



**2017-2018 HANDBOOK**



# PRESIDENTS MESSAGE

On behalf of the Tisdale Trojans and its Board of Directors I would like to welcome you to the 2017-18 hockey season. We are proud to be celebrating our 30<sup>th</sup> year this season. I would like to thank all of the volunteers and staff who have invested their time and effort to make this achievement possible. There have been too many to count over the last 30 years but without you all we could not be here today. Thanks to our business community that is always there to support us our Trojan franchise has operated with a budget that we can succeed with. To our fans that have been second to none, and are known throughout Saskatchewan as the best and most supportive fans in the league.

Thanks to our players. Through the past 30 years we have been blessed with outstanding young men who have filled our rosters and brought so many wonderful families to our community. Lifelong friendships have been built through a Trojan hockey program that continues to grow and flourish as it matures.

This 30<sup>th</sup> season is going to be as exciting as ever and I invite you to come out and be a part of it. For me being part of a directorship that is growing with our new world, excited and embracing this new season is very rewarding. Success starts from the top and we have an executive that's leadership is second to none.

We have enjoyed a string of success the past 3 seasons that we are looking to build on this season. Our coaching staff are a group that put in the time and effort to create an environment where success is almost an automatic. Thanks to their experience and commitment to the Trojans we all benefit from the great product on the ice. The proud Trojan hockey tradition is led by our Head Coach and General Manager Darrell Mann, along with assistant coaches Colin Ruether and Gary Janke.

Barb Wallace is returning this year to offer her expertise dealing with player health. She was a valuable addition to our franchise last season and we welcome her back this year. We are also happy to have Kalim Keays returning as Equipment Manager.

A special thanks to the community and all of the people and businesses who support us. We promise to provide you with some great entertainment, and an organization that embraces this community along with every opportunity to give back.

We are here to develop a talented group of hockey players on the ice, in the community, and in the classroom. The goal is to guide them to become better people, and open the doors to success for whatever path they choose in the future. In the process we hope to create a positive experience with everyone who embraces the Trojan Spirit.

Thank you for coming out to see us in action, we hope you enjoy being part of the Tisdale Trojans as much as we do!!

Brett Casavant, President



# BOARD of DIRECTORS

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## Contact us!

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# STAFF



**HEAD COACH/GM**

**DARRELL MANN 306-921-3701**

Darrell is very excited for the start of the 2017-2018 season. This is his 15<sup>th</sup> year coaching the Tisdale Trojans: 9 years as head coach and 6 years as assistant coach. In his time with the Trojans they have made to the league finals 7 times, won the provincial title 4 times and captured a National Championship in 2001.

Darrell would like to thank his wife Kim and his children; Kacie and Morgan for all their support.

It's going to be a great season of hockey!



**ASSISTANT COACH**

**GARY JANKE 306-690-9219**

Gary was born and raised in Swift Current. He and his wife Jenny, moved to Tisdale in 2012. They have three sons; Scott, Shane and Travis.

Gary played all his minor hockey in Swift Current and was on the midget team that won the bronze medal at the Wrigley's tournament (now the Telus Cup) in the 1975-1976 season. He then went on to play 4 years with the Swift Current Broncos from 1977-1980.

Over the past 40 years he has coached at various levels in Saskatchewan Hockey, from initiation to Senior, including two years as head coach for Midget AAA in Swift Current.



**ASSISTANT COACH**

**COLIN RUETHER 306-873-0490**



**EQUIPMENT**

**KALIM KEAYS**



**CHAPLAIN**

**BRIAN FRIESEN  
306-873-9828**



**PHYSIOTHERAPIST/TRAINER**

**BARB WALLACE**

Barb has been a physiotherapist for 25 years and currently operates her own clinic in Melfort. She has worked with minor hockey and junior players, as well as a variety of injuries from sports, life, work, and motor vehicle accidents.

