



PLAYERS PLATFORM

Manual

v4.4



Players & Parents: Welcome To My Ice Hockey!

My Ice Hockey is an online software for ice hockey coaches.

With My Ice Hockey your (head) coach has many options and features to help to organize his players, teams, practices, games and dossiers - essentially all to save time!

The **My Ice Hockey Players Platform** – which we will focus on here - is basically the communication platform between coach(es) and player. The (head) coach will enter important and/or useful information for the player – and he will be able to access it through the My Ice Hockey Players Platform.

-
- ✓ Login
 - ✓ Account Info
 - ✓ Dashboard
 - ✓ Practices
 - ✓ Games
 - ✓ Status
 - ✓ Player Journal
 - ✓ Media Center
 - ✓ Dossier
 - ✓ Mobile App
-



General Overview

Your My Ice Hockey Support Options

- ✓ Log in and use the help area («?» in the upper right corner)
- ✓ Ask your coach(es)
- ✓ Send e-mail to **support@myice.hockey**
- ✓ Use the chat function on **www.myice.hockey**

Personal E-mail Address

Very important: Every player has to use a unique e-mail address. e.g. brothers MUST have two separate e-mail addresses.

Browser

Use only the latest version of **Mozilla Firefox**, **Google Chrome** or **Brave**. Other browsers may not perform properly. Set the font to normal (100%).

Login

URL: <https://app.myice.hockey>

Username: your registered e-mail address

Password: via e-mail

Forgot Password?

Click on app.myice.hockey "Forgot password?" and enter your registered e-mail address. My Ice Hockey will send you a new password.

Change Password?

After login, click on the "person icon" at the top right and set a different password under "New password". Press "save".

The Three Platforms*

*modules according license level

Coaches Platform*

Who has access:
Coaches and Assistants

Can do what:
Manage players, teams, practice groups, practices, games and dossier

Invited via:
Clubadmin

Staff Platform*

Who has access:
Staff

Can do what:
Accessing already planned practices (can see players and drills) and games. Sign-out for practices. Manage Personal addresses.

Invited via:
Coach

Players Platform*

Who has access:
Player

Can do what:
Accessing already planned practices (can see other players – drills only if the coach chooses this setting) and Games (Call-ups). Sign-out for Practices and games. Can see Dossier data – and occasionally even add own data (questionnaires, self-evaluations etc.). Manage personal addresses.

Invited via:
Coach

STEP 1: LOGIN

How to Login



- 1 **First time login:** You will receive an e-mail with your credentials.
If you have not received anything, first check your SPAM folder and then double check your registered e-mail address (with your coach).
- 2 **How to login:**
Go to: <https://app.myice.hockey>
Username: *see your credentials (e-mail)*
Password: *see your credentials*
- 3 **Forgot password?**
Click on app.myice.hockey "Forgot password?" and enter your registered e-mail address. The system will send you a new password.



Tips

- If a player plays in two clubs (A- and B-license club) – and both clubs are using My Ice Hockey – he can login with the SAME CREDENTIALS to see the planning for each respective club.
- He must ensure that his name, DOB, license number and e-mail address has been set-up identically in both clubs.

STEP 2: ACCOUNT INFO

Manage Your Account



- 1 After login, click on the “person icon” at the top right and set a different password under “New password”.
- 2 Under “Photo”, you can upload your own photograph of yours. This image will be shown throughout the platform.
- 3 If you have a new e-mail address, you can change it here. Once changed, you will need to login with the new e-mail address (see step 1).

Tip

1

Account
Dashboard / Account

Walter White

Dashboard
Practices
Games
Player journal
Media
Dossier

Walter White
E-mail: nik.hirzel@gmx.ch

My account

Personal details

First name
Walter

Last name
White

E-mail
white@gmail.com

Photo

General information

Actual Password

New password
Enter password

Account preferences

English

First name / Last name

Save

Tips

- If you are using My Ice Hockey for multiple years, you will be able to switch seasons via the red season-switcher on the top right-hand corner.
- If you are registered with more than one club, you can change the club by clicking on the logo at the top right-hand corner.

