

PERSONALIZED DEVELOPMENT PROGRAM FOR MIDGET AAA LEAGUE & LHJMQ PLAYERS

Introduction

The Personalized Development Program (PDP) aims to make the best of each hockey player's individual potential to play the sport. The PDP is based on joint efforts that focus on meeting all needs of hockey players firmly committed to pursuing excellence in sports.

The PDP also aims:

- to help hockey players to blend and fit in from one play division to another, specifically from the midget league to the major junior league;
- to keep an up-to-date database, so that each hockey player's development or progress can be followed over the years;
- to guide player training decisions by hockey club managers.

Guiding principles

The PDP is based on guiding principles that aim to keep the program relevant and effective:

- **Holistic approach:** Helping hockey players to develop their sports, social, and academic potential, to reach their sports career goals and to pursue their dreams in life.
- **Long-range planning:** Developing a plan to train players while they are involved in the LHJMQ and the Midget AAA League.
- **Tailored services:** Quickly meeting the specific needs of players and solving problems that keep them from becoming better at hockey.
- **Coordinated activities:** Ensuring strong ties, on many levels, among all those involved in training hockey players.
- **Personalized attention:** Providing individual information or advice to guide hockey players in their development.
- **Player empowerment:** Helping players to stand on their own, think about what they do, adapt to various situations, and keep pursuing their dreams in life.

PDP components

The PDP has three major components:

Health:

Evaluating the health status of players and compiling injury statistics, to make hockey safer to play. The Recreation and Sports Safety Promotion Directorate (Department of Education, Higher Learning, and Research) is involved in a project that aims to identify and analyze hockey injuries. Each hockey team's physiotherapist will be responsible for completing injury reports.

Academic achievement:

Keeping track of each player's academic career and achievement; evaluating each player's attitude toward and performance at school. Each hockey team's academic advisor is responsible for this PDP component.

Sports: Evaluating key factors that shape a player's performance:

- Psychological aptitude
- Performance in playing the game
- Understanding of the game
- Physical fitness
- Technical skill
- Lifestyle: Diet, sleep, getting along with others
- Player's self-evaluation of game performance

PDP activity planning

An annual plan has been developed to coordinate time periods scheduled for collecting player information, for all hockey teams.

Data management

All player data, collected over the years, will be digitized and stored in a secure database.

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Chair
LHJMQ Technical Committee

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