

**Ancaster Avalanche  
Atom BB/B  
2018 - 2019**



**Player & Parent  
Handbook**

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## **I - General Team Overview**

### **Coaching and Team Staff**

Head Coach – John Cullen  
Assistant Coach – TBA  
Assistant Coach – TBA  
Trainer – TBA  
On-ice Coach – TBA  
Manager – TBA

### **Team Objectives**

1. Have Fun
2. Create an environment where each player can fulfill her potential.
3. Foster a competitive attitude and appreciation for hard work.
4. Skill development.

### **Tournaments**

We plan to participate in 5 tournaments this season. Applications and deposits will be submitted to the following tournaments.

**First** – Oakville Hornets Harvest Classic Rep Tournament - September

**Second** – Ancaster Fall Shootout Tournament - October

**Third** – Stratford Festival Cup Challenge – November

**Fourth** - Cambridge 24th Annual New Years' Challenge Cup - January

**Fifth** – Brantford 38th Annual Walter Gretzky Tournament - February

### **Practices**

We anticipate having two or three practices per week. The times for these practices will vary from week to week. Players are expected to be at practice. A player's inability to attend practices will influence their development and their game ice time. It is important to note that the coaching staff recognizes that there will be (from time to time) a requirement to possibly attend to another priority. The coaching staff will try and schedule our practices at reasonable intervals and times, however, plans should be made well in advance to position the player to make most, if not all practices. If a player decides to miss a practice and gives the coaching staff at least 24 hours' notice, that player will miss one period from an upcoming game. If this requirement is not met, the player will not dress for the next game. Preparation for practice is equally important as it is for games. Players who are late will be assigned extra work usually in the form of fitness exercises.

If you are unable to make a game or practice, please inform Coach John.

## **Player Development**

The primary focus of the coaching staff this season will be skill development. To achieve this goal the majority of practice time will be devoted to working on specific skills such as skating, passing, shooting, checking, with considerably less time spent on systems and strategy. The coaching staff acknowledge the importance teaching systems and strategy for team success. However, given our past experience coaching players at older age groups, we have found that many lack a solid base of basic skills upon which to build. It is our position that players who develop the strongest set of basic skills will have a large advantage at later stages in their careers.

## **II - Player Responsibilities**

### **Player Conduct**

At the Atom level, there are many responsibilities that fall on the shoulders of the players. First and foremost is to behave in a polite and professional manner. The coaching staff expects that each player will take responsibility for her own conduct and represent the Ancaster Avalanche organization in an honourable way.

### **Uniform/Dress Code**

All players are to dress appropriately for games. Players will wear Ancaster Avalanche approved wind jackets or winter jackets and wind pants. Preferred headwear is Ancaster Avalanche toques.

### **Player Equipment**

New home and away game socks will be issued to each player. Game socks are NOT to be worn at practice. Game jerseys and socks should be washed after every two uses to ensure that they will last the season and we will look professional on the ice. A practice jersey as well as practice socks will also be provided. These too should be washed on a regular basis. Additionally, all player equipment needs to be air dried after every on-ice session. Not only does this improve the smell of the equipment but reduces the risk of bacterial and fungal growth – both of which are significant health risks. All equipment needs to be properly cleaned on a regular basis. This is the responsibility of the player NOT the parent.

### **Helmets/Gloves/Pants**

Those new to the team need to acquire a black helmet, and proper coloured gloves and pants. Most local sport stores should have these items. If you are unsure of where to find this equipment you can contact coach John Cullen for a list of local stores with Ancaster Avalanche approved equipment.

## **Mouth Guards/Neck Guards and Water Bottles**

Mouth guards are optional; however, neck guards are mandatory for games and practices. It is recommended that all players have a backup set in their hockey bag.

Each player is required to have their own water bottle at every on-ice event this season. It is essential that this piece of equipment is used for every on-ice session. Without their own water bottle, a player will not be allowed to participate in the activity (game, or practice). Using personal water bottles reduces the likelihood of transmitting colds and flus between team members and also significantly reduces the chance of players contracting meningitis (see Attachment A).

## **Energy Drinks**

We have a strict NO ENERGY DRINK POLICY. These drinks represent a significant health risk to younger athletes competing in high intensity sports. The performance benefits are negligible when the player prepares properly for a competition through proper nutrition, training, and sufficient sleep. Anyone using these products will not be allowed to participate. Gatorade and other sports drinks are allowed.

## **Pre-game Routine**

We have asked all of the players to arrive a minimum of 30 minutes in advance of all games, both home and away. Players are not allowed in the dressing room until at least two coaches/parent monitors are present. The coaching staff would like the players in full equipment, minus helmets and gloves, 10 minutes before the scheduled ice time. The dressing room area is a Parent-Free zone. If you need to see your player, please speak to a coach and they will get them for you.

It is expected that all players arrive at the arena fully prepared. It is the player's responsibility to ensure that all their equipment is in good and safe working order (especially helmets).

If a player arrives late for a game but within five minutes of the required time, no game time will be missed however extra work will be assigned (e.g., fitness exercises). If a player is late for a game by more than five minutes, that player will miss the equivalent number of minutes of game time as the amount of time the player was late.