STEP 3: DASHBOARD – CLUB PROFILE

Your Club Overview



- 1 **OVERVIEW:** The player sees all planned practices and/or games **for the selected club (upper right side)**.
Click on a planned practice: a PDF will open with all relevant details for this practice.
Click on a planned game: the convocation will open as a PDF.
- 2 **PERSONAL DETAILS:** The player can manage his personal details like address, phone numbers and e-mail address.
- 3 **GAME INFORMATION:** The player can add his favorite positions and jersey number.
Please note that your coach can overwrite this base information for practices and games at any time.
- 4 **EMERGENCY SHEET:** The player can fill out his medical emergency sheet.
Your coach will have access to it should he need it in a case of an emergency.
- 5 **FINANCIAL:** The player can fill out his financial details.
- 6 **MORE CONTACTS:** The player can add and manage the contact info of his **mother, father, school, work and agent**



Tips

Very useful – the player can export information regarding his practices or games.

- **EXPORT:** Export the info in PDF or XLS format
- **ICAL – GET FEED** (recommended): Import this link to your calendar of choice. **All data will be updated frequently.**
- **ICAL- DOWNLOAD FILE** (not recommended): Download this file and import it in your calendar of choice. “ Note that updates or any new entries will **NOT** be added to your calendar.

STEP 4: DASHBOARD - OVERVIEW

Clubs / National Team / Journal



- 1 CLUB GAME DATES:** Shows the player all games recorded by the club - INDEPENDENTLY from the status of the call-up! Means: These games are NOT official call-ups yet - they are meant for the reservation of dates.
- 2 OVERVIEW:** Shows the player all planned practices and games as well as journal entries for ALL clubs (A- and B-license), national team and age groups with which the player is linked. If you want to see the details of the practices and games, you must switch to Club Profile.

Overview: Clubs / National team / Journal

Calendar

Filters

Tip

October 2020

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28 10:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	29 17:00 Practice Off-Ice My Ice Hockey (U20) Trainingszentrum 18:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	30 9:00 Practice Gym My Ice Hockey (U20) Kraftraum	1 17:00 Practice Off-Ice My Ice Hockey (U20) Trainingszentrum 17:30 Practice On-Ice My Ice Hockey (U20) ABC Arena	2 10:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	3	4
5 10:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	6 17:00 Practice Off-Ice My Ice Hockey (U20) Trainingszentrum 18:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	7 11:00 Practice Theory My Ice Hockey (U20) Trainingszentrum	8 17:00 Practice Off-Ice My Ice Hockey (U20) Trainingszentrum 18:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	9 10:00 Practice On-Ice My Ice Hockey (U20) ABC Arena	10	11



Tip

- There are many filters (e.g. by club, age group or event) available for which the player can filter his appointments.

STEP 5: PRACTICES

Sign-out of Practices



- 1 The practice list gives the player a detailed overview of all his upcoming practices. He can also view past practices by selecting dates in the past (by filtering with “Filter by date”).
- 2 **Very useful:** If the player can't attend a practice, he can use the button “Status” to unsubscribe himself from this particular practice. Adjust the “practice status” and enter a “note” why he cannot attend. Of course, he can select several practices and change the status of all of them at the same time.
- 3 The coach will receive an e-mail about it and the player will not be planned in these practices anymore.
Important: A registered practice, can only be cancelled at the very latest, by the practice start time.

The screenshot displays the 'Practices' section of the MYICE Hockey application. On the left, a sidebar menu shows 'Practices' selected, indicated by a circled '1'. The main area features a 'Practice list' with a 'Filter by date' dropdown set to '27.10.2020 - 30.04.2021' and an 'Export' button. Below the filter is a table of practices with columns: Practice group, Type, Date, Place, Start, End, Duration, Status, and Notes. The table lists several practices for 'U20 (Eik (TG))' with various dates and times. A modal window for 'Walter White' is open, showing a 'Practice status' dropdown set to 'Injured' and a 'Notes' text area containing 'Concussion'. A circled '2' points to the 'Status' column in the table and the modal. A 'Save' button is at the bottom right of the modal.