# TEAM INFORMATION

## REGISTRATION FEES

**Player Registration fees are \$5,000 for the 2017-2018 hockey season. Our hockey program includes a 44 game regular season, 5 hours of practice per week (depending on game schedule), and an off-ice training program at KEEP Conditioning.**

The Trojan Hockey club also provides the following to their players -

- Game day tape, 4 pairs of laces, shower products, skate sharpening
- Post-game meals for away games
- Overnight trips – all meals and accommodations
- Game day: gloves, helmet. Pant Shells, Socks and hockey bag are also provided but must be returned at the end of the season.
- Team apparel: warm up T-Shirt/Shorts, Track Suit
- Awards Banquet (includes parents)
- Team Picture
- 22 game pass

**Fees are payable to - Tisdale Trojans**

**50% (\$2,500) due before the first regular season game (Sept 21). Remainder (\$2,500) due October 31, 2017. Fees must be paid on time for your player to participate in the team – this includes all on and off ice participation.**

## BILLET FEES

- Billet fees are \$500/month, payable to – Tisdale Trojans
- The following cheques need to be provided to the billet co-ordinator on or before your arrival to Tisdale:
  - 6 post dated cheques for \$500 each (September 1 – February 1)
  - 4 post dated cheques for \$125 each dated March 5,12,19,26 2018

# TEAM INFORMATION

## UNCONTESTED RELEASE

An uncontested release will be granted - If a player chooses to be released from the Tisdale Trojan Hockey Club and the club is in agreement with that decision. Any amount of registration fee reimbursement will be considered on a case by case basis.

## CONTESTED RELEASE

A contested release will be filed – If a player chooses to be released by the Tisdale Trojan Hockey Club and has not taken the steps to discuss their situation with the Coaching staff, Director of hockey operations or the club President. In this instance the corresponding SMAAAHL league rules will apply and there will be no registration fee reimbursement.

## OTHER PARENT COMMITMENTS

- **Gate Workers:** parents must provide 2 workers for 2 games during the season. A schedule will be emailed out. Parents are responsible to do their own trades with other families should their scheduled dates not work.
- **MAC Tournament:** If our team qualifies for this tournament, the cost per player is \$1,000
- **Progressive 50/50 tickets:** Each family is required to sell \$300 of our progressive 50/50 tickets. Tickets will be provided to you at the beginning of the season. Sold Tickets must be returned to Joanne Hokanson by Wednesday December 13. Draw will be Sunday December 17.
- **Trip of the Month Tickets:** Each family is required to sell 4 (\$100/ticket) TRIP OF THE MONTH tickets. Tickets will be provided to you as soon as they are available. Tickets must be sold and returned to Pat Bladen by December 16.
- **Annual Christmas Gala:** We are hosting our annual gala on Saturday December 2, the entertainment is Master Magician and Illusionist – Vitaly Beckman! Tickets for this event are \$50. We reserve 2 tickets for each family, please advise Kim Casavant (306-873-9138) or Robin Nontell (306-852-8105) if you will be purchasing your tickets, and if you will require additional tickets. Confirm this by October 15.

# TEAM RULES

*Do What's Right! Your conduct and actions will not bring embarrassment to Tisdale Trojan Board of Directors, our Hockey Program, your Teammates, your Family and the Community of Tisdale.*

- **DRESS CODE FOR GAME DAY** – Shirt, Tie, Dress Pants, Dress Shoes
- **DRESSING ROOM** – must be kept clean and respected at all times. Keep stall areas cleaned up. There will be a schedule for dressing room cleanup.
- **CURFEW** – Head Coach may give a curfew extension on occasion
  - 10:30PM DAILY
  - HOME GAME NIGHTS 12:00AM
  - AWAY GAMES, WITHIN ½ HOUR ARRIVAL TO RECPLEX
  - Guests are not allowed in your billet home after curfew, and billets may set an earlier time for guests to go home. NO Guests in your billet home without permission.
- **SCHOOL ATTENDANCE IS MANDATORY**
  - When completing your school information forms – the contact number should be your billet and Gary Janke.
- **OFF ICE TRAINING PROGRAM ATTENDANCE AND PARTICIPATION IS MANDATORY**
- **TRAVEL** – Permission from the coach must be obtained before leaving town for anything other than team activities.
- **CELL PHONE USE** – cell phone use is not allowed 90 minutes prior to game time and for 30 minutes following end of game.
- **THE FOLLOWING ARE PROHIBITED AND WILL RESULT IN TEAM SUSPENSIONS OR REMOVAL:**
  - chewing tobacco, smoking, drugs, vaping, alcohol
  - attendance at bars or lounges
  - hazing/bullying
  - inappropriate use of social media

**THE COACHING STAFF WILL REMOVE PLAYERS FROM GAME DAY ROSTERS FOR LATE CURFEW, SCHOOL ABSENCES, SCHOOL LATES OR OFF ICE TRAINING PROGRAM ABSENCES.**



