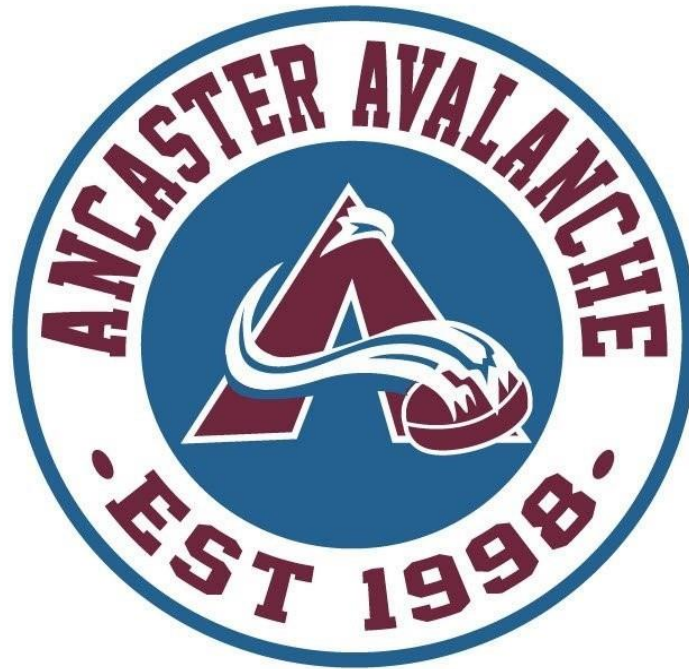


**Ancaster Avalanche
U18A Team
Information**



2024 - 2025

Tryouts:

Friday April 19, 2024, Morgan Firestone Rink A - 9:00PM – 10:30PM

Saturday April 20, 2024, Morgan Firestone Rink A – 5:00PM – 6:30PM

Exhibition Games (Invite Only):

Sunday April 21, 2024, Morgan Firestone Rink A Vs Burlington Barracudas – 8:30PM – 10:00PM

Friday April 26, 2024, Sportsworld Arena Vs Kitchener Lady Rangers – 7:15 – 8:45PM

Objective:

The primary objective of the U18 A team is **development**, teach the players “**Fair Play**”, how to improve their skills, play as a **Team**, and out work the opposition, while remembering to have **fun**. There is an expectation for individual player development to achieve the highest level of play possible with the possibilities of playing & practicing at higher levels (High Performance Program & 4th Line Programs). This will be accomplished with power skating sessions, on ice development, dry land training, tournaments, AAGHA Programs, Games and team building sessions.

As well, we will be teaching the girls to be good teammates by focusing on 3 things:

1. Work hard and bring your best effort to the rink every time out.
2. Communicate and be positive and encouraging with teammates.
3. T.E.A.M first mentality. Put the team’s needs before your own.

Coaching Philosophy:

My coaching philosophy stresses the importance of accountability, responsibility, team unity, discipline, mental toughness, self-confidence, sportsmanship, and a desire to compete. I will attempt to create an environment for all players to have fun, develop their hockey skills, and enjoy the camaraderie that teamwork brings not only to sport but to their everyday life. I believe that it is important that all members on the team enjoy a sense of belonging and that their role on the team is as important as the next.

The foundation of our Coach Philosophy utilizes Hockey Canada’s Fair play Code for Coaches. Our philosophy puts **TEAM** first – **Together Everyone Achieves More**. In order to build on our team, plan we will work with our players to set individual goals and objectives. Once individual goals are set, we will discuss the TEAM goals and how their individual goals fit into this philosophy of Together Everyone Achieves More.



Team Budget:

Estimated Team Budget:	<u>Cost</u>
Team Fee to AAGHA for Ice, referees and Home Jersey's	\$22,200
Tournaments x 5 @ \$1,900	\$9,500
Goalie Training	\$2,400
Team Supplies, Pant Shells and Away Jersey's	\$4,136
Additional Ice Time, Ex Games and Training	\$13,000
Gifts, Team Events and miscellaneous (includes Police Checks, Training, etc.)	\$3,000
Total Cost:	\$ 54,236.00
Team Uniform - not covered by team budget	
	<u>Income</u>
Individual Player Cost: \$2,866.83 * 17 Players	\$48,736.11
Fundraisers	\$3,500
Sponsors	\$2,000
Total Income:	\$54,236.11

Individual Cost:

Individual Player Cost:	
Team Deposit – 1 st Team Meeting	\$573.37
Team Fee 1 st installment – June 1 st	\$573.37
Team Fee 2 nd installment – July 1 st	\$573.37
Team Fee 3 rd installment – August 1 st	\$573.37
Team Fee 4 th installment - September 1 st	\$573.35
Subtotal:	\$2,866.83
AAGHA Registration Fee – Online Only - paid directly to the league	**\$650**
Total Player Cost:	\$3,516.83

** AAGHA Registration Fee is paid directly to league and does not go against Team Budget. **

Note: Budget is based on a full year without Covid-19 Restrictions and is a rough estimate.