Practice group	Type	Date	Place	Start	End	Duration	Status	Notes
U20 (Eik (TG))	Off-ice	Tu 27.10.2020	Trainingszentrum	17:00	18:00	60mins	✓	
U20 (Eik (TG))	On-ice	Tu 27.10.2020	ABC Arena	18:00	20:00	120mins	✓	
U20 (Eik (TG))	Open	We 28.10.2020	Kraftraum	09:00	11:00	120mins	Excused	
U20 (Eik (TG))	On-ice	Fr 30.10.2020	ABC Arena	10:00	12:00	120mins	Excused	
U20 (Eik (TG))	On-ice	Mo 02.11.2020	ABC Arena	10:00	12:00	120mins	✓	
U20 (Eik (TG))	Off-ice	Tu 03.11.2020	Trainingszentrum	17:00	18:00	60mins	✓	
U20 (Eik (TG))	On-ice	Tu 03.11.2020	ABC Arena					

STEP 6: GAMES

Call-ups & More



- 1 GAMES – GAMES OVERVIEW:** The games list gives the player a detailed overview of all his upcoming games.
He can also view past games by selecting dates in the past (by filtering with “Filter by date”).
- 2 GAMES – GAME STATS:** If the coach utilizes My Ice Hockey stats, the player will be able to see those here.
Important: There is also an opt-out option for players for games. However, once the status is no longer “healthy” there is no longer any possibility of registration (only from the coach side).

The screenshot displays the MYICE Hockey web application interface. On the left is a dark sidebar with the MYICE logo and navigation links: Dashboard, Practices, Games (highlighted with a red bar), Games list, Game stats, Player journal, Media, and Dossier. The main content area is titled 'Games' and 'Games list'. It features a 'Filter by date:' dropdown set to '27.10.2020 - 30.04.2021' and an 'Export' button. Below this is a table of games with columns: Team, Type, Opponent, Place, Date, Start, End, Meeting Time, Status, and Notes. The table lists several games, including 'U20 (Elit)' games against 'Kloten', 'Herisau (away)', 'verschiedene', 'Rapperswil (away)', and 'Küssnacht'. The 'Status' column shows 'Healthy' (green checkmark) and 'Excused' (yellow exclamation mark). Below the games list is the 'Player statistics' section, which has a 'Filter by date:' dropdown set to '01.10.2018 - 31.12.2018'. It shows 'Total 10 Games (10 with stats activated)' and a table of player statistics with columns: Opponent, Date, Result, G, A1, A2, Pts, +, -, +/-, PPG, SHG, PM, 10, SD, MS, SHIFTS, and TOI. The table lists statistics for various opponents including SC Küssnacht, Burgdorf, Dübendorf, Arisa, Thun, Winterthur, and Habsburg.

STEP 7: STATUS

All statuses in the overview



In the following table all possible statuses are listed:

Status: Online Player Platform	Status: Mobile App	Description	Remarks
Healthy		The player is ready for play.	This is the normal status when a player is lined up or called up. His participation is expected.
		The coach has sent an attendance request . The player must confirm - or cancel his presence for this game.	The coach can make the player aware of the request by sending an email or push message.
		The player has confirmed his presence. But he has NOT YET been called up by the coach.	If the coach plans with the player, he will set his status to "healthy".
Excused !		The player has declined the attendance request.	The coach does not plan with this player.
Excused !		The player first rejected the presence request. At a later point in time, however, he accepted it again .	The coach sees that the player would be ready for play. He has the opportunity to call up the player.
Sick		The player is ill and not fit to play.	The player can give a reason. This will be shown to the coach with a speech bubble.
Excused		The player is excused for the game / practice.	The player can give a reason. This will be shown to the coach with a speech bubble.
Injured		The player is injured and not fit to play.	The player can give a reason. This will be shown to the coach with a speech bubble.

STEP 8: PLAYER JOURNAL

Capture additional practices and games



- 1 **PRACTICES:** In the players' journal, players can enter practices that they have individually performed or planned in addition to the normal club practices (compensation practice).
- 2 **GAMES:** Also games which the players have played e.g. with a B-license club, which does not yet work with My Ice Hockey, can be entered by the player in the player journal.

