



Eastman Heat PLAYER EXPECTATIONS

Success at the **A level** depends on the commitment of every player. We expect full attendance at all games, practices, dryland, team events, and tournaments, including the Western Canadian Ringette Championships. If a player cannot meet these expectations, they should reconsider if the **A level** aligns with their current availability and level of commitment.

Practices – 2 times per week

Dryland – 1 time per week

Games – 1-2 games per week

Tournaments – 1-2 in-province; 1-2 out-of-province (Western Provinces)

Team events/meetings – as scheduled by coaching staff. Can include chalk talks, sports psychology, nutrition talks, team bonding events, etc.

City playoffs (u14 only) – takes place Feb/Mar – all players should be available as temporary players are not allowed

Provincials (all teams) – takes place Feb (u16 & u19) and in Mar (u14) – all players should be available as temporary players are not allowed

Western Cup (u14 only) – takes place at the end of March in Regina if the team chooses to participate

Western Canadian Ringette Championships (u16 & u19) – takes place at the end of March and this cost is not included in regular season fees. It is expected all players attend WCRCs if team qualifies

Time management is extremely important to ensure work and school do not impact commitment to the team. Schedules of practices, games, etc. should be released in advance to allow time to book off work and to allow for adequate time to manage your schoolwork. If unable to attend any of the above, prior approval must be received from the Head Coach. Non-approved absences or frequent absences may result in decreased ice time, suspension or removal from the team roster.

Players will be punctual for games and practices and all other related activities. Time of arrival for each activity to be dictated by bench staff.

Players will emphasize Team Spirit and will encourage players to play by the rules in the spirit of fair play and sportsmanship and to respect the decisions of game officials and bench staff.

Players will applaud good effort in victory and in defeat and will remember that “winning isn’t everything” – that having fun, improving skills, making friends and giving a complete effort are also important.

Players represent our community and Eastman Ringette Association. Players will maintain self-control and model the highest degree of respect for teammates/players, coaches, visiting team players and parents/guardians, game officials, and the rules of the game.

Eastman A Ringette has a zero tolerance for alcohol or drug consumption within 24 hours of team events. Any players participating in such, regardless of age, will be suspended. The length of the suspension will be determined by the coaches and the A Committee.

Players understand that a breach of the Eastman Heat Code of Conduct is grounds for suspension from the team or will be asked to leave the arena during practices and/or games at the discretion of the Eastman Heat A Committee or the Eastman Ringette Association.

X

Player

X

Parent/Guardian