



## PONOKA MINOR HOCKEY ASSOCIATION

### COACHES PLEDGE

It is the intention of this pledge to promote proper behavior and respect for all participants within the Association. All coaches must sign this pledge before being allowed to participate in hockey and must continue to observe the principles of Fair Play.

#### CODE OF CONDUCT

1. I will be reasonable when scheduling games and practices remembering that young athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials, opponents and teammates.
3. I will ensure *all* athletes receive equal instruction, discipline, support and appropriate, fair playing time.
4. I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the athlete's ages and ability.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.

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I agree to abide by the principles of this CODE as set and supported by this Association.

I also agree to abide by the rules, regulations and decisions as set for this Association.

PRINTNAME \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE:

COACH \_\_\_\_\_ TEAM: \_\_\_\_\_

## COACHES GUIDELINES

1. PMHA endorses the National Coaching Certification program.
2. PMHA mandates the use of the Nike Skills manuals.
3. Alcohol consumption by players or coaches will not be tolerated at any team function.
4. The use of illegal drugs could result in a suspension from the PMHA.
5. Ensure someone is in charge of all practises and games within the association.
6. Ensure appropriate dressing room supervision and etiquette.
7. Attend all parent meetings with the manager, parents and parent captain.
8. Responsible for enforcing all team rules and the conduct of players and team officials during practises, games and team functions.
9. Ensure that each of the players on your team have all the proper equipment.
10. Set a good example regarding team actions and dress.
11. Complete NCMHA affiliation forms and forward to PMHA registrar and your NCMHA league governor, for league play.
12. Openly discuss problems with the parent captain, manager and relevant coaching director.
13. Advise players of all game times and at what time they should be at the arena.
14. Be aware of any medical problems with players, manager or assistant coaches.
15. Complete the appropriate medical forms on all players and coaches and maintain a directory of player's names, addresses, parent's names, telephone number and medical insurance coverage numbers.
16. Ensure medical treatment is received for any injury to the maximum extent possible.
17. Ensure the Zamboni gate is closed and arena staff is off the ice before allowing players on the ice for practises or games.
18. Ensure that out of town game sheets for tournaments and exhibition games are turned into the Game sheet drop off box for review and penalty accrual.
19. Utilise the coaching director of your category for resources, assistance and consultation.
20. Repeat rules offenders will be identified with additional suspensions possible.
21. Dressing room behaviour, which includes loud, vulgar, racist or inappropriate wording, will be deemed unacceptable. Remember you are representing Ponoka Minor Hockey as well as the community of Ponoka.