The screenshot displays the 'Player Journal' interface. On the left is a dark sidebar with navigation links: Dashboard, Practices, Games, Player journal (selected), Media, and Dossier. The main area is split into two panels. The left panel, titled 'Enter', contains a form for logging activities. It has sections for 'Practices' and 'Games'. The 'Practices' section includes fields for Date, Start, End, Club, Place, Type (a dropdown menu), Drills (a text area), a file upload field, and a 'Perceived exertion (Borg-Scale)' field with a 'Select rating' button. A red 'Add' button is at the bottom right of the 'Practices' section. The 'Games' section has fields for Date, Start, and End. A red circle with the number '1' highlights the 'Practices' section header, and another red circle with the number '2' highlights the 'Games' section header. A 'Tip' bubble points to the 'Select rating' button. The right panel, titled 'Overview', shows a calendar for October 2019. It includes filters for 'Filter by Event' (All, Practices, Games) and 'Filter by Type' (On Ice Practice, Special Practice Practice, Gym Practice, Off Ice Practice, compensatory training Practice, Team Event Practice, Injured Practice, Friendly game Game, Tournament Game, Season Game, Play-Off Game, Play-Out Game, 1st Phase Game, 2nd Phase Game, Cup Game, CHL Game). The calendar grid shows several events: '8:00 Practice Special Practice MIH Krafraum' on Friday, October 4th; '20:00 Practice compensatory training MIH Krafraum' on Tuesday, October 15th; '21:00 Practice Gym MIH Krafraum' on Friday, October 25th; and '16:00 Game Friendly game SC Kopracht K Arena' on Sunday, October 27th.



Tip

- The player must rate the entered practices and games according to his degree of effort (Borg scale).