# OFFICE ICE TRAINING PROGRAM



## **Rob Boxall – Owner of KEEP Conditioning & Rehab B.Sc Kin, CSEP-CEP, EIMC Level 2, FMSC**

After graduating with honors from the University of Saskatchewan with a bachelor's degree in Kinesiology, and becoming a CSEP Certified Exercise Physiologist, Rob specialized in performance conditioning and advanced exercise physiology & biomechanics. He worked with the Human Performance Centre at the U of S with various groups including their hockey, football and basketball teams and in their Centre for Elite Hockey Conditioning, training hockey players in the off season ranging from junior hockey to the NHL level. In 2004, Rob moved on to the RCMP's national training academy in Regina as an exercise instructor where he remained for over 9 years, working with nearly 10,000 cadets over that span and being the lead instructor with 50 troops. In 2013, Rob moved home to Tisdale and began farming before opening up KEEP in 2015. Rob now continues to farm in the summer while making the Tisdale Trojans his primary client through the winter months. The program that KEEP has crafted for the Tisdale Trojans in-season training is one of measured movement, strength, and power development. It is designed to teach the players how to manage their in season training, what intensity is required for an elite athlete to be successful, and strategies for pre and post exercise/game nutrition. Focus is placed on full body coordination, learning how to magnify force production in athletic situations. Alternatively, they are taught how and when to rest to manage injury prevention and the proper approach to peaking before playoff games. KEEP's goal is that the players gain an edge over their competition by reducing fatigue and therefore both physical and mental errors late in games while keeping their shift intensity from the beginning to the end.

# OFFICE ICE TRAINING PROGRAM



## **Janine McNevin B.Sc. Kin, CSEP-CEP, EIMC Level 2**

Janine is an Exercise Therapist with a degree in Kinesiology from the University of Regina. She is registered with the Canadian Society of Exercise Physiology as a Certified Exercise Physiologist (CSEP-CEP) and is Level 2 certified with Exercise is Medicine Canada (EIMC). She came to KEEP Conditioning & Rehab with over a year experience working for Summit Physiotherapy and Rehab in Prince Albert where she quickly gained a reputation from clients and staff as an extremely effective and knowledgeable therapist. While in Prince Albert, she worked as a team member to prescribe exercises to clients with various injuries to enable them to return to work and the functional requirements of their daily lives. Since being at KEEP, Janine has expanded her training focus to include high performance groups such as Skate Tisdale dryland training and the Tisdale Trojans in-season training program.

She continues to offer Private Training and Rehab Therapy alongside KEEP's Physical Therapy partner, Bourassa and Associates. Additionally, Janine grew up competing as a figure skater in Tisdale, and later brought her enthusiasm and spirit to her role as a Professional Figure Skating coach for over 8 years. Her experience as an athlete and her coaching career have instilled in Janine the importance of making training fun and to motivate skaters to set goals and work to achieve them.

# BILLET PROGRAM

The Billet experience will truly be rewarding, with a unique connection that lasts a lifetime. Billet Families greatly contribute to the success of the Tisdale Trojans hockey organization. It is our commitment to our players and their parents to provide them with a good home.

We want our billet family program to be second to none. We will work to match each player's personality and backgrounds with quality host homes.

- Billet fees are \$500 per month
- A monthly schedule will be provided to each billet home with the player's schedule.
- **Players must abide by the TEAM RULES in this handbook.** Billet families are to report any issues to the billet co-ordinator

## ***BILLET/PLAYER GUIDELINES***

### **CURFEW**

- Permission must be granted by billets for all guests in the home. Guests are not allowed in billet homes after curfew. Billets may set an earlier time for guests to go home.
- Guests are not allowed under any circumstances if the billet is not at home.

### **SCHOOL**

- Players should provide billets with a copy of their time table
- Contacts for school attendance are the Billet and the Assistant Coach – Gary Janke.

# BILLET PROGRAM

## ACCOMODATIONS

- Billets will provide:
  - a single or double bed (players may share a room with another player, but not with a host family member)
  - Dresser and closet space
  - Internet access
- If the host family will be away overnight they need to notify the billet co-ordinator. If Billets are away for more than 1 night, arrangements for care will be made.