Budget is subject to change.

Registration opens on May 1st, 2024. There will be a \$100 late fee for any registration after June 30th, 2024, deadline.

Team Fitting Day is TBA.

Fundraisers:

We will be running fundraisers like a Hockey Pool, North Country Meat and Seafood Fundraiser, before summer and at end of Summer. If we don't hit the budget goal, we will investigate a Grocery Bagging Fundraiser.

Tournaments: "Subject to Change"

- September – North Halton Rush
- November – The Burgh Girls Fest Thanksgiving Tournament Pittsburgh
- December – Guelph Winter Classic
- January – Girls Motown Cup Tournament Detroit
- February - London Devilettes Annual Tournament or Durham West Annual Bolts & Hearts

Development Plan:

1. Goalies are to attend Goalie Training (Monday nights) when players have their on-ice skill session, plus a Goalie coach will be working with goalies at our practices throughout the year.
2. Throughout the summer, players & goalies are encouraged to practice their shot and stay in shape. Players are encouraged to use Ancaster Avalanche High Performance Dryland Program and Google Classrooms for Hockey IQ "Systems".
3. Team Boot Camp – Dryland & On-ice Practice starting 3rd week in August, dryland twice a week for 8 weeks (outside) and on ice practices once a week gradually increasing until dryland is done.
4. Skills, Power Skating, and Hockey IQ workshop throughout the year.
5. Exhibition Games Pre-Season and Post Season – Keep ratio 1 game:3 practices.
6. Team will follow the Hockey Canada Player Development Pyramid, breakdown below.
35% technical skills, 15% individual tactics, 20% team tactics, 15% team play, and 15% strategy.

Note: All activities are subject to change due to Covid-19 restrictions.

Ice Time:

The goal would be for everyone on the team to share in an equal amount of ice time however situations will dictate shift changes. We won't be timing shifts due to the pace of the game and variances will simply occur.

Team Goals:

1. Summer – Attend “Goodlife Team Spin” Classes.
2. Summer – “Systems” Hockey IQ, Google Classrooms
3. Aug/Sept - Competitive 100% of the time (Practices & Games)
4. Everyone to Arrive early to all Games & Practices

All players are encouraged to make manageable weekly, monthly, seasonal goals. Individual goals don't have to be just hockey goals. Here are some examples: academic goals, health goals, etc. The idea is to challenge yourself but to ultimately succeed.

Rest of year Goals will be discussed with the Team, during our Team Rap Sessions.

Team Rules and Expectations

All team members will be respectful of their families, their community, their coaches, their team-mates, their opponents, and themselves. The team consists of players, parents, and coaches.

1. Each player and coach will be expected to attend games a minimum 60 minutes prior to the start of the game and be ready for play 10 minutes prior.
2. Each player and coach will be expected to attend practices 30 minutes prior to the start of practice and be ready for play 5 minutes prior.
3. If a player is unable to make a game or practice, they are expected to call the team manager and or coach a minimum of 24 hours in advance (can e-mail head coach too).
4. Each team member will support the team philosophy and treat every team member as an equal.
5. Each player and coach will be expected to participate fully during practices and games. Remember practices should be harder than a game.
6. Each player and coach will clean up after themselves in the dressing room.
7. Each team member will be expected to be respectful on and off the ice.
8. Each team member is encouraged to approach their coaches or team-mates if they are having difficulty with anything.
9. Foul language will not be permitted off the ice, in the dressing room, on the ice, or in the stands.
10. Each team member will be expected to accept an official's decision and allow the coaching staff to discuss that decision should it be warranted.
11. All coaches and team officials will be expected to be always professional.
12. Parents/Guardians will not be permitted in the dressing room unless there is an injury to their child. (female position only).
13. Coaches and Parents will be expected to support all players of the team. It is expected that everyone on the ice, bench, and in the stands will be positive representative of Ancaster Avalanche Girls Hockey Association and to fulfill the Team Objectives.