## **Pre-practice Routine**

The coaching staff would like all players to arrive at least 30 minutes prior to practice times and be ready (fully dressed & gear in ready/safe order) 5 minutes before the scheduled ice time. Players are not allowed to enter the room until two coaches/parent monitors have arrived at the arena. Again, the dressing room area is a Parent-Free zone.

If lateness for practices and games occurs repeatedly, the coaching staff will request a meeting with both the player and parents to discuss alternative solutions with the specific aim of resolving the matter to everyone's satisfaction.

### **Early Games and Practices**

The coaching staff acknowledges that many of our games and practices can be scheduled early on weekday evenings, presenting problems for some families to get the player to the session for the required time. For those events beginning before 5:45 PM on weekdays, which will be difficult to make on time, the players are required to be on the ice on time but do not need to be present 30 minutes prior. The rules pertaining to parents in the room and players in the dressing room without coach/parent monitor supervision still apply.

### **Extramural Activities**

The coaching staff encourages the players to participate in extramural activities as we believe that a variety of experiences are important for the development of the players. It is important, however, that this hockey team remains a top priority. Missing hockey for another event will result in the consequences mentioned above. Specifically, missing without notice will require the player to miss the next game. With notice, the player will miss a period of hockey in an upcoming game. Players repeatedly missing hockey sessions will be handled on a case by case basis but will face stiffer consequences.

### **Tests and Assignments**

The coaching staff recognize the importance of each player's academic progress. However, throughout the season, there will be test dates and assignments that are due the day after a scheduled game or practice. It is expected that the player will attend those team events. Tests and assignment due dates are scheduled well in advance. Players need to plan around these dates to ensure that 1) they get their school work done on time, and 2) they don't miss any hockey. Time management skills are important – for this season and for life. Learn to plan ahead and you will be able to spend more time doing the things you enjoy.

### **III - Parent Responsibilities**

#### **Fees**

The player registration fee (\$525) is due upon signing with the team (Must be paid between May 1<sup>st</sup> and May 15<sup>th</sup>). A late fee of \$100 is applied to registrations received after May 15<sup>th</sup>. Team operating fees are estimated to be \$1,270 per player. Cheques should be made payable to AAGHA Atom B and submitted to Coach John. The balance of fees may be paid in installments by post-dated cheques as follows: At signing (\$250), June 1<sup>st</sup> (\$255), July 1<sup>st</sup> (\$255), August 1<sup>st</sup> (\$255), and October 1<sup>st</sup> (\$255).

#### **Team Budget**

A team budget of \$27,590 has been prepared and submitted to the association (Attachment B). Periodic updates will be reported to the parents throughout the year regarding actual and projected expenditures as well as issuing a final year budget comparison report in March of 2019.

#### **Sponsorship & Fundraising**

It is recommended that each player try and find a sponsor for their home and away jerseys.

Sponsorship Levels:

- \$500 – sponsor on home & away jersey, website, and team banner
- \$250 – sponsor on website and team banner

All sponsorship and fundraising money will be part of team revenue and used towards our team budget. Our sponsorship goal is \$6,000.

#### **Medical Information, Injuries, Fitness**

Please make sure to complete and return the medical questionnaire (including copies of health cards) to Trainer TBA by June 30<sup>th</sup> 2018. Our team trainer needs to be aware of any medical conditions that may need to be addressed in an emergency situation (e.g., allergy to penicillin). If a player is injured, sick, or taking medication, please notify Trainer TBA prior to games/practices. Injured players (players missing a session due to injury or sickness) will be required to participate in a complete practice first before returning to game play. Additionally, players who are unable to complete a full practice due to injury, sickness, or fitness, will be held out of game play until the player can demonstrate that they can safely compete at the highest level of intensity for a full practice. Our trainer will be discussing the team's emergency response plan and be putting volunteers and procedures in place to handle serious injuries on the ice early in September.

### **Communicating with the Coaching Staff**

The coaching staff invites parents to discuss any questions or concerns they may have, however, a 24-hour cooling-off period is in effect. Parents wishing to speak with any member of the coaching staff should speak first with the team's Parent Liaison. The parent liaison will then arrange for the coach to contact the parent.

### **Ice Time**

Player ice time will be determined by the coaching staff on a game-by-game basis. Our goal as a coaching staff this season is player development. In accordance with this goal, every effort will be made to ensure fair ice time among players. However, under certain game conditions/situations, players may receive unbalanced amounts of ice time.

### **Cheering & Positive Attitudes at the Arena**

We encourage "positive" cheering during the game. While we as a coaching staff are striving to develop good hockey players and exceptional people, the greatest influence on each player are their parents. We are asking the players to step above most of their peers and act in a professional and mature manner in a competitive environment. Parents should do the same. Please refrain from "negative" comments to referees, coaches, managers, trainers or other parents (from our team or the opposition's). The AAGHA has a good reputation in the hockey community. Let's keep it that way.



