***Hockey Growth & Development***

*A Cooperation Between*

*Latvian Hockey Federation / Riga Hockey Cup / OverSpeed Hockey*

*Agenda:*

*15:00 - 15:15 Introduction & Welcome*

*Viesturs Koziols, General Secretary, LHF*

*Janis Jansons, Riga Hockey Cup*

*15:15 - 16:00 Evolution of the Game, Toby O’Brien*

*Learning Methods & Growth Mindset, Chris McAvoy*

*Intro to USA Hockey American Development Model*

*16:00 - 16:10 Break*

*16:10 - 16:55 Physical Development of Athletes*

*Long-Term Growth & Success*

*Chris Schwarz*

*16:55 - 17:15 Question & Answers - Chris Schwarz*

*17:15 - 17:30 Is It Working - Results, Toby O’Brien*

*17:30 - 18:10 USA Hockey Coaching Education Program*

*Levels, Modules, Goaltending*

*Implementation of Program / Creating Buy-In,*

*Ty Newberry*

*18:10 - 18:20 Break*

*18:20 - 18:45 Practical Implementation of Program On Ice, Matt Bertani*

*18:45 - 19:00 Power of Positive Coaching, Toby O’Brien*

*19:00 - 19:30 Town Hall / Question and Answers*

*Closing Remarks, Viesturs Koziols*

*Speaker Bios:*

*Viesturs Koziols, General Secretary / Vice President, Latvian Hockey Federation*

*Jānis Jansons, Director, Riga Hockey Cup*

*Toby O’Brien:*

*With over 25 years of pro / NHL hockey experience, Toby has served in roles including team president, head coach, general manager to NHL scouting director and player personnel coordinator. Toby has been part of the scouting efforts of the NHL’s New York Islanders and Buffalo Sabres before serving as Scouting Director of the Florida Panthers. As a builder, he was a founding member of the Eastern Junior Hockey League. At the pro level, Toby was selected ECHL All-Star Head Coach while serving as head coach, GM / VP of the Johnstown Chiefs, where he was also honored with the league’s Outstanding Organization of the Year award. Internationally, Toby has had the opportunity to serve as Development Coach for Sweden’s Timra IK, where he was part of an Allsvenskan Championship team in 2017 and promotion to the SHL. Toby has been involved with USA Hockey for many years, including coaching the U-17 team to a gold medal in the Five Nations Tournament and is a Master Level (5) USA Hockey Coach and Coaching Education Program instructor.*

*Matt Bertani:*

*Matt has 13 years of professional coaching experience in the ECHL, AHL and NHL. His career began in the ECHL serving as the Assistant Coach in Johnstown and part of the ECHL Organization of the Year during his tenure. He spent 10 years in the New York Islanders organization as an Assistant Coach and Video Coach with both the NHL Islanders and their AHL affiliate the Bridgeport Sound Tigers. Prior to joining the Islander organization, Matt also served as Assistant / Development Coach at Penn State University. At the international level, Matt has been a member of the coaching staff of the Korean National Team at both the men’s and junior levels. In the 2020 World Junior Championships, Matt helped lead the group to a gold medal and promotion to Group IA, this goes along with a bronze medal with the men’s team. Matt is an expert in video analysis and is a Master Level (5) USA Hockey Coach and Coaching Education Program instructor.*

*Chris Schwarz:*

*With over 20 years' experience coaching and rehabilitating elite professional and amateur athletes, Chris is one of the most sought after strength and conditioning coaches in Canada. Currently he is the Head Strength and Conditioning Coach of the NHL’s Ottawa Senators, the same role he previously served with the New York Islanders. Prior to joining the NHL, Schwarz served as Head Strength Coach with the OHL’s Ottawa 67’s. Additionally Chris has been a featured speaker with Hockey Canada’s coaching education program, has 15 years of clinical experience, Bachelor of Science Degree in Kinesiology from the University of Dalhousie and authored several articles on athlete development. As an athlete, Chris was an All-Canadian Men’s Volleyball player and went on to play professionally in France and Belgium.*

*Ty Newberry:*

*Many youth hockey coaches have been motivated by Ty’s insight over the years in many roles. After coaching youth hockey for many years in his home state of Michigan, he advanced to the collegiate level before becoming the USA Hockey Southeastern District Coach-in-Chief, a position he held for 10 years. Ty, a Master Level (5) Coach, has been a speaker and instructor for the USA Hockey Coaching Education Program since 1998 and a recently published author. Internationally, Ty has coached with the Lithuanian Men’s National team, assisting them to a gold medal in the IIHF World’s Division 1B. Newberry currently is working with Israel's National Program to help grow the game in that nation, while coaching the men’s and junior teams. Ty serves as the Executive Director of Fort Dupont Ice Arena & Foundation in Washington DC, one of the most unique programs in the USA, leading to thousands of inner city kids being part of various ice sports at no cost.*

*Chris McAvoy:*

*Chris has been an educational leader for over 25 years in independent and charter schools. During his career, he worked to develop a brand-new charter school, a Montessori middle school, an Expeditionary Learning curriculum, and is most proud of his work co-founding The Sage School and developing a progressive, growth and inclusive learning curriculum. Chris’s formal education took place at the University of Vermont, where he earned his undergraduate degree in psychology (with minors in sociology and political science) and at the University of Colorado at Boulder, where he earned his master’s degree in education.*