Section 1) AAGHA CODE OF CONDUCT

1. This code of Conduct identifies the standard of behavior which is expected of all members of the AAGHA including players, coaches, team staff, parents, Board of Directors members, volunteers, chaperones, and others.
2. The Association and its members will conform to the Constitution, By-Laws, Rules, Regulations and Policies of Ancaster Avalanche Girls Hockey Association Inc., Ontario Women's Hockey Association, Hockey Canada and rules of all Associations with which AAGHA is affiliated.
3. Members shall at all times conduct themselves in a fair and responsible manner. Members shall refrain from comments or behaviors which are disrespectful, offensive, abusive, racist or sexist. Behavior which constitutes harassment or abuse will not be tolerated by the AAGHA.
4. Members shall not engage in activity or behavior which endangers the safety of others.
5. During all AAGHA activities and events, members shall avoid behavior which brings the AAGHA or the sport of hockey into disrepute, including but not limited to abusive use of alcohol and non-medicinal use of drugs.
6. Members shall not use unlawful or unauthorized drugs/narcotics or performance enhancing drugs or methods.
7. Any team official, player, or Board of Directors member who is intoxicated, under the influence of any illegal substance in the arena shall be subject to a Disciplinary Hearing and may be subject to expulsion from the Association.
8. Smoking or the use of profane language will not be tolerated in any arena building.
9. Any abuse of arena facilities is forbidden.
10. All municipal directives will be strictly enforced in all city arenas.

Section 2) Social Networking Policy

(Ref.: AAGHA Constitution)

SOCIAL NETWORKING is defined as communicating information, opinions, knowledge, and interests through on-line communities of people such as, but not limited to, Facebook, Twitter, YouTube, blogging, etc.

The Ancaster Avalanche Girls Hockey Association (AAGHA) recognizes the place of SOCIAL NETWORKING; however, it also recognizes that SOCIAL NETWORKING allows for **inappropriate unsupervised conduct** which may be detrimental to the welfare of the AAGHA, and the future of AAGHA players.

The AAGHA holds the entire AAGHA community, including Board Members, Managers, Coaches, Trainers, Players, Scouts, Support Staff, on/off-ice Officials, families and other who participate in SOCIAL NETWORKING to the same standards as it would with all forms of media.

Inappropriate behavior, irrespective of infraction(s) and time, over SOCIAL NETWORKING media will **not be tolerated** and will result in disciplinary action being taken by the AAGHA, where at the very least:

The **first** violation will result in a verbal warning from team official and notification of the violation to the Executive (president or vice-president),

The **second** violation will result in an automatic 5 game suspension and a discipline meeting with the Executive,

The **third** violation is an automatic suspension until a discipline meeting with the Executive, which may result in community member / player release from the Association for cause.

The Executive recognizes that perpetrator intent and victim impact may differ in each case, and reserves the right to escalate the process to automatic suspension immediately.

Section 3) Electronic Communications Policy

Electronic Communications and social media Policy

As part of Ancaster Avalanche Girl's Hockey Association's emphasis on safety of its members, communications involving such should be appropriate and transparent. Effective communication among team staff, players and parents is crucial to the success and safety of our members. However, the use of mobile devices, web-based applications, social media, and other forms of electronic communications increases the possibility for misunderstandings.

It is the policy of Ancaster Avalanche Girls Hockey Association that any participant involved in its organization, whether it be volunteer, player, coach or other shall adhere to this policy for communicating electronically.

Policy Summary

All electronic communication between coach and player must be for the purpose of communicating information about team activities. Coaches and players must follow common sense guidelines regarding the volume and time of day of all electronic communication. The two-deep rule is important in person as well as on phone, emails and texting. Electronic communication from coaches and team staff to players cannot be on a one-to-one basis without inclusion of another player, another team staff member or a parent. Any content of any piece of electronic communication should be readily available to share with families of the player or coach if requested.

Facebook, Online Forums and Similar

All posts or messages of any kind between coach and athletes must be for the purpose of communicating information about team activities or for team-oriented motivational purposes. Direct messaging or private messaging between a coach and a single athlete is prohibited - another responsible adult must be copied on the message. Direct/private messaging between team staff and a group of athletes for the purpose of communicating information about team activities is permitted.

Email Communication

Emails from a coach to an AAGHA athlete must include a copy to the player's parent(s)/guardian(s) or other team staff.

Texting, BBM, iMessage and Similar Communication

All texts between coach and athletes must be professional and for the purpose of communicating

information about team activities. Text messages from team staff to a group of athletes (as in a group text message) are permitted. Text messages from a coach to a single athlete must include a copy to such player's parent(s), guardian(s) or a member of the team staff.

Violations

Social media and electronic communications can also be used to commit various forms of abuse and misconduct. Such communications by any member of the AAGHA, including but not limited to coaches, volunteers, parents or players will not be tolerated and the individual will be subject to disciplinary action, including but not limited to written warnings and game suspensions.