STEP 9: MEDIA CENTER

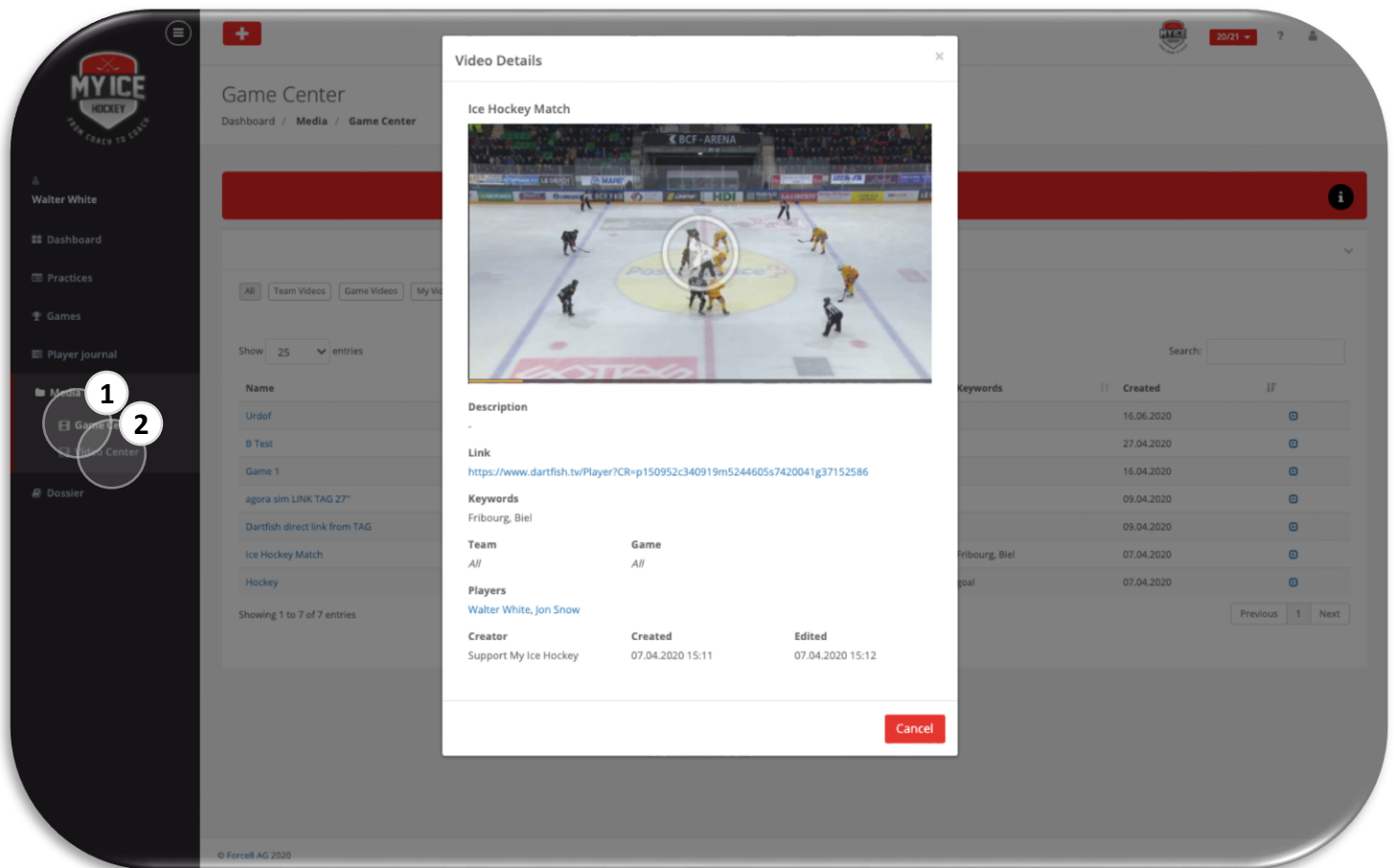
Watch shared videos of your coach



Under MEDIA you can watch simple video links (we do not offer video hosting), which your coach has made available to you.

We distinguish between the following two platforms:

- 1 GAME CENTER:** Here the coach shares video links that are specifically related to games. Click on the name of the video to watch the video directly in My Ice Hockey. You can also see more details of the video such as the description and to whom the coach has provided this video.
- 2 VIDEO CENTER:** Your coach will be able to provide further video links here, e.g. to exercises, whole practice units or a playbook.



STEP 10: DOSSIER

Exchange Useful Information



1 FILES

Player:

The player can upload files (no video) and share them with the coach. On the other hand, the coach can also upload player related files, which the player can view here.

Team:

This module is intended for team-related files that the coach wants to share with his team. The player cannot upload team files.

Medical:

The player can upload medical files and share them with the coach. On the other hand, the coach can also upload player-related medical files, which the player can view here.

2 EVALUATIONS

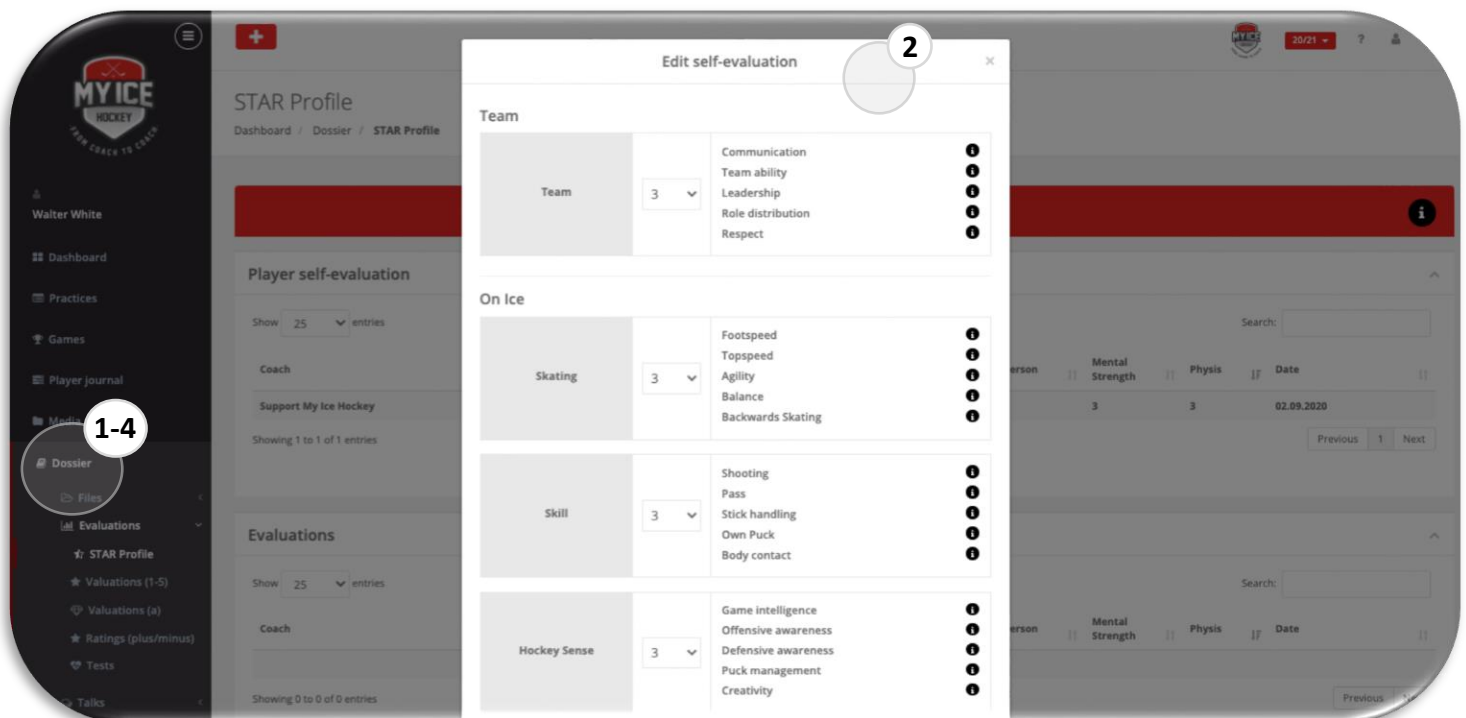
Star Profile (Switzerland only):

