

Welcome to the Canadian Athletic Club



Agenda:

- Welcome & Introductions
- CAC Code of Conduct & Expectations
- Details of Program / Expectations for Players
- Key Policies Overview
- Team Budget
- Equipment & Apparel
- Trainer & Injury Management Protocol
- Call for Volunteers - Ways to get involved in the club and on a team
- Questions



Started in 1937, the

Canadian Athletic Club

has been proudly
serving the
Edmonton hockey
community
for 85 years.



CAC President -
Rick McAdie



Hockey Program Director-
Pat Elliott



CAC Registrar -
Betty Chmilar



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Our Mission is “to provide a high-performance hockey development program built around our core values and supported by our long-standing history, strong governance, and progressive leadership”.

CAC Code of Conduct & Expectations

The Canadian Athletic Club (CAC) is committed to providing a sport safe environment in which all individuals are treated with respect.

Members of the CAC shall conduct themselves at all times in a fair and responsible manner. Members shall refrain from comments or behaviors that are disrespectful, offensive, abusive, racist, or sexist. Behavior that constitutes harassment or abuse will not be tolerated by the CAC.



CAC Code of Conduct & Expectations, continued

During all CAC activities and events both on and off the ice, members shall avoid behavior that brings the CAC, Hockey Edmonton, Hockey Alberta, or the sport of hockey into disrepute, including but not limited to abusive use of alcohol and non-medical use of drugs.

CAC members shall not use illicit drugs/narcotics/alcohol or performance enhancing drugs or methods.

This Code of Conduct applies to all CAC players, parents, coaches, and all other team staff.



Hockey Program Overview

NAHL

U13
AA

U13
AA

U15
AA

U15
AA

U18
AA

Northern
Alberta
Hockey
League

REMHL

U16
AA

Rural &
Edmonton
Minor Hockey
League

AEHL

U15
AAA

U17
AAA

Alberta
Elite
Hockey
League



Development Program for CAC Teams

Skill Development - 10 sessions
with MCN Development

Power Skating - 10 sessions
with Britney Millar

Dryland Training - 20 sessions
with Fit U, St.Albert

Goaltending Instruction - 10 sessions
with Kurtis Mucha

Mental Coaching - 5 sessions
with John Stevenson

Nutritionist - 2 sessions
with Lalitha Taylor



Practice Ice

- CAC ice will be combined with Hockey Edmonton ice to achieve 3 ice slots per week - 2 Practices and 1 Development skate
- AA players can expect 70 hrs on ice
- AAA players can expect 90 hours on ice
- U13AA Development will take place Saturday mornings
- U15AA and U15AAA Development will take place Tuesday nights
- U16AA, U17AAA and U18AA Development will take place Thursday nights.





Tournaments:

U13AA OEG CUP

Edmonton Invitational U15AA
Tournament of Champions (EBIT)

Bill Kurucz Memorial U18AA
Hockey Tournament

Other

Key Policies Overview

Travel/Safety

Social Media

Two Deep Policy

Bullying

Cell phones



Key Policy - Travel

- “The cost for team travel, accommodations and meals for league play are included in player registration fees. Playoff & Provincial travel, accommodation, and meal costs are NOT included in registration fees and are the responsibility of each team.”
- Travel expenses for exhibition games are the responsibility of the individual team and NOT covered by CAC.

<https://www.cac-hockey.com/content/policies-and-bylaws>



Key Policy - Travel, continued

- Due to Liability issues, it is Club Policy that only registered players, team officials, and CAC representatives may travel on buses for league play, playoffs, and Provincials (No Parents). Only registered players and officials are provided insurance coverage through Hockey Canada's Insurance Program while traveling by bus.
- Teams participating in exhibition games or tournaments more than 100 km from CAC arena, except for Camrose, must travel by bus.

<https://www.cac-hockey.com/content/policies-and-bylaws>



Key Policy - Social Media

A Social Media Representative from each team will be given the login and password/admin access to the team accounts for the season. (The passwords will be reset at the end of the season.)

Every post made by a CAC team MUST TAG (the main CAC account - **@cac_hockey**). The CAC account administrator will then repost or share posts that are relevant/important to our main page.

<https://www.cac-hockey.com/content/policies-and-bylaws>



Key Policy - Two Deep Coverage

<https://www.cac-hockey.com/content/policies-and-bylaws>

1. Supervisory Responsibilities - Dressing Room Players should be supervised. A lone personnel member should never be in the dressing room with players at any time. Two supervisors should be present together.
2. Injury Treatment - The trainer, coach, first responder or safety person should avoid treating injuries out of sight of others.
3. Road Trips - Team personnel should not share accommodations with minor players on team, regardless of the potential cost savings or other benefits. If only one player and one personnel, the outer door must be left open.



