

**Parent Meeting – Saturday oct 15 @ 3 pm**

**Atom U11 B # 7701 (2022-2023)**

**Agenda**

1. **Welcome: Each player and parent to introduce themselves**
2. **Read and Sign “Player Code of Conduct”**
3. **Make an ice breaker game**
4. **Parent Meeting**
5. **Read and Sign “Parents Code of Conduct”**
6. **Collect money**

**Staff**

**Head Coach:**

**Manager:**

**Treasurer:**

**Assistant Coaches:**

**Trainers:**

**Room Moms:**

**Season Goals**

* Have an amazing, safe and positive hockey season!
* Train and develop new skills in players;
* Promote new position changes;
* Captain and assistants' roles will be assigned (more info to come);
* Enter into 4 tournaments and have lots of FUN J

**General Information**

* All training and Vulnerable Sector Check must be done before October 31, 2022;
* All parents and players are read and sign “**Code of Conduct**” and obey by it;
* **24 hour rule** if any issues must be looked at, please refrain from addressing the coach or team staff during an outbreak;
* Parents must and players must remain **positive and respectful** to ALL;
* **Dressing room is restricted to players and approved staff;**
* Use **RAMP** app: mark **availability and use** group **chat**
* **Practices, arrive 20-30 minutes** prior;
* **Games, arrive 45 minutes** prior;
* Tournament games, arrive 60 minutes prior (as tournament can run 20 minutes faster);
* **Time keeping** task will be shared amongst all parents, schedule to follow;
* Coaching staff will work to improve all players, some **training** may be done in groups or individually. Coaching staff is there to help players better their skills.
* **Games** are 10-10-12 format

**Equipment**

* **GAME JERSEYS:** (1 white and 1 red) are assigned per player and provided by the association. Game jerseys are only to be worn for games. Parents are responsible to pay for new jerseys in the event of loss or damages +/- $150 for the set.
* **PRACTICE JERSEYS:** player to wear their own, pinnies will be used for ice drills
* **NAME BARS**: Buy at Safeguard. Cost of Safeguard is $7+taxes per bar (get a red name bar with white lettering and the opposite of your daughters last name). Sow (don’t use glue) name bars on REAR TOP jersey side: white name bar on white jersey; red on red.
* **GAME SOCKS:** Nylon socks (1 red and 1 white set) are available at Safeguard for $45.00. Fashion also sells them for $54.00. Game socks are only to be worn at games. Socks with holes will have to be replaced if not well kept.
* **PRACTICE SOCKS:** Get any practice socks
* **TRACK SUITS:** Light weight coat and pants will be provided as per team sponsors and budget.
* **Vendors** (2) sells our association garments: Phil Martin @ Safeguard Facebook Account (Rockland) and Lucie @ Fashion Work Wear (Rockland)
* **Used equipment: Marketplace (Facebook) at CRGHA Lightning Equipment Sell/Exchange**

**Change room protocols**

* **Masks** are now optional.
* No cell phone in change rooms,
* Always two approved female adult presence when players are in the change room;
* Change room should have one trainer and 2-3 room moms;
* Players are to remain in the room once they start to dress up;
* **For games, players are to be ready 10 minutes prior and wait for coaching staff meeting.**

**Tournaments (pending OWHA approval)**

Smiths Falls October 28-30, 2022

Kanata November 18-20, 2022

Longueuil (QC) Jan 13-15, 2023

Nepean Jan 27-29, 2023

All our events, games, practices will be in RAMP and listed on the CRGHA.CA website under U11B section.