Player self-evaluation: The coach can activate a STAR Profile self-evaluation for the player. Click on STAR profiles (bold = new self-evaluation) and answer the questions. The player can edit the rating until the trainer closes it.

Evaluations: If the coach decides to share his STAR Profile rating with the player, he can access it here.

Valuations (1-5) / Valuations (a) / Ratings (plus/minus) / Tests:

If the coach decides to share his valuations/ratings or test results with the player, he can access it here. The player cannot set anything.



STEP 10: DOSSIER

Exchange Useful Information



3 TALKS

Player / School/Work / Parents:

The coach can create any kind of conversation. If the status is “open”, the player can fill in the conversations. (bold = new talk). If the status is “closed”, the player can only view the completed questions and answers.

Career planning:

The coach can create a career plan for the player. If the status is “open”, the player can fill it out (bold = new career planning). If the status is “closed”, the player can only view the completed career plan.

Questionnaires:

The coach can create any questionnaires or surveys for the player. If the status is “open”, the player can fill in the questionnaire (bold = new questionnaire). If the status is “closed”, the player can only view the completed questions and answers.

4 WEIGHT & HEIGHT

Gives the player the ability to add height and weight, body fat and notes about themselves. Alternatively, the coach can do it for him. In this case he can see his entries here.

Note: This module is only visible to the player when his club is working with the dossier functions.

The dossier module provides the player with useful and important information. Basically, the player has access to two types of content:

- Information from the coach that cannot be edited (show only)
- Information from the coach that the player must edit or fill out. This information will be accessible if the coach has activated it.



Tip

- Search the dossier regularly for new content.

