

Lakeville Hockey Association

Request for Proposal

Submit your proposal for any sections you are bidding on to
vpdevelopment@lakevillehockey.org by Wednesday, June 29th at 5:00pm

If you have questions, please phone Tim Poehling at 612-414-4735.

Thank you for your interest in LHA!

Introduction

This document includes multiple requests for proposals (RFP's) for hockey development programs that Lakeville Hockey Association (LHA) is considering. Respondents to this RFP can submit proposals for a single program, multiple programs or all programs. All proposals are to be submitted in writing through e-mail to Tim Poehling by 5pm Wednesday June 29th. Each proposal will be evaluated by LHA's Hockey Development Committee and final decisions will be made some time in July. The information you submit will be shared with any LHA member upon request and may therefore end up in the public domain.

The LHA season generally runs from late October through mid February. LHA is comprised of roughly 600 families, 1000 members and 975 players as follows:

Mite Prep: 80

Mites (3 levels): 220
U/8 (3 levels): 60
Squirts: 130 plus 10 goalies
U/10: 40 plus 3 goalies
Peewee: 125 plus 15 goalies
U/12: 45 plus 3 goalies
Bantam: 135 plus 12 goalies
U/14: 40 plus 3 goalies
Jr. Gold: 50 plus 4 goalies

Please complete the General Responses section below and each Response section associated with the programs you are proposing on. If you have clarifying questions or need more information please phone Tim Poehling at 612-414-4735. We appreciate your interest in proposing and we look forward to hearing from you.

General Responses

- Which programs are you submitting proposals for?
 - <List titles here>
- Please complete and submit background check consent forms for each instructor that may interact with LHA players should your program be selected. You can access these forms at www.lakevillehockey.org by selecting the Documents/Forms link that appears on the left side of the page. Background checks will only be conducted if your program is selected as the preferred program. All instructors must pass the background check in order to interact with LHA players.
- Please include a resume in the Appendix for each instructor you are proposing as part of your program(s).

Mite Program

In 2011, LHA will be re-vamping its mite program. Primary changes include:

- We will establish an objective, documented skill progression that players will advance through from Mite Prep to Mite 3.
- Pre-defined practice plans will be created in alignment with the skill progression defined above.
- We will employ on-ice lead instructors for a majority of our practices. Volunteer parent coaches will assist lead instructors to ensure consistent, high-quality practices.
- We would like to have increased training hours for Mite 2's and 3's.

Responses for Mite Program.

- Describe your experience in running mite programs within the past 3 years? Include an estimate of the number of mite programs/clinics you have conducted over the past 3 years.

- Do you have an existing and documented mite curriculum? If so, please attach it in the appendix.
- Please include a sample documented practice plan for each level of mites.
 - Mite Preps: Just starting out
 - Mite 1's: Can skate but not that well. Typically 1st graders.
 - Mite 2's : Intermediate mites. Typically 2nd graders.
 - Mite 3's: Typically 3rd graders. Will be trying out for squirts the following year.
- Specifically describe how you would structure a mite program for LHA and the associated cost of such a program. When calculating cost, you don't need to factor in ice cost unless you are providing the ice, in which case we want to know the hourly rate for your ice.
- If you are proposing to provide the lead instructor only (e.g. you are not providing the ice), please quote an hourly rate. Also remember to name each instructor you plan on using, roughly how frequently each instructor will be used and include a resume of each instructor in the appendix.
- Specifically, how will you monitor progress of each player?
- Specifically, how will you develop the coaching skills of mite coaches?

Goalie Development Programs

Mites/U8 Goalie Development Program

LHA is considering a development program specifically for mites. We have three goals we are trying to accomplish from this program:

- Encourage more kids to try the goalie position with hopes that they become interested in pursuing the position.
- Provide high quality goalie training for those that are interested in the position.
- Ensure the program is affordable.

We are considering various options at this time but we don't have specific thoughts on how to best accomplish the above objectives so we are interested in your opinions on the matter.

Mite Goalie Program Response

- Given the objectives noted above, specifically describe the program you would recommend.
- What would be the price for the total program you are recommending?

- In place of your recommended program, would you be interested in running an 8-week program that has one session per week?
 - How many goalies would you have on the ice at a time?
 - How many instructors will be on the ice at a time?
 - What would the cost of this program be (assuming LHA provides the ice)?
- Do you have documented “homework” and or practice plans/drills that the players could work on? If so, please describe and include a sample in the appendix.

Squirts/U10, Pee wee/U12, Bantam/U14/Jr. Gold Goalie Development Program

LHA has experimented with a variety of goalie development programs over the years including weekend sessions dedicated to goalies, rotating goalie trainers (where the trainer attends team practices from time-to-time) and matching funds for goalies so they can select their own trainer. We are interested in your opinion on the best approach.

Squirts/U10, Pee wee/U12, Bantam/U14 Goalie Program Response

- To the extent you have strong opinions (pros and con) of the program structures we have tried in the past, please share them.
- Specifically describe the program you would recommend.
- What would be the price for the total program you are recommending?
- Would you be interested in providing training to LHA goalies during practices for an hourly rate? If so, what would the hourly rate be?
- Do you have your own facility or access to your own ice to provide training should LHA decide to implement a matching funds program for goalie’s to train? If so, please describe the location and features of your facility.
- Do you offer individual and/or group training at your facility/ice? What would the cost of those respective programs be?

Goalie Training for Coaches

In the upcoming season, LHA intends to have a volunteer, parent goalie coach for each team from squirts/u8 and above. In order for this program to be successful, significant training will be required for these coaches. We are looking for your help in structuring a train-the-trainer program that will work well for LHA.

