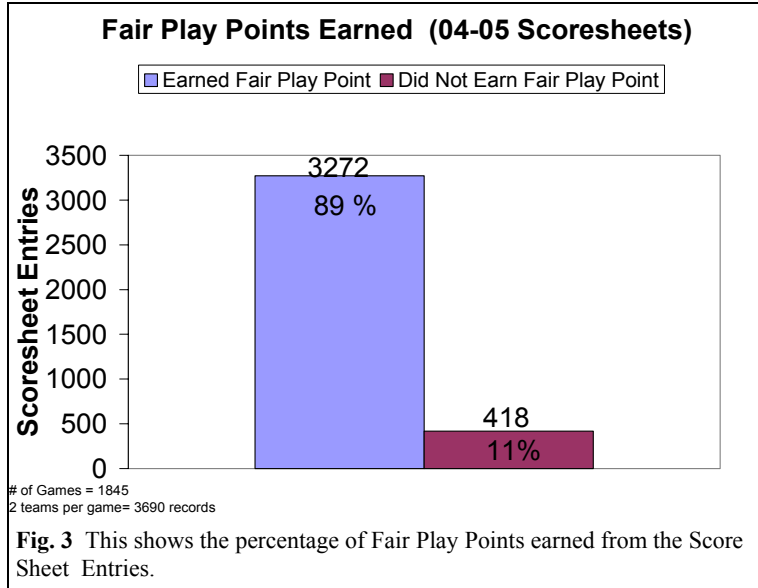
Fig. 2 The puck's divided portions indicate that HEP has three important, integrative components.

HEP Fair Play Component 2004-2005, What did we learn?

To measure how well HEP is being incorporated into Minnesota Hockey, it is important to track outcomes of several variables. The HEP team prioritized attrition: how many kids are quitting hockey vs. new registrants, how many teams are earning their Fair Play points, how many and what types of penalties are being called. Thus far, our preliminary analysis looks very positive.

Information on attrition will be evaluated after hockey registration, fall 2006. Teams participating in HEP earned an average of 89% of their possible Fair Play points over the course of the 2004-2005 season (Fig. 3). The distribution of Fair Play points earned is shown in Figure 4. Note the percentage listed above each

bar: this displays the percentage of Fair Play points earned from the total possible in each specific level, respectively. Notice the general decline in percentage of points earned among boys through later levels, while the girls remain constant through each age bracket. One must keep in mind that the distribution may be skewed by the differing number of score sheets submitted per level as depicted in Figures 4-6.



(Continued next page)

Fair Play Component (cont.)

Total Penalty Minutes by Level (04-05 Score Sheets)

