



# RICHMOND JETS MHA

REP ID SKATE PARENT MEETING

# MEETING OVERVIEW

- Meet The Team - Directors & Head Coaches
- What's new with the Rep Program for the 2025/2026 Season?
- Day in a Life & Weekly Schedule for our Rep Teams.
- Culture & Expectations for Richmond Jets Rep Program
- 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 announced as our U13A1 Coach
- 2025/2026 Season - U13A1 Head Coach
- 2024/2025 Season - U11A1 Head Coach
- 2023/2024 Season - U11A1 Head Coach



# MEET THE TEAM

## MIKE IKEDA - 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 WHL, U-SPORTS, BCEHL & BC Hockey
- Richmond Local
- 2025/2026 - U15A1 Head Coach
- 2024/2025 - U15A1 Head Coach
- 2023/2024 - U15A1 Head Coach



# OVERDRIVE ATHLETICS – DRYLAND PROVIDER

- Expert qualified and certified training staff
- Focused on training the core through functional movements, and plenty of transferable exercises that are applicable to hockey.
- They will also be introducing our teams to the 'CrossFit' methodology. CrossFit incorporates weightlifting, gymnastics, and cardiovascular.
- The staff cares about guiding and encouraging players to reach their personal and team goals.
- All rep teams will be under the same provider
- Private and exclusive gym – free parking with easy access





## U11 REP PROGRAM

50-60 Practices (APPROX)

38-45 Games (APPROX)

2-4 Tournaments

### U11A1

- Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Dryland Once Per Week (Introduced last year)
- U11A1 Coach – Matt Leduc

### U11A2-U11A3-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
- Coaches: A2 - Reegan House; A3 - Ray Hung; A4 - Ryan Bayley



# U13 Rep Program

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

## U13A1

- Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Dryland Once Per Week
- Coach: Linden Saip

## U13A2

- Three to Four Ice Times Per Week + Away Games (1 session is skills)
- Two Practices a Week
- Dryland Once Per Week (New for this season)
- Coach: Michael Gill

# U13 Rep Program

## 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
- Coach: Serge Boyajian

## U13A4 (TBD)

- 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
- Coach: TBD



## U15 Rep Program

- 50-60 Practices (APPROX)
- 40-46 Games (APPROX)
- 3-4 Tournaments
- Coach U15A1: Mike Ikeda
- Coach U15A2: TBD

### U15A1 & U15A2

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



## U18 Rep Program

- 50-60 Practices (APPROX)
- 40-46 Games (APPROX)
- 3-4 Tournaments
- Coach U18A1: Kamesh Goundar
- Coach U18A2: Judd Lambert (if team is declared)

### U18A1 / U18A2

- 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

**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
- There are zero excuses for missing Rep Evaluation Skates, there will be no exemption unless injury or sickness, provided with a doctors note.
- → 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 (Players will purchase through Hockey Life)
- 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 (Game Nights)**



# RICHMOND JETS REP VALUES

Richmond Jets Rep Program - will be pushing for the following values for the 2025/2026 season.

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



# EXTRA DEVELOPMENT - OPT IN & GOALIE TRAINING

Excited to announce Opt In user pay 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 2025-26 Program:

- Partnership with Rob Fuchs & Proformance Goalies
- 6 In Season Sessions (Goalie Coach goes to Team Practices)
- 10 In Season Goalie Specific Sessions (Group Goalie Session)
- Included as part of registration fees
- Opt-In user pay goalie training will also be offered again this year



# JETS REP COST – (Cost estimates only)

Each player will be required to pay for the following fees as part of the RJMHA Rep Hockey Program:

1. Registration Fees for each division U11 to U18
2. TRYOUT FEES (U11-U18) - \$250.00 per player & goalie and to be paid in full by July 1<sup>st</sup>, 2025
3. REP FEES – *Invoiced by RJMHA and includes fees for: paid head coach, extra practice ice vs C, skills for U11, U13 & U15, game socks, dryland for U11-U15A1/A2, carding fee (U13-U21) and a rep travel fund (U13-U21) for teams that go to provincial championships. Dryland for A2, A3 and A4 teams is optional and needs to be approved by the team*

Estimated Cost for Rep Fees ONLY: (FEES SUBJECT TO CHANGE)

- A1 Teams (U11/13/15/18 + U15A2) ranges from: **\$1,500 to \$2,000 PER PLAYER**
  - A2 Teams (U11/13/18) ranges from: **\$1,000 to \$1,300 PER PLAYER**
  - A3/A4 Teams (U11 & U13) ranges from: **\$600 to \$1,000 PER PLAYER**
4. TEAM FEES – paid to your team above what you pay for registration, tryouts, and rep fees and on average range from \$1,200 to \$1,500 depending on the team and division.