STEP 11: MOBILE APP

For iOS and Android

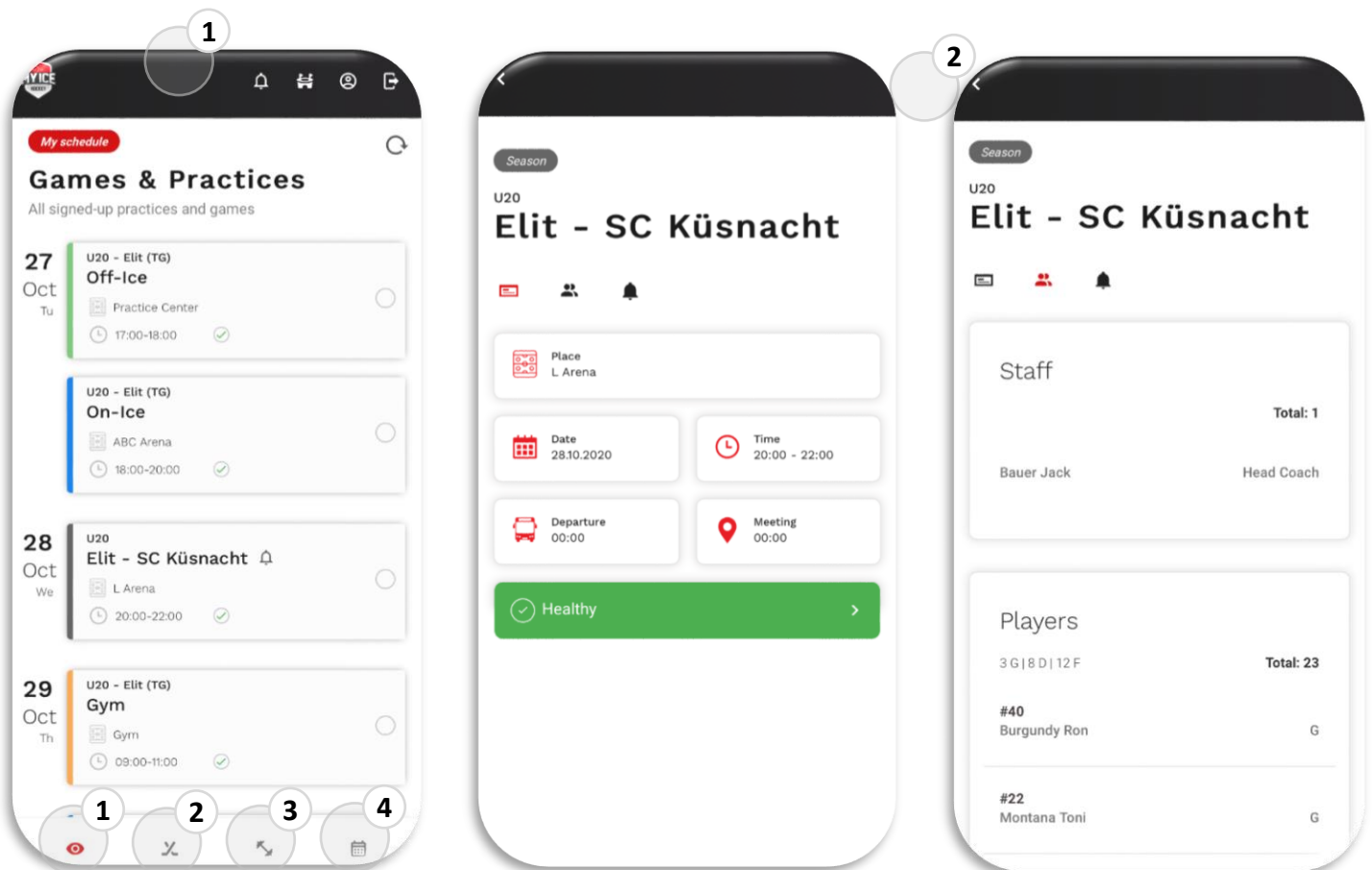


The My Ice Hockey Mobile App is the perfect addition for all registered players of My Ice Hockey. The app is available in the App Store and the Google Play Store for free.

The following functions of My Ice Hockey can currently be used with the mobile app directly on the smartphone:

- 1 The entire schedule (eye button) can be displayed. Here the player has an overview of all his games and practices for which he was scheduled.
- 2 The hockey stick button shows all games for which the player was called up. By clicking on a game, all important game information is displayed (e.g. meeting point and departure time). The line-up with the player list can also be viewed here. With a few clicks the player can unsubscribe for games. The coach is automatically informed via e-mail.

Important: Once the status is no longer “healthy”, there is no longer a possibility to subscribe (only coaches).