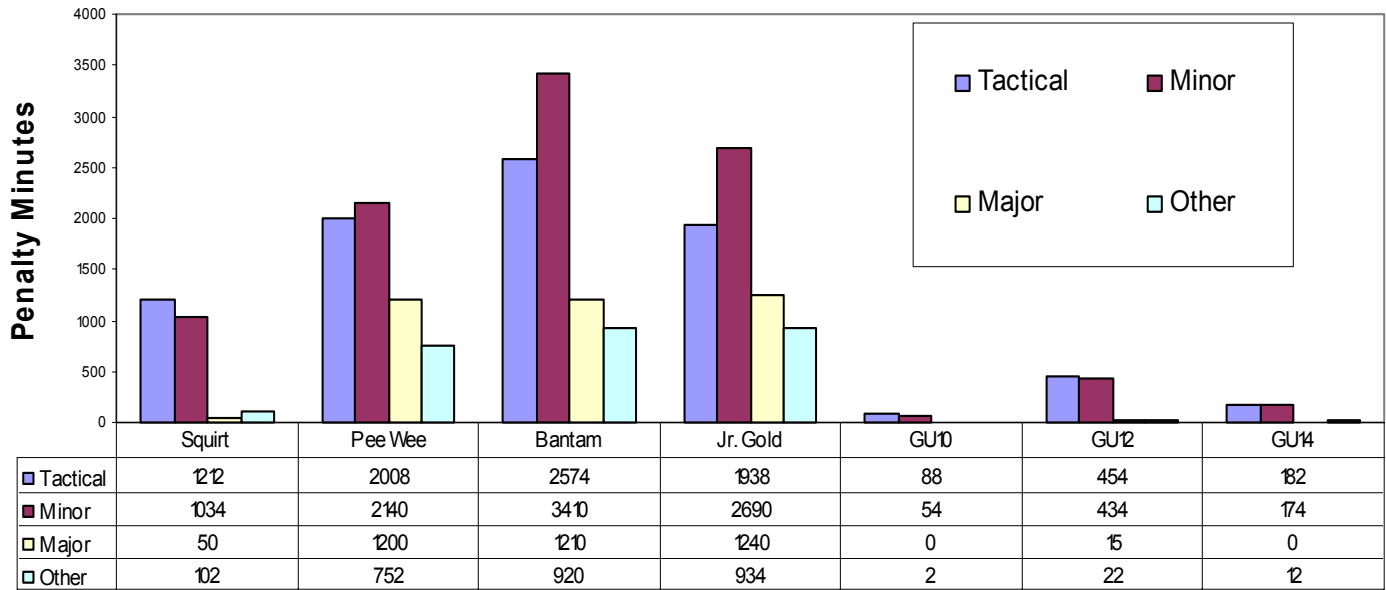


Fig. 5 This graph illustrates the number of penalty minutes per level of HEP participating teams.

Figure 5, shown above, is a chart of the total penalty minutes by level. The total number of minutes for each level is categorized into the different types of penalties: tactical, minor, major, and other. Tactical penalties include tripping, hooking, interference, and holding. Minor penalties that were tallied include elbowing, slashing, etc. Major penalties are listed in Figure 6, along with the number assessed to HEP teams in the 2004-2005 season.

Checking from behind (CFB) stands out most in Figure 6 because of its potential for serious injury, and for its prevalence among majors called. Because CFB is potentially dangerous and can contribute to catastrophic injury, it was decided to subtract the full 10 and 2 (12 minutes) from a teams' penalty threshold, when the CFB call is made. The CFB data from the 2005-2006 season shows a decline in this serious offense. Seen in Figure 7 (next page) is an obvious drop in the sheer number of CFB calls at all levels except for Pee wee B1.

Total Major Penalties (04-05 Score Sheets)

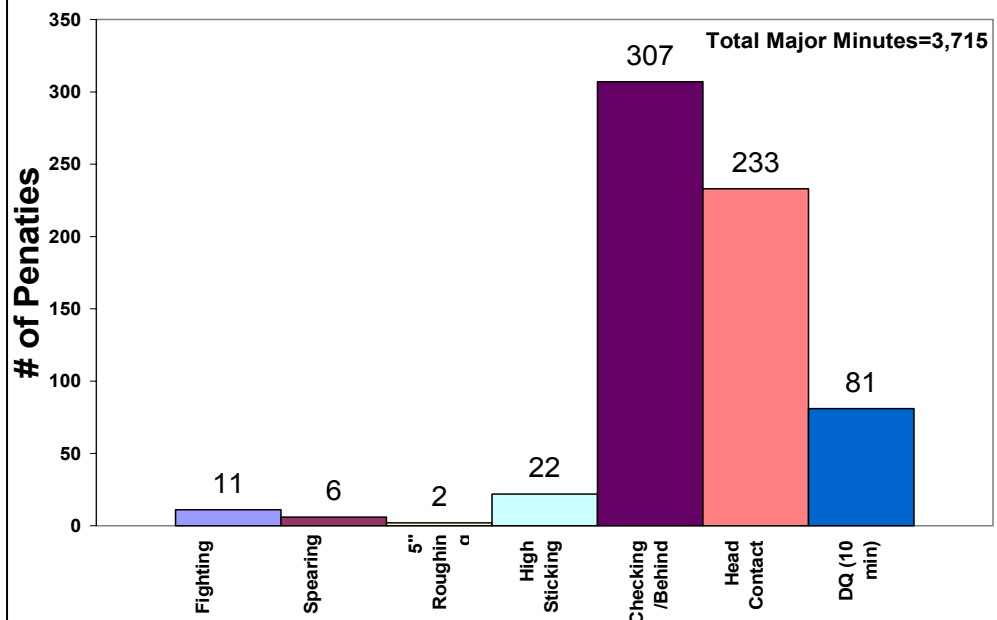


Fig. 6 This is the number of each major penalty assessed.