*\*TEAM FEES include some of the following extra costs - team functions, clothing, tournaments (local & away), travel, extra practices, extra skill training, referees and parent head coach stipends and non-parent assistant coach stipends.*

*\*\*Please note that these are estimated costs only, to be used as a guideline to give members an idea of potential costs to be part of the rep program. Once teams are formed, the team manager and team treasurer will provide a budget to review with parents. Costs can be reduced with team fundraising and sponsorships.*



# 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*

- PIXELLOT - Greater opportunities for players. Smarter insights for coaches
- Pixellot's AI-automated video capture, combined with integrated **VidSwap analytics**, provides a complete tactical and coaching toolkit. The platform enables advanced breakdowns for both **team strategy** and **individual player performance** — from training sessions to game-day execution.



# REP EVALUATION SKATES 2025

(All dates & times to be finalized in August)

Goalie Skills - August 23 Saturday afternoon

Player Skills - August 23 Saturday (ALL DAY)

Scrimmages - August 24 Sunday (All day) and August 25-28 (After 3:30PM)

Tryout Location: 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](mailto:repdirector@richmondjetsmha.com)

**Tryout Registration Deadline is July 1<sup>st</sup> at 11:59pm.**

**There are no exceptions for missing tryouts (Aug 23 to 28). Refer to the rep policies for further details.**



# REP EVALUATION NUMBERS 2025

(Updated as of June 9)



AGE GROUP	# of PLAYERS Trying Out	# of GOALIES Trying Out	Projected # of TEAMS
U11	60	10	4
U13	52	6	3-4
U15	36	3	2
U18	25	2	1-2

# GENERAL TIMELINE (To be confirmed in August)

Date	Activity
Aug 23-28	U11 A1 – A4 Tryouts and formation of Working Groups. Team numbers will be confirmed prior to tryouts based on registration numbers.
Aug 28/29	Players not placed in a working group released to the C recreational program
Sept 2 -Sept 21	Working groups train and play exhibition games under direction of head coaches and director of rep hockey. Players are assessed throughout this period and players can be released to a lower working group or C hockey.
Sept 10-22*	*Final releases for all Rep teams and release to the C program.
October	PCAHA Placement round games begin



# EVALUATION SELECTION SAMPLE PROCESS CHART – U11/13

## PHASE 1:

Skate 1 - Skills (Alpha Based)

## PHASE 2:

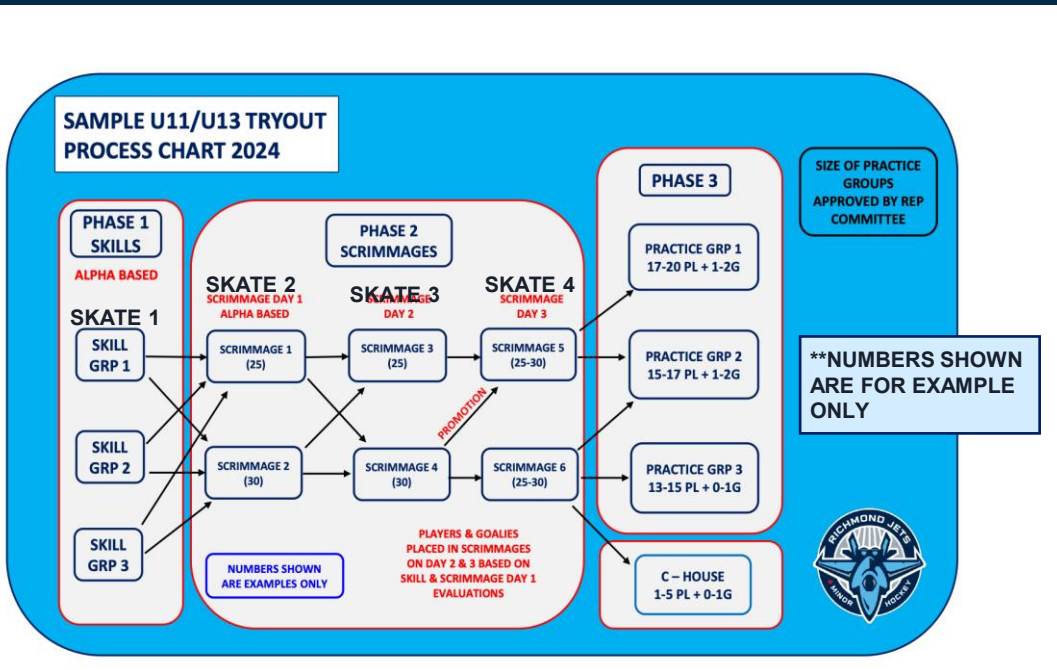
Skate 2 – Scrimmage -Intersquad  
Game (Alpha Based)

Skate 3 – Scrimmage Intersquad  
Game (Ranked through Skate 1 & 2)

Skate 4 – Scrimmage Intersquad Game  
(Opportunity for players to be  
promoted up a group)

## PHASE 3:

Working Practice Groups created for after Labour Day Weekend.