As per the OWHA, deliberate cyberbullying will be treated as deliberate attempt to injure with offenders being suspended a minimum of 4 games for the first offence and possible removal for a second offence.

Section 4) Zero Tolerance Policy for Violence in Recreational Properties / Facilities

(Ref.: City of Hamilton, AAGHA Constitution)

Summary

The following activities will not be acceptable:

- physical violence
- loud continued verbal abuse of participants, referees, members of the public, which is deemed to be aggressive, intimidating, or having the objective of inciting violence.
- physical vandalism to the building
- refusal to exit the building or ice surfaces in accordance with the rules as a means of disrupting activity or continuing to intimidate personnel.
- any overt activity aimed at intimidating, and which can be seen as promoting or escalating potential situations

The minimum suspension is 2 months for any transgressor. For vandalism, the charge will be twice the cost of repair for vandalism, and minimum 2 months suspension.

Tolerance Policy for Violence in Recreational Properties and Facilities

Policy Statement:

The City of Hamilton's recreational properties and facilities, including but not limited to, arenas, recreation centres, outdoor pools and parks sports pitches, exist to provide residents with opportunities to participate in sport and other recreational activities in a safe and positive environment. Prominent among residents making use of the recreational properties and facilities are the children of Hamilton. The City will ensure the most supportive climate possible for Hamilton Children, so that they can enjoy their sport, and learn about competition, teamwork, sportsmanship, and fair play.

As with many Ontario communities, Hamilton's minor sport system is managed and operated by volunteers. These community-minded citizens contribute in many ways to the success of minor sport in Hamilton. It is the City's responsibility that they, too, have the ability to work in a safe and positive environment.

It is critical, then, for the City, through its Department of Culture and Recreation, to do all things necessary to ensure that prevented measures are in place so that incidents of violent or inappropriate behaviour do not occur in its recreational properties and facilities.

Included in this commitment is an understanding that organizations using City recreational properties and facilities must take PRIMARY responsibility for the behaviour of all associated with them: players, officials, and spectators.

Statements of Principle:

1. Participation by children in sport is an important element in the human development process.
2. To ensure maximum enjoyment and benefits from participation in sport, the maintenance of a safe and positive environment is essential.
3. The rules of each of the games exist to protect the players. Referees/officials are charged to ensure the fair and even application of the rules, and to ensure safety of the players.
4. The city must put measures in place to ensure the safety of referees/officials, as well as organizers of minor sport, who are for the most part volunteers.
5. Violent or abusive behaviours, such as verbal threats and insults, attempts to intimidate as well as physical assault have no place in the City's recreational properties and facilities.
6. Promotion of spectator "positive cheering" will assist in the reduction of violent behaviours in City recreational properties and facilities.
7. Our volunteers are charged with the education of our youth on the ideals of sportsmanship, fair play and appropriate behaviour.

Goals of the Policy:

1. To reduce or eliminate violence from City recreational properties and facilities, inclusive of outdoor sports pitches.
2. To promote positive cheering behaviours among spectators and fans.
3. To increase the level of understanding among spectators and fans of the importance of creating a positive and supportive environment for children's sport.

Definition of Violence:

The focus of this Policy is on the behaviour of non-players, except for those situations in which a player engages in a violent act outside the area of play. For the purposes of this Policy, violence includes, but is not limited to, the following behaviours:

- loud verbal assaults
- threats and attempts to intimidate.
- throwing of articles in a deliberate or aggressive manner
- aggressive approaches to another individual
- physical striking of another individual
- attempts to goad or incite violence in others.
- vandalism to building or property.
- racial or ethnic slurs
- illegal consumption of alcohol or drugs

The Consequences:

Individuals who engage in any of the above behaviours will be subject to immediate ejection from the property or facility and a mandatory suspension from all City recreational properties and facilities for a period of time not less than two months. Two months is a minimum period only, and may be extended by the City's Director of Culture and Recreation (the Director).

Those individuals who are identified and suspended in accordance with this Policy shall further be prohibited from holding any positions within the City's affiliated sport community for a period of two years.

Incidents may be reported to the City of Hamilton Police Service. Criminal charges may follow.

There will be no reconsideration by the city with respect to the length of a suspension or prohibition. Where new information is available, a suspended individual may request reconsideration of the facts on which the suspension is based. Such request must be addressed to the Director, who will consider the new information and make his or her decision. **ALL SUCH DECISIONS OF THE DIRECTOR ARE FINAL.** Those individuals desiring reconsideration must include with their request payment of a non-refundable (unsuccessful) administration fee in the amount of \$250.00. In the event that the applicant is successful, we will refund the administration fee.

