

RICHMOND JETS MHA

REP ID SKATE PARENT MEETING



MEETING SCHEDULE

- Meet The Team - Directors & Head Coaches
- What's new with the Rep Program for the 2023/2024 Season?
- Day in a Life & Weekly Schedule for our Rep Teams.
- Culture & Expectations for Richmond Jets Rep Program
- Apparel Package
- Skill Development
- Extra Opt-In Development
- Dryland Training
- Rep Team Policy
- Rep Coaches Policy



MEET THE TEAM

LINDEN SAIP - DIRECTOR OF HOCKEY OPERATIONS

- Overseeing, leading and supporting the development of all players & coaches
- Responsible for the oversight, growth and overall day-to-day on ice management for the Richmond Jets at all levels.
- Experience in the WHL, BCHL, and USPORTS
- Long time Skill Provider and Program Coordinator for the Richmond Jets, most recently our U11A1 Coach
- 2022/2023 Season - U11A1 Head Coach
- 2023/2024 Season - U11A1 Head Coach



MEET THE TEAM

MILTON CHAN - DIRECTOR OF REP HOCKEY

- In coordination with Rep Committee - Responsible for oversight, growth and overall day to day management of the Richmond Jets Representative (A) Hockey Program
- Develop and Implement systems into the Rep Program
- Overseeing development of coaches and players at the Rep Level
- Experience from CSSHL PJHL, BCHL & BC Hockey
- Richmond Local
- 2022/2023 - U13A1 Head Coach
- 2023/2024 - U13A1 Co-Head Coach



MEET THE TEAM

REP COACHES LINE UP 2023/2024

U11A1 - Linden Saip

U11A2 - Matt Leduc

U11A3 - TBD

U11A4 - TBD

Any questions about Jets Rep:
Director of Rep Hockey: Milton Chan
repdirector@richmondjetsmha.com

U13A1 - Milton Chan & Michael Gill

U13A2 - Reegan House

U13A3 - AJ Mak

U15A1 - Mike Ikeda

U15A2 - Colin Falk

U18A1 - Kamesh Goundar

U21A - Kenta Muraki

Coaching Mentorship will be provided by our Director of Rep.

Milton will be overseeing all Rep Team's and Athletes.



RICHMOND OVAL HP – DRYLAND PROVIDER

- Expert qualified and certified training staff
- Progressive programs and integrated support services
- Providing strength and conditioning training
- Focusing on key performance indicators within sport and injury prevention
- Private and exclusive gym away from the general public



U11 REP PROGRAM

- 50-60 Practices (APPROX)
- 40-46 Games (APPROX)
- 2-4 Tournaments

U11 Seasonal Structure COMPETITIVE

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to 6 WEEKS prior to the start of the Regular Season phase	Up to 22 WEEKS after the completion of the Development phase	Up to 4 WEEKS after the conclusion of the Regular Season phase
BALANCE	20% OF THE SEASON	70% OF THE SEASON	10% OF THE SEASON
VOLUME	UP TO 6 WEEKS	UP TO 22 WEEKS	UP TO 4 WEEKS
PRACTICES	12 PRACTICE SESSIONS	44 PRACTICE SESSIONS	4 PRACTICE SESSIONS
GAMES	UP TO 6 GAMES	UP TO 24 GAMES	UP TO 16 GAMES
TOURNAMENTS	1 TOURNAMENT	1 TOURNAMENT	2 TOURNAMENTS



U11 REP PROGRAM

U11A1

- Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Dryland Once Per Week (NEW ADDITION)
- U11A1 - Linden Saip
- U11 A2 - Matt Leduc
- U11A3/A4 - TBD

U11A2-U11A4

- Three to Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Opt In Dryland Available - Team to Team Basis



U13 REP PROGRAM

- 50-60 Practices (APPROX)
- 40-46 Games (APPROX)
- 3-4 Tournaments
- U13A1: Milton Chan & Michael Gill
- U13A2: Reegan House
- U13A3 - AJ Mak