Key Policy - Two Deep Coverage, continued

<https://www.cac-hockey.com/content/policies-and-bylaws>

4. Physical Contact - Team personnel should avoid touching a player, especially when out of sight of others.
5. Isolated Spaces - Parents/guardians should never leave their child unsupervised in a facility, nor should they leave their child alone with a single team personnel member
6. Sport and Training Facilities - Participants who are minors should never be left waiting in a facility without the supervision of their parent/guardian or personnel members



Key Policy - Bullying

The Canadian Athletic Club is committed to help reduce and prevent the bullying of participants at the Club. Written and Cyber bullying is defined as harmful actions that are communicated via written or electronic media and are intended to embarrass, harm, or slander a player, coach, manager, trainer, director, or referee.

Examples of the bullying policy are as follows:

- Continually criticizing the target's abilities.
- Blaming the target of the bullying for mistakes.
- Repeated insults or put downs of the target.
- Denying or discounting the target's accomplishments.
- Threats of and actual physical violence toward the target.

<https://www.cac-hockey.com/content/policies-and-bylaws>



Key Policy - Bullying, continued

Bullying of any sort, including using social media, is not condoned. Severe disciplinary consequences for inappropriate comments made by or about any coach, manager, parent, player, director, or referee through any social media.

Note: Cell phones of any kind are not to be used in the dressing rooms at practices or games.

See CAC Cameras, Cell Phones, and Other Recording Devices Policy G17).

<https://www.cac-hockey.com/content/policies-and-bylaws>



Key Policy - Cell Phones

- Modern cell phones, tablets and PDAs have the capability to record inappropriate material while appearing to be used for other purposes.
- To protect our athletes from inappropriate photos or video being taken, the following policy will be in effect immediately:
- THE USE OF any form of cell phone, camera, tablet, video recorder, or personal digital assistant (PDA) is prohibited in any change room or washroom at CAC or at any practice or game in which a CAC team is participating.

<https://www.cac-hockey.com/content/policies-and-bylaws>



Key Policy - Cell Phones, continued

- Any such devices taken into the change room must be turned off and always remain in your pockets or equipment bag.
- If a player, coach, or team official needs to place a call or check for or send a text or email, they must immediately leave the change room to use the device.
- Any violation of this policy will result in disciplinary action that may involve suspension