## IV - Coaches' and Staff Team Commitment

We, the coaching and team staff, are committed to these aforementioned team philosophies, regulations and guidelines in this Ancaster Avalanche Player & Parent Handbook. It is our collective view, that we will endeavour, to the best of our abilities and experience, to assist each and every player on this team in making this year a successful one.

This we commit to each of you

Signed:

Date:

\_\_\_\_\_  
John Cullen – Head Coach

\_\_\_\_\_  
TBA – Assistant Coach

\_\_\_\_\_  
TBA – Assistant Coach

\_\_\_\_\_  
TBA - Trainer

\_\_\_\_\_  
TBA - Manager

\_\_\_\_\_  
TBA – On-ice Coach

## V - Player's Commitment

I, \_\_\_\_\_, commit to the team philosophies, regulations and guidelines, both in this booklet and as verbalized/defined by the coaching and team staff throughout the 2018/19 year. I further agree to conduct myself in a manner that demonstrates respect to my family, my teammates, myself, my opponents, game officials and the coaching / team / organization staff of the Ancaster Avalanche.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

## VI – Parent's Commitment

I, \_\_\_\_\_, commit to the team philosophies, regulations and guidelines, both in this booklet and as verbalized/defined by the coaching and team staff throughout the 2018/19 year. I further agree to conduct myself in a manner that demonstrates respect to my family, fellow parents, myself, my opponents, game officials and the coaching / team / organization staff of the Ancaster Avalanche.

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

# Attachment A – Infection Control and Sports Teams

## FACT SHEET

### Environmental Health & Prevention Services

## Infection Control & Team Sports

Playing sports is a great form of exercise, and exercise is an important way to keep your body healthy. However, playing sports can be a source for spreading infectious diseases among teams.

Sport teams are exposed to the spread of disease from sharing water bottles, frequent face-to-face contact and sharing facilities and rooms.

Diseases that pose a particular health threat to sports teams include:

- Meningitis
- Skin infections
- Respiratory infections (like influenza)
- Stomach illnesses (like noro-virus)

It's very important that teams take extra precautions at all times to prevent the spread of infectious diseases. After all, in order to play well, team players have to be well.

The following is some important advice for coaches, parents and team players to utilize:

Coaches, staff and parents **must** stress the importance for players to work as a team in all areas of hygiene and infection control.

Stress to players the importance of frequent and thorough handwashing.

Players should avoid playing if they have signs of fever, diarrhea and/or vomiting.

Players should report **all** skin rashes to the coach and team staff right away so the proper treatment can be obtained and further spread minimized.

Make sure **all** players, coaches and staff have their own water bottle; never share. Bottles should be labelled, washed and disinfected after each practice or game.

Make sure all food and drink for the team is prepared, handled and stored following safe food handling practices.

Make sure all players, coaches and staff have current vaccinations. Encourage team members to get an annual flu shot.

Stress to players the need for daily showers with soap. Stress good foot hygiene. This includes washing, drying and the use of foot powder.

Players should **not** share personal products like towels and brushes. Products such as creams and lotions should be shared using pump bottles or using a single-use applicator.

Remind players that all garments, like sweaters and socks should be washed after each practice and game.

All equipment should be hung to dry after each practice or game, and cleaned and disinfected on a regular basis. Follow manufacturer instructions.

For more information on communicable and infectious diseases contact the County of Lambton Community Health Services Department at 519 383-8331, toll-free 1-800 - 667-1839 or visit [www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca).



COUNTY OF  
LAMBTON

### COMMUNITY HEALTH SERVICES DEPARTMENT

#### Environmental Health & Prevention Services

160 Exmouth Street  
Point Edward, Ontario N7T 7Z6  
Telephone: (519) 383-8331  
Toll free: 1-800-667-1839  
Fax: (519) 383-7092  
Email: [chsd@county-lambton.on.ca](mailto:chsd@county-lambton.on.ca)  
[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)

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## Attachment B – Team Budget

REVENUE	Budget
Team Fees	
\$1270 x 17 Players	\$21,590.00
Sponsorships & Fundraising	
Total	\$6,000.00
Total Revenue	\$27,590.00
EXPENSES	Budget
AAGHA Rep Team Fees (Practice/Game Ice, Refs)	
Total	\$12,400.00
Player Development	
Power Skating/Skill Development/Extra-Ice	\$3,000.00
Goalie Training	\$2,000.00
Team Wear	
Practice Jerseys/Socks	\$400.00
Sponsor Logo on Jerseys	\$500.00
Tournaments and Travel Fees	
Oakville	\$1,200.00
Ancaster	\$1,200.00
Stratford	\$1,200.00
Cambridge	\$1,200.00
Brantford	\$1,200.00
Team Parties & Meetings	
Total	\$1,000.00
Coaching & Administration Supplies	
Practice & Game Materials	\$400.00
Medical / Bench Trainer Kit & Supplies	\$185.00
Hockey Share (Practice Planning)	\$100.00
Team Snap	\$125.00
Administration Supplies	\$150.00
Video Analysis Software (Hudl)	\$150.00
Coaching Attire	\$600.00
Sponsor Banner/Plaques	\$525.00
Total Expenses	\$27,535.00
Net	\$55.00