Section 5) Dressing Room Policy

(Ref.: AAGHA Constitution)

The following is the dressing room policy approved by the AAGHA Board of Directors for all AAGHA teams regardless of age or OWH Category. This policy has been adopted to make the arena a safe, secure and comfortable place for all the girls participating in the Association.

- a) Dressing rooms will be **off-limits** to all males, including, but not limited to, fathers, Brothers, grandfathers, while **any** players are changing into or out of hockey equipment before or after a game. In application this means that any equipment adjustment required to be done by a male, such as, but not limited to, skate tying, will be done outside the dressing room.
- b) A minimum of two adult females must be always present in the dressing room during which players are in the room. Preferably one of these individuals will be the registered team trainer; however, in her absence she may designate another suitable adult female as dressing room monitor. Both females, at a minimum, must have their Respect in Sport certification, and a valid Vulnerable Sector Screening on file. These individuals should remain in the dressing room until the trainer returns or another designate is appointed.
- c) Male coaches will be admitted to the dressing room 10 minutes prior to official game or practice times to conduct pre-event talks and for up to 10 minutes after the game or practice is completed and players have left the ice, to conduct post-event discussions. During these two periods, a minimum of one adult female should be present in the dressing room as per the above.
- d) If a player arrives in the dressing room during the 10-minute pre-game period she is not to commence dressing until all male coaches have left the room for the start of the game or practice.
- e) If a player is still in the process of dressing when the 10-minute period is to commence, that player will be requested by the trainer or her designate to stop changing, to don suitable covering clothing and not continue to change until all male coaches have left the room for the start of the game or practice.
- f) The only exception to the above will be in the event of a medical emergency as determined by and at the sole discretion of a qualified trainer or medical practitioner.
- g) The use of cell phones, personal digital assistants (PDA's) and photographic devices is prohibited in all dressing rooms except when being used to deal with a medical emergency as determined by and at the sole discretion of a qualified trainer or medical practitioner.

Section 6) Rep Team Fee Refund Policy

Team Budgets are based on real operating costs of the team, and the associated fee paid by each family is representative of their contribution to those team costs.

By signing the attached team agreement, Families agree and acknowledge that should the player leave, be released from the team, or be unable to complete the season their only entitlement for team fee refund would be their equal portion of the remaining funds at the end of the season. ie; 1/17th of the remaining balance when the season is over.

Any additional refund beyond this would be at the sole discretion of the Team Coach and Manager.

The escalation process to enforce and appeal these circumstances will align with the current AAGHA Complaint processes.

AAGHA Complaint Process:

(Ref: AAGHA Constitution)

Members wishing to discuss a complaint or grievance must observe a 24 hour

“Cooling off” period to prevent further escalation and poor communication.

Parents and other members of the Association who have a complaint of any nature must:

- 1) Speak first to the Parent Liaison. The Parent Liaison is the liaison between the coaching staff and parents.
- 2) If the issue is unsatisfactorily resolved, speak to the coach.
- 3) If the issue is unsatisfactorily resolved, the issue may be forwarded to the Division Convenor.
- 4) If the issue is unsatisfactorily resolved it may be forwarded, in writing, to the Disciplinary Committee. Issues forwarded to the Disciplinary Committee that are not in writing may not be addressed.
- 5) If the issue is unsatisfactorily resolved, the issue may then be forwarded in writing to the AAGHA President who will make a final resolution of the matter.

Teams or team officials who have a complaint of any nature must:

- 1) Discuss the matter with the Division Convenor.
- 2) If the issue is unsatisfactorily resolved, the complainant may forward the issue, in writing, to the Disciplinary Committee.
- 3) If the issue is unsatisfactorily resolved it may then be forwarded in writing to the President for final resolution.

Players are expected to arrive 1 hour prior to all game times. Arrival times for tournament games are 1 hour prior to game time as per most tournament rules. For practices, girls are expected to be fully dressed at least 10 minutes before we take the ice (for most girls this means arriving 30 minutes prior to the posted start time). Please notify coaching staff if players are going to be late or absent as far in advance as possible.

The coach reserves the right to prevent a player from participating in all or part of any game or practice where at the sole determination of the coach and/or trainer the player isn't properly prepared to play, is unfit to play, is injured, is endangering the safety of themselves or others or isn't showing the proper level of respect for the opposition, officials, coaches, staff, parents, teammates, facilities, the game, or themselves. The coach will inform the parents of the reasoning for this decision as soon as it is reasonably feasible to do so (usually after the game or practice). If necessary, any additional Discipline or Complaints should follow the procedures outlined above.