Goalie Training for Coaches Response

- Do you have a documented progression of skills that a goalie should advance through? If so, please include a sample page or two in the appendix.
- Do you have documented skill development drills for goalies? If so, please include a sample or two in the appendix.
- Do you have CD's or some other sort of training for goalies (e.g. web, book)? If so, please include a sample or direct us to the web-site where the online training resides.
- Do you have documented drills that incorporate the goalie into the practice with the rest of the team? If so, please include a sample or two in the appendix.
- Would you be interested in conducting both on and off ice periodic training for our goalie coaches? If so, what would it cost per session?
- Specifically, how would you structure a comprehensive train-the-trainer program for LHA and what would it cost?

In-Season Morning Clinics

We are considering offering our members in-season morning clinics that run before school. We would provide the ice for these clinics but we are looking for professional trainers to organize the curriculum and run the clinics. We have not finalized the structure and timing of the clinics but the thought is that the program would look something like this:

- There would be a 2-day per week program (Tuesday and Thursday) and a 3-day per week program (Monday, Wednesday, Friday).
- There would be 2-3 sessions per day starting at 6:00am each morning (at Ames or Hasse).
- Each session will be 45 minutes or an hour.
- Each clinic would have some sort of theme (e.g. skating, stickhandling, shooting, goalies, etc.).
- Each clinic would run 6-10 weeks.
- Participants would likely be Mite/U8 or Squirt/U10 level.

Response

- Would you be able to accommodate the schedule noted above? If you have any time restrictions please identify them.
- If you have specific thoughts on how you would structure these clinics that differs materially from what is described above, please explain (we are open to and welcome your ideas).

- Specifically, what clinics would you offer? Provide a brief description of each clinic including the name/theme of the clinic and the skills that you will be working on. If you have a specific curriculum or more detailed documentation on your program, please include it in an appendix.
- How many kids would you like to have in each clinic? What is the minimum number of players that you would suggest? What is the maximum number of players that you would suggest?
- How many instructors will you have on the ice for each clinic?
- Specifically, who will be on the ice conducting each clinic?
- How much will you charge per session for the program you are proposing? You do not need to include the cost of ice as that will be provided by LHA. If the amount you will be charging varies depending upon the number of instructors based on enrollment please spell that out.
- Do you have documented “homework” drills? If so, please include a sample in the appendix.
- Include any other information you believe to be relevant.

Spring, Summer and Fall Clinics

LHA is considering sponsoring off-season clinics. Our goal in these clinics is to provide high-quality, local and affordable options for our players to train together. Whether or not we offer these clinics will depend upon enrollment, which in turn will be a function of perceived value by our members. Our hope and intent is to attract the highest quality trainers and programs so more players choose to train in Lakeville.

Response for Spring, Summer and Fall Clinics

Specifically describe how you would structure and price Spring, Summer and Fall Clinics (assuming LHA provides the ice so you don't need to factor that into your program). For each clinic, describe:

- The minimum number of participants required to conduct the clinic.
- The maximum number of players per session.
- Expected Teacher/student ratio.
- The specific names of the instructors.
- Clinic duration and number of sessions during that duration.

If you are a goalie instructor, feel free to outline goalie-specific programs.

Minimally, provide proposals for the following:

- A summer clinic that runs 4-8 weeks with ice at least 2 times per week (could be more frequent)

- A summer clinic that runs 1-2 weeks.
- Fall, pre-tryout clinics that run 1-2 weeks.

Note: You can assume there will be at least three different clinics for each of the above – one for mites/U8, one for squirts/U10 and one for bantams/U14.

Coaches Training / Seminars

Continuing education for our coaches is a priority of LHA. Coaches at each level attend monthly educational seminars with the objective of improving their coaching ability. Thus, each level will have 4 meetings throughout the season. If you are interested in conducting seminars for one or more levels please respond below. Assume each seminar will be 2 hours with a social hour after the seminar. LHA will provide the meeting facility and food.

Response for Coaching Seminars

Please provide a summary of each seminar topic for each level you are proposing on along with one sample of presentation materials that you have used in the past and the cost of each program. If you feel you need to add seminars at a level, please feel free to add them and describe them.

Mite/U8 (Enter Price Here)

- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course

Peewee/U10 (Enter Price Here)

- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course

- Seminar 1: <Enter Seminar Title>
Describe the course

Bantam/U14/Jr. Gold (Enter Price Here)

- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course
- Seminar 1: <Enter Seminar Title>
Describe the course

Practice Consultations

From time-to-time, LHA may offer its coaches some assistance with on-ice practices. Coaches may request that someone come and watch their practice and provide advice on how to improve their practices. Coaches can also request to have someone come and run a practice. The idea behind such consultations is to help our coaches structure effective practices for their team.

If you are interested in providing this service to LHA, please describe how you would structure such a program and your hourly rate for such consultations. Also include a sample of the consultation/ evaluation form you will be using to share feedback with our coaches.

Supplemental Training (e.g. Dryland and/or additional ice)

LHA has historically provided supplemental dryland training for its teams. If you are interested in proposing dryland training for LHA please outline your recommended program and the associated cost below. Be sure to include the following information with your proposal:

- The location of your facility.
- The features of your facility.
- Any variations in programs from one level to the next (e.g. mite/U8 program vs. Bantam/U14/Jr. Gold program).
- Description of how your trainers interact with our coaches and expected trainer/player ratio.

Appendix

Please include the requested attachments.