## COURTESY AND COMMUNICATION

- Communication is the key to a great billet/player relationship. Never assume that either party “knows” or “should know” something.
- Billets need to clearly communicate house rules and expectations of house duties. Things that should be discussed:
  - Daily Mealtimes, pre-game meal requirements
  - Household chores
  - Laundry
  - Shower/bathroom times
- Players should keep their rooms tidy at all times
- Players need to inform billets well in advance if they will not be home for supper
- Players need to let billets know where they are going when they leave the house and keep them updated if their location changes while they are out.
- Players need to inform billets if they are travelling out of town and confirm that they have requested permission from the coach.
- Players should be respectful of their billet family and their generosity. Be pleasant, courteous and helpful.
- If issues arise and a solution can not be found by either party, contact the billet co-ordinator and we will work together to find the best solution for everyone.

Our guidelines are in accordance with SHA and CHA billeting guidelines and are in place for the health and welfare of the player

# SOCIAL MEDIA POLICY

## Saskatchewan Hockey Association Social Media Policy

For the purpose of this Social Media and Networking Policy, the policy will encompass public communications through such internet mediums and websites as Twitter, Facebook, MySpace, LinkedIn, Foursquare and any other social media network that allows users to communicate online as well as other forms of electronic communication, but not limited to, methods such as 'BBM' or 'texting'.

The policy will be applicable to all members of the SHA Community, including Directors, Teams, SHA members and staff, on-ice and off-ice officials, billets, players, players' family members and supporters. The SHA recognizes and appreciates the value of social media and the importance of social networking to all of its stakeholders. The SHA also respects the right of all Teams and Association personnel to express their views publicly. At the same time we must be aware of the dangers social media and networking can present.

The purpose of this policy is to educate the SHA Community on the risks of social media and to ensure all Teams and Association personnel are aware that conduct deemed to be inappropriate may be subject to disciplinary action by the Team, **the Minor Hockey Association, League and/or the SHA.**

## SOCIAL MEDIA GUIDELINES

- The SHA holds the entire SHA Community who participates in social media and networking to the same standards as it does for all other forms of media including radio, television and print.
- Comments or remarks of an inappropriate nature which are detrimental to a Team, the Association or an individual will not be tolerated and will be subject to disciplinary action.
- It should be recognized that social media and comments such as 'texting' are on the record and can be instantly published and available to the public and media. Everyone including Association and/or Team personnel, players, corporate partners and the media can review social media communications. You should conduct yourself in an appropriate and professional manner at all times.
- Refrain from divulging confidential information of a personal or team related nature. Avoid revealing business or game strategy that could provide another team or individual a competitive advantage. Furthermore, do not discuss injury information about any player. Only divulge information that is considered public.
- Use your best judgment at all times – pause before posting or sending. Once your comments are posted or sent they cannot be retracted. Ultimately, you are solely responsible for your comments.
- If requested to participate in an online network, as a direct result of your affiliation with or participation in the SHA, the SHA recommends that you request approval from the Team or the Association.
- Players or hockey operations staff are not permitted to participate in social media or networking two (2) hours prior to the start of a SHA game and at least one (1) hour following the completion of a SHA game.



# SOCIAL MEDIA POLICY

## 3. SOCIAL MEDIA VIOLATIONS

The following are examples of conduct through social media and networking mediums that are considered violations of the SHA Social Media and Networking Policy and may be subject to disciplinary action by the **Team, Minor Hockey Association, League and/or SHA**.

- Any statement deemed to be publicly critical of Association officials or detrimental to the welfare of a member Team, the Association or an individual.
- Divulging confidential information that may include, but is not limited to the following:
  - player injuries;
  - trades or other player movement;
  - game strategies; or
  - any other matter of a sensitive nature to a member Team, the Association or an individual.
- Negative or derogatory comments about any of the **Team, Minor Hockey Association, League and/or SHA** staff, programs, stakeholders, players or any member of a SHA Team.
- **Any form of bullying, harassment, intimidation or threats against players or officials.**
- Photographs, video or comments promoting negative influences or criminal behavior, including but not limited to:
  - drug use,
  - alcohol abuse,
  - public intoxication,
  - hazing
  - sexual exploitation, etc.
- Online activity that contradicts the current policies of the SHA or any of its member Associations.
- Inappropriate, derogatory, racist, or sexist comments of any kind, in keeping with the SHA policies and regulations on these matters.
- Online activity that is meant to alarm other individuals or to misrepresent fact or truth.

