



# BREAKFAST CLUBS

## DELORAINÉ BREAKFAST CLUB

The Delorainé Breakfast Club finished its third year and will continue as long as players want to come to the rink early in the morning and improve their skills. We focus on individual puck control skills and skating and we use drills provided on the Hockey Manitoba Breakfast Club 1 and 2 DVD's.

We start early in November and go twice a week whether it is -40 or zero and the kids always show up even if school is cancelled. We start at 7:30 and do drills for between 30-40 minutes; all with pucks and all ending with a shot on net. We then allow "free ice" until 8:30. All kids eat breakfast which is supplied compliments of a community organization called the "Delorainé Sport Development Fund." Then they are off to school; alert and well fed. Moms often bring special treats for the kids which are much appreciated.

The town of Delorainé and the Municipality of Winchester donate the facility and coaches Jamie Olson and Tony Franklin volunteer their time; so our players are not charged a cent for the program. Our goal was to be inclusive and we have drafted bantam and high school players; to novices; to new immigrant families learning to skate.

We averaged about 16 players per session this year with numbers varying from 10-25 depending on player's schedules. We have families drive over 20 miles to attend.

Parents and kids tell us there is much more confidence in games and we also notice a huge improvement in skill due to repetition and practice during Breakfast Club sessions. We ran 32 sessions this year which provides that extra time needed to learn and master puck control skills.

We have prepared a PowerPoint on the Breakfast Club that we'd be happy to share with any community trying to start a program. Hockey Manitoba also provided free National Coach Mentorship Program seminars on puck control that "teaches coaches how to teach kids" and at these clinics they distribute the DVD's which were shot using players from our Breakfast Club.

We are looking forward to year four!

Bob Caldwell