Because of the risk of catastrophic injury associated with CFB, and the large number of penalty minutes subtracted for this infraction, players, coaches, parents, and officials are likely to remain motivated to avoid taking this penalty. (Continued next page)

Fair Play Component (cont.)

Continued tracking of the prevalence of CFB calls will allow Minnesota Hockey to monitor if this favorable trend continues. Decreasing the risk for potentially serious injury is one of the most important tasks for HEP, and it comes with obvious reasons. The slides in Figure 8 show what can occur when a player is checked from behind.

In sum, the data paints a clear picture of HEP's involvement, importance, and future. The downward trend of CFB calls is in itself an accomplishment, and it can be contributed to the player-coach-parent involvement with HEP and the Fair Play point system. The 2005-2006 season data has yet to be fully analyzed, but one can predict from the CFB analysis that this downward trend in penalty minutes will continue with the Fair Play point system.

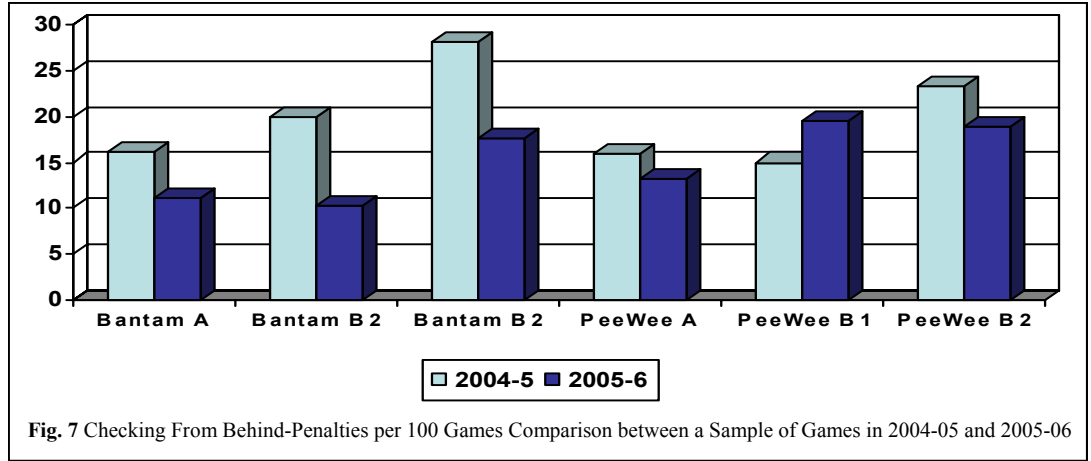


Fig. 7 Checking From Behind-Penalties per 100 Games Comparison between a Sample of Games in 2004-05 and 2005-06



Fig. 8 The Danger of Checking From Behind!

Improved Sportsmanship = Fewer Penalties = Safer Game = More Fun!

The **Hockey Education Program Committee** meets regularly. The last meeting was June 15, 2006. Committee members are listed at left on page 1. Since the last meeting, Mayo Clinic Sports Medicine Center research assistants have been entering data on the 2005-2006 season. Although analyzing 1,845 games played in 2004-2005 was an adequate sample in terms of size, to measure the impact of HEP (Fair Play Points and Penalty Minutes) at all levels of participation and in both genders, the sampling was primarily obtained from games played within 50 miles of the Twin Cities. We intend to obtain a more geographically represented sampling for 2006-2007. Hopefully, when Fair Play data are being collected uniformly across Minnesota, the following table, showing Fair Play points (integrated into end-of-season standings) will have meaning for all youth hockey games and tournaments. (Figure 9)

Figure 9

Team	GP	W	L	T	PTS	Fair Play PTS	Total PTS
Wild	24	19	3	2	40	+ 17	= 57
Stars	24	16	4	4	36	+ 21	= 57
Blackhawks	24	10	9	5	25	+ 24	= 49
Redwings	24	14	8	2	30	+ 18	= 48
Rangers	24	9	12	3	21	+ 20	= 41
Canadians	24	7	15	2	16	+ 22	= 38