STEP 11: MOBILE APP

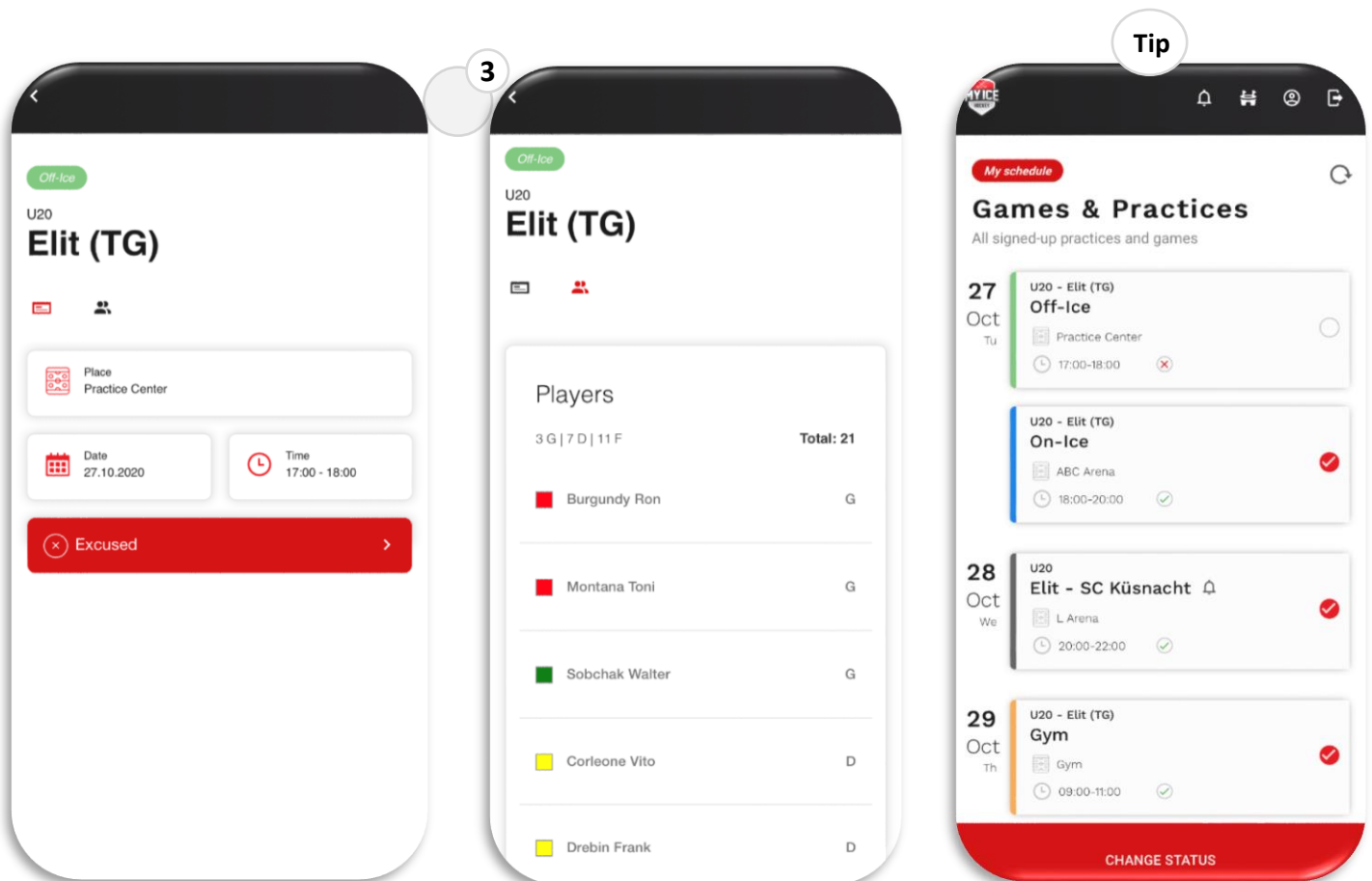
For iOS and Android



- 3 The dumbbell button displays all the practices for which the player is scheduled. By clicking on a practice, all important practice information is displayed (e.g. type and location of the practice). The attendance list with all other players of the practice can also be viewed here. With a few clicks the player can unsubscribe for a practice. The coach is automatically informed via e-mail.

Important: A practice unsubscription can only be made at the latest by the start of the practice (time).

- 4 The calendar button displays all the games recorded by the club - regardless of the status. These games are therefore NOT official convocations but are intended for scheduling reservations.



Note: The mobile app is currently only available for registered players, not for coaches and staff members.

Tips

- By selecting several practices, you can change the status of all selected practices simultaneously. (generates only one e-mail for the coach).
- The login credentials for the mobile app are the same as for the online player platform.