<https://www.cac-hockey.com/content/policies-and-bylaws>



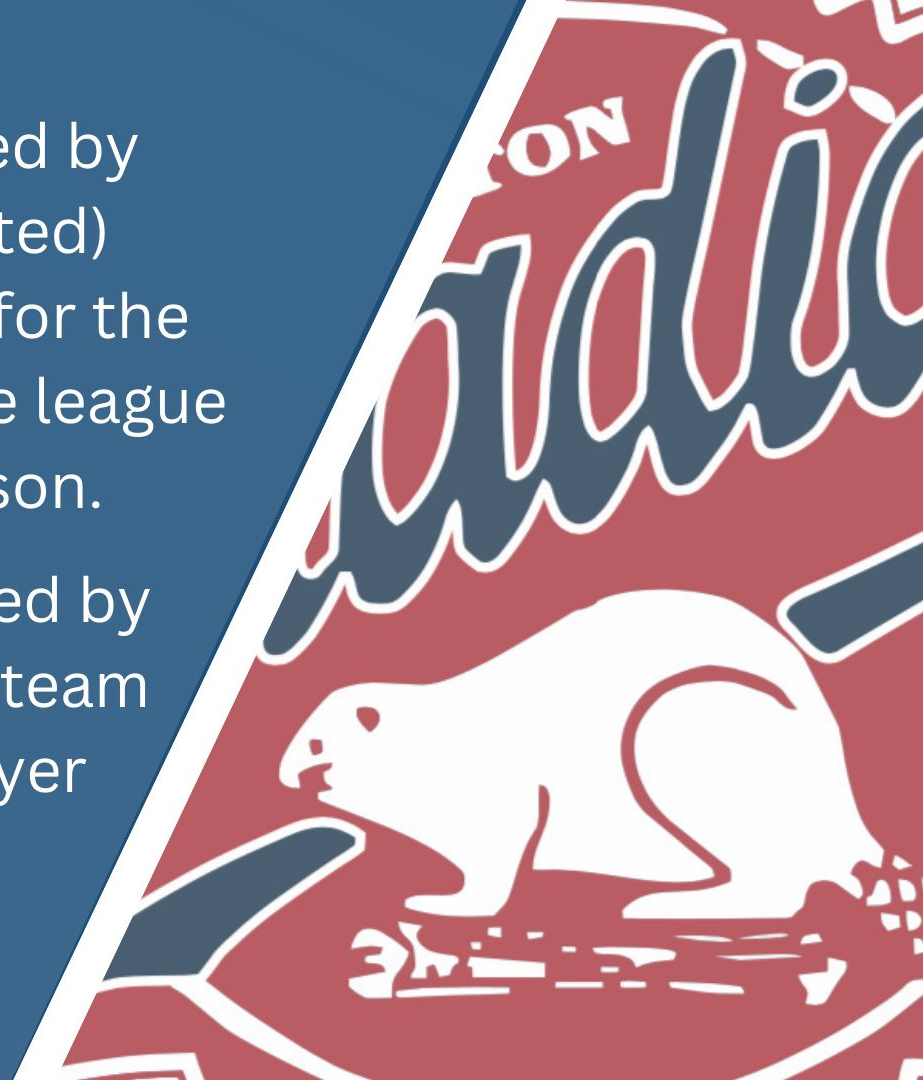
TEAM BUDGETS

with Michael Ferguson



"Team budgets are determined by adding the actual (or estimated) expenses incurred by the club for the operation of the team, as per the league schedule, for the regular season.

Total expenses are then divided by the number of players on the team to determine the actual player registration fee."



How
Player
Fees are
calculated:



2022-2023 Team Budget - U17AAA

Game Day Expenses	Refs, timekeepers, trainer	\$	7,292.00
Hotels - League games	as required per league schedule	\$	4,030.00
Meals - League games	as required per league schedule	\$	5,635.00
Buses - League games	as required per league schedule	\$	8,979.60
Hockey Edmonton Expenses	Hockey Edmonton registration and admin fees	\$	1,395.00
Game Ice	Game Ice based on full schedule plus first round of playoffs	\$	7,866.00
Practice ice	Practice Ice booked for the year	\$	22,950.00
Hockey Alberta Expenses	Participant fee, team fee, league fees	\$	4,447.20
Hockey Program Expenses	Hockey program admin, program director, registrar, trainer supplies, use of CAC classrooms/facilities	\$	8,520.00
In-season Tournament	EBIT (U15AA), WCC (U17AAA), Kelowna (U15AAA), Kurucz (U18AA)	\$	3,000.00
Coach Honorarium	Head coach and assistants	\$	14,000.00
Extra Player Development	On-ice and off-ice ice additional training, sports psychology, nutrition	\$	11,100.00
Equipment, Apparel, etc	Equipment, apparel, uniforms	\$	12,681.51
Banquet, Pictures & Awards	Banquet tickets for team and coaches, player pictures and awards	\$	2,443.25
CAC Administration	Office, phone, accounting, legal, bank fees, credit card fees, insurance, website	\$	5,494.59
Total Expenses		\$	119,834.16
Number of players			19
Cost per player	Total expenses / number of player	\$	6,307.06
Cost per player (rounded)		\$	6,300.00

Payment Options

We offer two payment plans:

Option 1:

Full payment by October 1

Option 2:

40% of total fees by October 1

20% of total fees by November 1

20% of total fees by December 1

20% of total fees by January 15

All payments are due no later than January 15, 2023.



CAC REGISTRATION FEE SCHEDULE	U13 AA	U15 AA	U15 AAA	U16 AA	U17 AAA	U18 AA
10/01/22	\$1600	\$1940	\$2430	\$2050	\$2520	\$2020
11/01/22	\$800	\$970	\$1215	\$1025	\$1260	\$1010
12/01/22	\$800	\$970	\$1215	\$1025	\$1260	\$1010
01/15/23	\$800	\$970	\$1215	\$1025	\$1260	\$1010
TOTAL:	\$4000	\$4850	\$6075	\$5125	\$6300	\$5050

Player Fees



Other items of note:

- Fees are payable all up front or according to the installment schedule.
- Payments will be handled via our RAMP Registration portal, and can be made via credit card or e-transfer to treasurer@cac-hockey.com. We do not accept cash or cheques.
- **Failure to pay on time will result in the immediate suspension of the player until such time as fees are paid.**
- Players assigned to a team roster in HCR and NOT paying a registration fee are indebted to the Club for the fee and will not be released from CAC until the registration fee is paid.

Financial Support Options

- Note: It is the Club's Policy that no Player shall be refused placement on a team based on their financial position.
- The Registration Support Committee, on a one-to-one basis, will consider registration fee relief circumstances. (This is a confidential process.)
- There are also other channels available to access financial support, such as Kidsport, Hockey Canada, Hockey Alberta and Hockey Edmonton.