HEP at a Glance

The Skill Development component of HEP will be focused on during 2006-2007.
Skill Development “Where It’s At” for 2006

All Minnesota Hockey teams at the Termites (Mite), Squirts and Pee-Wee levels of participation are encouraged to take the Skills Challenge pre and post season (minnesotahockey.org, visit link to HEP on left side of web page and look for the testing instructions and materials). Score changes between pre and post season will be entered into the Minnesota Hockey website and player percentiles will be available to their coach or parent. If a child is not improving their skills, coaches can determine if they neglected to provide adequate instruction, or they can identify barriers to learning specific skills. Some hockey associations in the Metro area (e.g., Burnsville and Centennial) completed their testing this fall and ran post season tests this spring. We hope to facilitate the testing and will relate the skill improvement (Delta scores) to the practice versus game ratio played.

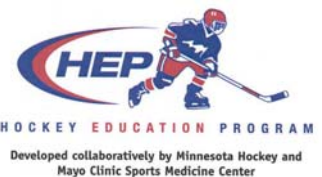
HEP has emphasized that youth hockey in Minnesota be played with a 3-4 practice to one game ratio. Players touch the puck approximately 67 seconds in a youth hockey game (if all players have equal ice time and equal opportunity to touch the puck), whereas in well organized practices, players playing “across ice” each handle the puck about 39 minutes. In Canada and the United States, the ratio has been approximately 1-3 games per practice, whereas in Europe teams have a 3-4 practice to game ratio. The 2006 Olympic Mens’ Hockey Tournament and the number of international players in the NHL may be an indication of the emphasis on quality practice versus games, which increases time with the puck.

Puck Control

Mite 8 and Under	Squirt 10 and Under	Pee Wee 12 and Under
<ul style="list-style-type: none"> • Stick—Stance—Grip • Wrist Roll • Split Vision • Basic Dribbling Skills • Forward Stride with Pulls • Weave & Control Pulls • One Hand Puck Accelerations • Attacking the Triangle • Forehand and Backhand Shifts 	<ul style="list-style-type: none"> • Change of Pace • Puck Protection • Control Turns and Escapes 	<ul style="list-style-type: none"> • Backward Puck Control • Puck Pass Off Boards

“Having a solid foundation in basic hockey skills is essential for a player’s long-term enjoyment of hockey.”
 — HEP Parents Manual

The HEP manuals provide details on all aspects of progression of skills. The information above, is a look at Puck Control. This table has been reproduced from the HEP Parents Manual titled *Sports and Your Child*. It is also available in *Coaches who Never Lose*—Page 6.



HEP on Ice: Moundsview Tournament

Congratulations to the Mounds View/Irondale Thanksgiving tournament organizers for putting on a successful tournament in accordance with the Hockey Education Program (HEP) Fair Play rules. Tournament director Dean Kloeckner was one of the first to organize a tournament in accordance with the HEP Fair Play rules this season. One hundred and ninety two games were played over the weekend and just two games ended in ties that were determined by Fair Play points. Of those two games, one Fair Play point was lost because a coach was ejected from the game for verbally abusing the referees. In the second game, one team took more penalty minutes than was allowed and forfeited their Fair Play point.

The purpose of Fair Play is to promote good sportsmanship and decrease potentially serious injury from aggressive and violent penalties. From the two games (out of 192 games) in which the outcome was determined by Fair Play, valuable lessons have been learned by the two losing teams. Appropriate conduct by the coach and a need to decrease needless penalties likely would have resulted in a more favorable outcome.

The response from the parents of the players involved in the Mounds View/Irondale Thanksgiving tournament is reported to be very positive— even including the parents of the two teams mentioned above. Eric Olson, the Minnesota Hockey Referee-in-Chief and a Bantam B1 coach, participated in the tournament and said, “I’m glad to see it [Fair Play] being used, and it really does help coaches think about playing the game and staying out of the penalty box.” Tournaments in Duluth are planning to be played by Fair Play rules, and it is likely other tournament directors will choose this course as well.

