



## HOCKEY EDUCATION PROGRAM

### Hockey Education Program (HEP) Frequently Asked Questions

#### **What is HEP?**

HEP is a three-component program intended to make hockey more fun for kids. The three components are skill development (Skills Challenge program), education (Mastery Approach to Coaching – MAC and Mastery Approach to Parents For Sports – MAPS) and accountability (Fair Play).

The components have been developed collaboratively by leaders in hockey, sports psychology and child development and is based on validated research over a 25 year period.

HEP's mission is to create an environment for all involved in hockey in Minnesota to succeed to their fullest potential and to have fun doing so.

HEP will be described in detail at the Face-off Event on September 25<sup>th</sup> at Xcel Energy Center in St. Paul.

#### **What is the HEP Face-off?**

The HEP Face-off is scheduled to begin at 9:00 AM on September 25<sup>th</sup> at Xcel Energy Center in St. Paul, MN. The Face-off is the program introduction and detailed explanation for parents, coaches, referees and other hockey people.

Coaches will also be able to get CEP certification (Levels 1, 2 or 3) and referees will have a Level 3 seminar held in conjunction with the Face-off.

Although there is no cost, we are asking everyone to register ahead of time so we have enough materials on-hand at the Face-off event.

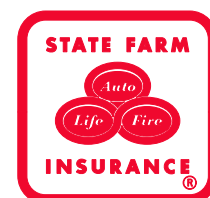
You can register at [www.minnesotahockey.org](http://www.minnesotahockey.org).

#### **Is HEP Mandatory?**

The only portion of HEP that will be mandatory for the 2004-05 season will be implementation of the Fair Play program for all district league games.

#### **How will information be distributed?**

Information will be distributed through the ACE network. Contact your association ACE Coordinator to get HEP materials such as the Skills Challenge program checklists and manuals, *Sports and Your Child – a 50 minute Guide For Parents, Coaches Who Never Lose* and other HEP materials.



**I'm a coach and my CEP certification is current. How will I get HEP information?**

First we encourage you to attend the "Face-Off" event. You can register as "other" and attend the CEP coaching sessions of your choice or the parent's session. Dr. Smoll will be presenting his Mastery Approach to Coaching and Mastery Approach to Parenting for Sports in person and answering questions. Most importantly you will have the opportunity to attend the general session to learn about the HEP Skill Challenge program and Fair Play as well as the Mastery Approach to Coaching session.

If you are not able to attend HEP, materials will be made available through your ACE coordinator during the season.

Additionally, HEP training will be integrated into the CEP clinic curriculum when you do need to go in the future.

**I'm a parent and can't attend the Face-off. How will I get HEP info?**

HEP materials will be made available through your association ACE Coordinator. In addition, we hope that HEP will be discussed at pre-season team and association meetings.

**I'm a referee, how will HEP affect me?**

As a referee, HEP information will be integrated into seminars. However, referees will actually do nothing different than they do now – call the game by the rulebook. Fair Play points will be earned or lost by teams, not by referees.

**I'm interested in helping. How do I get involved?**

Volunteers are always needed. Contact Mark Jorgensen, Executive Administrator of Minnesota Hockey at 651.602.5727 or by e-mail at MarkJ@MinnesotaHockey.org.