U13A1

- Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Dryland Once Per Week (NEW ADDITION)

U13A2 - U13A3

- Three to Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Opt In Dryland Available - Team to Team Basis



U15 REP PROGRAM

- 50-60 Practices (APPROX)
- 40-46 Games (APPROX)
- 3-4 Tournaments
- U15A1 - Mike Ikeda
- U15A2 - Colin Falk

U15A1 & U15A2

- Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Dryland Once Per Week (NEW ADDITION)
- 3-4 Tournaments



U18 REP PROGRAM

- 50-60 Practices (APPROX)
- 40-46 Games (APPROX)
- 3-4 Tournaments
- U18A1 - Kamesh Goundar

U18A1

- 3-4 Per Week + Away Games
- Two Practices a Week
- 2-4 Tournaments (Dependent on Schedule)



TEMPLATE WEEKLY REP SCHEDULE (EXAMPLE)

Schedule Varies Dependent on Team

Monday: Team Skills - Mats Lindgren

Tuesday: Home Game

Wednesday: DAY OFF

Thursday: Team Practice

Friday: DRYLAND at the Oval

Saturday: Away Game

Sunday: Team Practice



RICHMOND JETS REP CULTURE & EXPECTATIONS

- Full Commitment to the Rep Program
- → For any travel, absences that are known ,must be fully disclosed **PRIOR** to Rep Evaluation Skates
- → For other sports, this must be communicated fully with our Rep Director and Head Coach. The Richmond Jets Rep Program must be the priority sport. There may be instances where an exemption can be made. Open communication is key.
- Team Apparel Package - Golf Shirt, Shorts, & Hoodie
- Game Day Additions - Pant Shells for all Rep Players
- Team Dress Code Policy - Semi Formal Attire to Games - Golf Shirt or Dress Shirt, Dress Pants or Pair of Golf Pants, with Dress Shoes or Semi Formal Sneakers. This dress code can be paired with a Richmond Jets Team Jacket on top. No hats, shorts, running shoes etc. Coaches will be abiding to this policy as well.



RICHMOND JETS REP VALUES

Richmond Jets Rep Program - will be pushing for the following values for the 2023/2024 season.

- ✓ ACCOUNTABILITY
- ✓ DISCIPLINE & SPORTSMANLIKE
- ✓ RESPECT & POSITIVITY
- ✓ WORK ETHIC & COMPETE
- ✓ TOGETHER - TEAM FIRST



EXTRA DEVELOPMENT - OPT IN

Excited to announce Opt In Programs for our athletes that are seeking EXTRA development!

- U11 & U13 Power Skating Weekly
- U11-U15 Defense Specific Skill Development
- U15 & U18 Power Skating (Dependent on Numbers)

Goalie Training

- Partnership with Elite Goalies & Proformance Goalie Schools
- 6 In Season Sessions (Goalie Coach goes to Team Practices)
- 10 In Season Goalie Specific Sessions (Group Goalie Session)



JETS MHA vs NSL (Non-Sanctioned Leagues)

The Jets offer a program that can match any other High-Performance Programming at the minor hockey level at a fraction of the cost. The Jets are also providing ELITE level coaching!

- ~20+ Hours of on ice Development / month (Team Practices, Skills, League Games, Tournament Games, Opt-In Skills Programming)
- Weekly Off Ice Strength & Conditioning Program (4 Hours / month)

Example: HPL - 20 hrs of on ice development + 4 hrs of multi-sport activity / month



REP EVALUATION SKATES 2023/2024

Goalie Skills - August 26 Saturday

Player Skills - August 27 Sunday (ALL DAY)

Scrimmages - August 28-August 31

Training Camp - Sept 2-4 (U11-U15 Teams Only)

Tryout Location: Minoru Arena & Richmond Ice Centre

Questions and Information on Team Fee's, Rep Fee's, Rep Tryout Process please visit our Richmond Jets Website or email repdirector@richmondjetsmha.com



QUESTIONS?