As you know, HEP and the Fair Play component are now a part of most league games, but have not been utilized as part of tournament play (except in Mounds View). As more tournament directors take the lead and implement Fair Play rules in their tournaments, the full potential for HEP can be realized. Minnesota Hockey can then fully integrate the three important components of HEP: Coaching Excellence, Skill Development, and Fair Play. . If you would like more information about Fair Play, or the Hockey Education Program go to www.minnesotahockey.org! Tournament directors, we really hope you choose to use Fair Play (HEP rules) in your 2006-07 tournaments.



HEP has made a difference in the stands, on the bench, and on the ice.

“As more tournament directors take the lead and implement Fair Play rules in their tournaments, the full potential for HEP can be realized.”

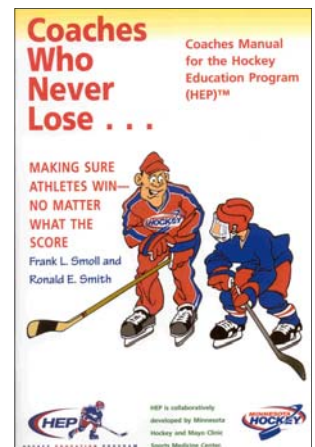
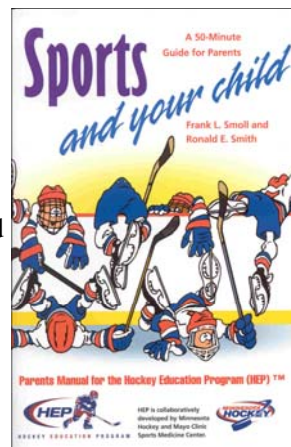
Do you have your HEP Manuals?

As the 2006-2007 Hockey Season approaches, we encourage you to revisit the Minnesota Hockey website and review the HEP manuals that you were to have received last season. Parents should have received a manual entitled “*Sports and Your Child*” and coaches should have received a manual entitled “*Coaches Who Never Lose.*” These manuals should be distributed by each hockey association.

Thirty-two Associations have not ordered HEP materials at this point...is your Association one of them? Check the next page to find out. If your association has not received these manuals please contact your ACE coordinator as soon as possible! They will be able to get you and your association these HEP materials.

The background and explanation of HEP, information about Fair Play and details specific to Skill Development and Coaching Excellence are thoroughly covered in each of these manuals. Additional information can be found at these websites:

www.minnesotahockey.org
www.minnesotahockey.org/assorted/HEPOrderForm05061.pdf



Be Involved...

One measure of how well HEP is being implemented is to track orders of the HEP Manuals by District. Although it is possible that materials are ordered and then not distributed, it is our hope that the materials are in use and being enjoyed.

Check the chart below and see if your District has HEP materials. These are available to all coaches and parents. Ask your association to place an order if you have not received your copies.

105 Associations ordered materials 04-05
71 Associations ordered materials 05-06
31 Associations have not yet participated

HEP Material Distribution

KEY

* Participated in 04-05
 # Participated in 05-06

District 1 (TC)

Como *#
 Dino Nights
 East Side
 Edgcombe *
 Edison *
 Highland/Central *#
 Irondale *#
 Johnson *
 Mariucci Inner City
 Richfield *
 South West *
 Washburn

District 2

Forest Lake
 Mahtomedi #
 Moundsview *#
 N. St. Paul *#
 Roseville *#
 Stillwater *
 Tartan
 W. Bear Lake *#

District 3

Armstrong *
 Blake *
 Brooklyn Park *#
 Cooper *
 Hopkins *#
 Maple Grove *
 Orono *
 Osseo *
 St. Louis Park *
 Tri-City *
 Wayzata #

District 4

Albert Lea *#
 Austin *
 Fairmont *#
 Luverne *#
 Mankato *
 Marshall *#
 Montgomery *
 New Prague *#
 New Ulm *#
 Owatonna *
 Redwood Falls *
 Sleepy Eye #
 St. Peter *#
 Waseca *
 Windom *#
 Worthington *

District 11

Carlton
 Cloquet #
 Cook County
 Duluth *
 Esko #
 Hermantown
 Moose Lake #
 Proctor *
 Silver Bay #
 Twig *#
 Two Harbors

District 5

Annandale/Maple Lake
 Buffalo *#
 Cold Spring *
 Crow River *#
 Hutchinson *#
 Litchfield/Dassel/Cokato *
 Monticello *
 Mound/Westonka *
 Paynesville *#
 Sartell *
 St. Michael/Albertville *
 Willmar *