## 4. DISCIPLINE

The **Team, Minor Hockey Association, League and/or the SHA** will investigate reported violation(s) of this policy in the manner set out in the SHA Handbook for other types of violations. If the investigation determines that a violation has occurred, the **Team, Minor Hockey Association, League and/or the SHA Chairperson of the Division** involved will impose an appropriate suspension. Any appeal of the suspension will be dealt with as set out in a **Minor Hockey Association, League and/or SHA Handbook** for other types of suspensions.

# SOCIAL MEDIA POLICY

## 5. SUMMARY

When using social media and networking mediums, the SHA community should assume at all times they are representing the SHA and/or its member Associations or Teams. All members of the SHA community should remember to use the same discretion with texting, etc., social media and networking as they do with other traditional forms of media.

Should the identity or image of any member of the SHA community be used in social media and networking without the Individual, Team or Association authorization, this is considered to be identity theft. Please notify your SHA Team Management or the SHA Office immediately. Any use of a player or team member's image or likeness without the written consent of the SHA is strictly prohibited.

# CONDUCT & DISCIPLINE

## BYLAW NO. 1

### CONDUCT AND DISCIPLINE

1. The Club hereby adopts and shall maintain a Zero Tolerance of Abuse policy regarding the treatment of officials, including minor officials, players, spectators and all other individuals by its employees, representatives, members (including players and their parents) and team officials at all times and in all locations during, before or after which any activity organized or governed by the Club takes place.

2. For the purposes of this bylaw, "Zero Tolerance of Abuse" means that the following conduct is not permitted, and the Club hereby prohibits:

"All conduct, acts, behavior and/or omissions, whether isolated or not, which any person or persons who are either the objects of or who observe the same, acting reasonably having regard for the context in which the Club's activities occur, being a competitive hockey environment:

- (a) Are offended, threatened, harassed and/or abused the said conduct, acts, behaviour or omissions, or;
- (b) consider the reputation of the Club to have been damaged thereby."

3. Any person who, being the subject of or having observed conduct described in paragraph 2, considers himself or herself to have been offended, threatened, harassed and/or abused, or the reputation of the Club to have been damaged, including a member of the Executive Committee, may report the impugned conduct, acts, behavior and/or omissions in writing to the President or Vice President of the Club, and once such a written complaint is so received, the matter shall thereafter be dealt with by a committee ("the Disciplinary Committee) consisting of the President and two members of the Executive to be named by the President. In the event any of the foregoing parties is considered by the Executive in its sole discretion to be in a conflict of interest, the Executive shall appoint any person or persons, as the case may be in order to constitute a 3 person Disciplinary Committee at all times, it deems appropriate to fill such vacancy or vacancies.

4. The Disciplinary Committee shall proceed to consider the complaint, and specifically whether the policy set forth above has been violated, and in that regard shall consider such evidence and information, and follow such procedures for the determination of the complaint as it in its sole consideration deems necessary or advisable.

# CONDUCT & DISCIPLINE

5. The members of the Disciplinary Committee shall at all times keep the information received and communicated by them in the course of performing their duties, including their decision and disciplinary measures, confidential and shall not disclose the same except to the parties involved in the disciplinary investigation and decision-making process and then only insofar as may be necessary to properly carry out their duties.

6. The decision of the Disciplinary Committee as to the complaint and the disciplinary measures, if any, to be imposed in relation thereto shall be reported by the President to the Executive Committee, and such decision shall be final and binding on the Club and all parties involved in the complaint and shall not be subject to further appeal or review. Members of the Executive Committee shall also keep all information reported to or received by them confidential at all times.

7. The Disciplinary Committee shall be entitled to apply all such disciplinary measures as it may determine its sole discretion to be justified, which, without limiting the generality of the foregoing, may include all or any of the following:

(a) suspension from the Club for any length of time or times.

(b) expulsion from the Club.

(c) the requirement of taking educational or corrective measures, including the completion of courses designed to deter or assist with the avoidance of the impugned conduct, apologies and/or other appropriate steps.

(d) conditions of any nature or form being placed on the membership of the disciplined party.

(e) a prohibition or prohibitions from attending at the Tisdale Recplex and/or any other facilities, whether located in Tisdale or not, in which the activities of the Club are being carried on for any length of time or times.

(f) suspension and/or permanent prohibition from acting as a team official or in any other capacity with respect to the Club, and/or conditions of any nature or form being placed thereon.

(g) further punitive measures for failing to comply with the terms of discipline.