If you have questions about the financial supports available,
please contact the CAC Registrar,
Betty Chmilar (registrar@cac-hockey.com)

Equipment & Apparel

The CAC Equipment Manager is **Brian Wright**. He is the contact person for all CAC merchandise and equipment.

Jerseys are to be retained by the team manager or a designated parent.

Jerseys shall not be altered or defaced in any way by removing numbers or adding name bars and additional advertising.

Name Bars are not allowed.



Trainers, Safety & Injury Management Protocol



The trainer's primary responsibility is to ensure that safety is the priority at all times during all hockey-related activities, both on and off the ice.

The trainer plays a leadership role in enhancing the safety of players and others involved within the CAC organization. The trainer reports directly to the Head Trainer but communicates regularly with the Head Coach. If a CAC player gets hurt, a completed Hockey Canada Injury Report Form must be sent into the Hockey Alberta office within 90 days of injury.

Fully certified trainers must complete the Hockey Canada Online Safety Course, Respect in Sport Activity Leader Course, and Volunteer Security Checks. First Aid/CPR is required.

Trainers, Safety & Injury Management Protocol



U13

Trainers will be mandatory for all pre-season, league play and any tournaments within 50 km radius of Edmonton, Alberta. This age group will be the only groups allowed to have the option to bring a trainer to a tournament outside of the 50 km area. It is highly suggested for the safety of these athletes to have the same trainer participate in these outside tournaments, however, it will be at each teams' discretion.

U15, U16, U17, U18

Trainers will be mandatory for all pre-season, league, post-season & tournament games.

FAIR PLAY PLEDGE



PARENTS FAIR PLAY PLEDGE

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his or her enjoyment, not mine.
- I will encourage my child to play by the rules and to resolve conflict without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning so that my child will never feel defeated by the outcome of the game.
- I will make my child feel like a winner every time by offering praise for competing fairly and hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn by example. I will applaud good plays and performances by both my child's team and their opponents.
- I will never question the official's judgment or honesty in public.
- I will support removing verbal and physical abuse from children's hockey games.
- I will respect and show appreciation for the volunteers who give their time to hockey for my child.
- All players, parents, and team officials must sign the "Respect The Game" Fair Play Pledge before the first league game



Call for Volunteers

How can you get involved in CAC?



CAC Casino

October 20 & 21

Contact Rick McAdie



Become a **CAC Member**,

Annual Dues \$ 20

See Gary Ash



Join the CAC Women's
Community Society



Fill a Team Role
(Manager, Treasurer, etc.)

2nd Annual



Secondhand
Suit Sale



FINAL SALE DATES

Friday September 23, 6:30 to 8pm

Saturday September 24, 2pm to 4pm

Sunday September 25, 12:30 to 2pm

**Full Suits \$80, Suit Separates (jackets/pants)
\$40, Dress Shoes \$20, Dress Shirts \$12**

Money, from items sold, goes directly back to the seller. \$10 from every Dress Shirt sale will be donated to the Lois Hole Hospital Women's Society (LHHWS).

Contact Kim C at virtualcorbett@gmail.com for more information.

**Welcome to
the Club!**

**We're glad
to have
you on our
team.**



**Please join us
Sunday October 23rd
9AM to 12PM @ CAC**

Bring the whole family and get
to know other CAC families
(old and new).

Plus, meet coaches, directors
and CAC Executive members.



**Hosted by the CAC Women's Community Society
cacwcs21@gmail.com**

THE CAC WOMEN'S
COMMUNITY
SOCIETY IS PROUD
TO HOST THE 2ND
ANNUAL



Holiday Market

November 19, 10-5
November 20, 10-4

All proceeds from table
rentals go to the
**Lois Hole Hospital
Women's Society**

Location:
CAC Arena
14615 142 St.

For more information
contact
CACWCS21@gmail.com



This February
CAC teams & families
are working together
to raise money & awareness
for the



A CAC Women's Community Society Initiative

Questions



Quick Contacts:



President - Rick McAdie
president@cac-hockey.com

Vice President/AGLC - Gary Ash
vp1@cac-hockey.com

Hockey Program Director - Pat Elliott
hockeyprogram@cac-hockey.com

Registrar - Betty Chmilar
registrar@cac-hockey.com

Treasurer - Michael Ferguson
treasurer@cac-hockey.com

Website Coordinator - Kim Patten
kpatten@cac-hockey.com

Equipment Manager - Brian Wright
equipment@cac-hockey.com 780-700-3054

**Thank you for
coming.**