District 6

Apple Valley
 Bloomington/Jefferson *#
 Bloomington/Kennedy *#
 Burnsville *#
 Chaska
 Eastview #
 Eden Prairie *
 Edina *
 Minnetonka *
 Prior Lake/Savage *
 Shakopee *#
 Waconia

District 10

Andover
 Anoka *#
 Becker *
 Blaine *#
 Braham
 Cambridge/Isanti *#
 Centennial *#
 Champlin Park *
 Chisago Lakes *#
 Coon Rapids *#
 Elk River
 Hinckley
 Mora *#
 North Branch *#
 Pine City *
 Princeton #
 Rogers *#
 Sandstone
 Sauk Rapids *
 Spring Lake Park *
 St. Cloud *#
 St. Francis *

District 8

Cottage Grove *
 Dodge County #
 Eagan *#
 Farmington *
 Hastings
 Inver Grove Heights
 La Crescent
 Lakeville #
 Northfield *#
 Red Wing #
 Rochester *#
 Rosemount #
 S. St. Paul
 W. St. Paul
 Winona *#
 Woodbury #

District 12

Babbitt
 Chisholm *
 Ely #
 Eveleth/Gilbert *#
 Grand Rapids #
 Greenway/Nashwauk/
 Keewatin #
 Hibbing #
 International Falls *#
 Mesabi East *#
 Virginia *

District 15

Alexandria *
 Benson
 Brainerd *
 Central Lakes
 Crosby/Ironton/Aikin *#
 Detroit Lakes *#
 Fergus Falls *
 Leech Lake Area *
 Little Falls *
 Long Prairie
 Moorhead *#
 Morris *#
 Park Rapids
 Sauk Centre *
 Wadena #

District 16

Bagley
 Bemidji *#
 Blackduck
 Crookston *
 E. Grand Forks *
 Hallock
 Lake of the Woods *
 Red Lake Falls *
 Roseau *#
 Thief River Falls #
 Warroad *#

...Catch the Spirit of Minnesota Hockey! If your association is not listed here, inquire why?

Dave Margenau : dmargenau@aol.com

A Valuable Code of Conduct for All of Us

Prepared by U.S.A. Hockey

Coaches:

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great, to love the game is greater.

Parents:

- Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
- If you enjoy the game, learn all you can about hockey – and volunteer.

Players:

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time for practices and games.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

Officials:

- Act in a professional and businesslike manner at all times and take your role seriously.
- Strive to provide a safe and sportsmanlike environment in which players can properly display their hockey skills.
- Know all playing rules, their interpretations and their proper application.
- Remember that officials are teachers. Set a good example.
- Make your calls with quiet confidence; never with arrogance.
- Control games only to the extent that is necessary to provide a positive and safe experience for all participants.
- Violence must never be tolerated.
- Be fair and impartial at all times.
- Answer all reasonable questions and requests.
- Adopt a "zero tolerance" attitude toward verbal or physical abuse.
- Never use foul or vulgar language when speaking with a player, coach or parent.
- Use honesty and integrity when answering questions.
- Admit your mistakes when you make them.
- Never openly criticize a coach, player or other official.
- Keep your emotions under control.
- Use only USA Hockey-approved officiating techniques and policies.
- Maintain your health through a physical conditioning program.
- Dedicate yourself to personal improvement and maintenance of officiating skills.
- Respect your supervisor and his/her critique of your performance

Spectators

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose. Recognize good effort, teamwork and sportsmanship.

Acknowledgements:

Thank you to Tyler Sherden and Kyle Nelson for their assistance in preparing the first issue of the HEP newsletter. Thank you also to the many Minnesota Hockey and Mayo Clinic Sports Medicine Center HEP volunteers—who are working so cohesively to make HEP a success. GO HEP TEAM! HEP would not have occurred without Johannson-Gund endowment support provided to the Mayo Clinic Sports Medicine Center

- **For NEWSLETTER questions or suggestions for content please contact Joe Roberts in the Mayo Clinic Sports Medicine Center at Roberts.joseph@mayo.edu**