SAMPLE PROCESS CHART



# EVALUATIONS

## WHO EVALUATES? "EVALUATION TEAM ET"

- Evaluation team (ET) consists of 1 head evaluator plus 3 division independent evaluators (experienced hockey people with no ties to the division). We also will have 1-2 independent goalie evaluators from separate companies.
- During Phase 1 & 2, allocation of authority on player advancement rests with the Evaluation Team. After each evaluation session has completed, the top assessed players in that group will move up to the next level. Players cannot be demoted; only promoted until we reach the end of phase 2.
- This process provides every player an equal opportunity to demonstrate their hockey skills in order to earn a position at the next level.

## ADMIN & OVERSIGHT

- Division Managers, Director of Rep, Director of Hockey Operations and the Executive Director in conjunction with the rep committee, administers the process.
- An RJMHA board member without a child in that division oversees each division ("Ambassador")





# Richmond Jets Rep Policies Pg.13

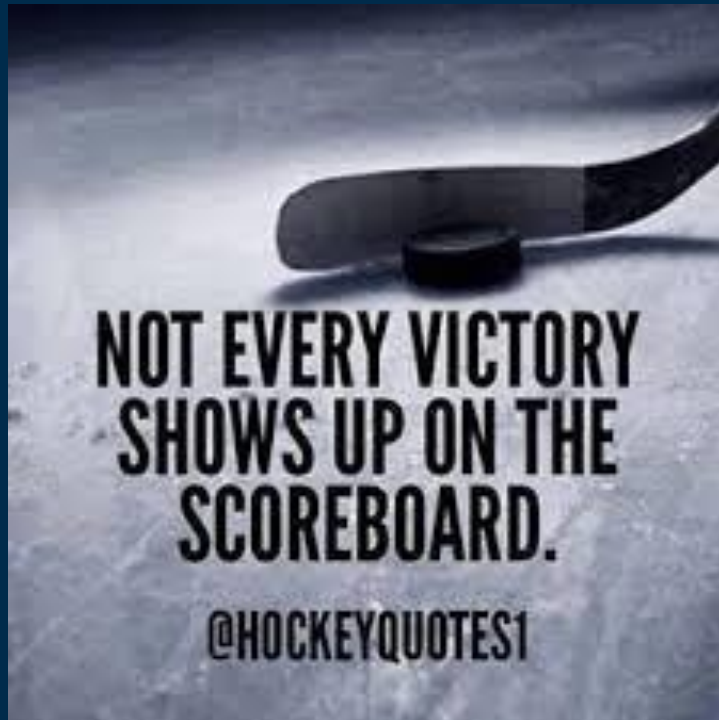
## *'NOTICE TO PLAYERS & PARENTS'*

1. A tremendously high level of commitment is expected from all Rep players with respect to attitude, attendance at games, practices, training sessions and all other team activities.
2. There is a discipline on parents and players that requires a minimum amount of **time** and financial obligation above what is paid in normal registration fees (tryout fees, rep fees & team fees).
3. It is not sufficient just to possess the necessary skills and ability required at any level. Players are ambassadors for the Association and the community of Richmond, and as such, are required to observe **high levels of conduct** both on and off the ice, at home and away.
4. Players who have the skill & ability, but do not demonstrate acceptable **codes of conduct** may not be selected or may be subsequently released from a team. **(A,D,R,W,T)**
5. **REP HOCKEY IS FUN & REWARDING!**

# COMMUNICATION!



***TEAM WORK!***

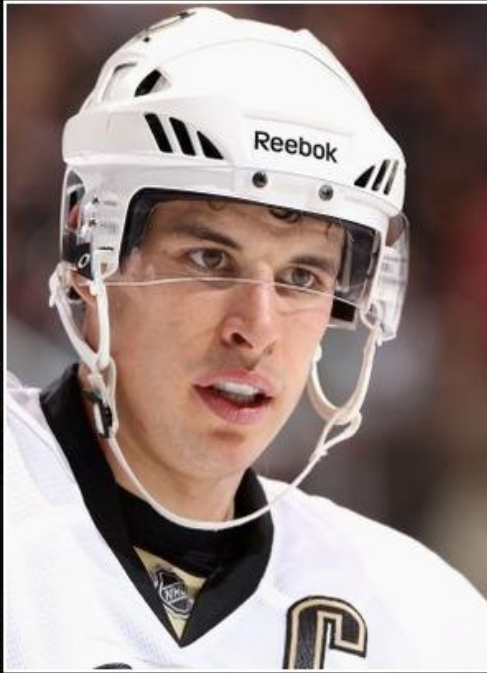


***HARD WORK!***



**HARD WORK  
BEATS TALENT  
WHEN TALENT  
DOESN'T WORK  
HARD.**

# ENJOY YOUR TIME!



Dreams are so important. You need to have big goals and expect a lot of yourself but you have to enjoy the ride too.

— *Sidney Crosby* —

AZ QUOTES