



## TREASURERS PACKAGE

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## **TEAM REGISTRATION**

Contact Tammy @ HRI: 306-949-2577 EXT 221 or [tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca)

HRI team registration will be held at the HRI office (1700 Elphinstone St, Co-Operators Centre, 2<sup>nd</sup> Floor) on the following dates. We have indicated the teams that we expect each of these days, but if you cannot make it on that specific day, please attend one of the other days:

**EARLY DROP OFF:** Even if teams have bingo vouchers, we are giving them the option of dropping off their filled in registration form along with their 1 or 2 blank cheques, made out to HOCKEY REGINA.

Early drop off is Monday-Friday 9-5 in the office, or we have a secure mailbox located to the right of our office door if teams wish to leave it after hours. If there are any players who you believe have outside funding please include a note with their name/s and Tammy will follow up.

When the registration form has been completed in office, a copy will be emailed to the treasurer. Please note they will not be completed during office hours for early drop off.

If you still wish to submit in person, please see the dates below:

**Saturday Oct 28: DROP OFF ONLY**      U18AA, U18 Female AA, U16AA, U15 AA, U15 Female AA, U13 AA, U13 Female AA

**Thursday Nov 9: (1:00 pm – 4:30 pm)**      U18A, U18 Female A, U15 A, U15 Female A, U13 A, U11 A, U11 B, All of U11 Female, U13 Female B, U13 Female C

**Saturday Nov 25: DROP OFF ONLY**      U18B, U15 B, U13 B, U13 C, U11 C, U9 A, U9 B, U9 C, U9 Female, U7

### **Bring the following to Team Registration:**

- Contact Information Sheet
- Completed Team Registration Summary Form (examples can be found on pages 4 and 6)
- Completed Bingo Credit Submission Form
- BINGO vouchers (filled in with player's name/division/team)
- For those teams with 2 team cheques 1 to be post-dated for December 15
- Pre-Authorized Account Information form filled in (for those that wish an automatic withdrawal)

\*If you have any questions about using the pre-authorized payment option contact Tammy for details [tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca)

- **No E-transfers** can be accepted
- Team officials form (if not already submitted)

**Do NOT complete the amounts on the team cheques until processing the Team Registration Summary Form and BINGO Credit Form at the HRI Office on Team Registration Day.**

## HRI Team Registration Summary Form 2023/2024 – 1 Payment

<b>TEAM NAME:</b>
-------------------

DIVISION	CATEGORY	# OF PLAYERS	\$ PER PLAYER	TOTAL
U7			\$65	
U9	A, B, C		\$150	
U11	A		\$165	
	B		\$115	
	C		\$ 65	
U13	AA		\$410	
	A		\$360	
	B		\$310	
	C		\$ 85	
U15	AA		\$750	
	A		\$500	
	B		\$205	
U16	AA		\$550	
U18	AA		\$675	
	A		\$405	
	B		\$ 75	
FEMALE	U9		\$150	
	U11		\$115	
	U13 AA/B		\$360	
	U13 C		\$185	
	U15 AA		\$580	
	U15 A		\$205	
	U18 AA		\$680	
	U18 A		\$180	
TEAM OFFICIALS MORE THAN 4			\$ 54	
PERFORMANCE BOND			\$500	\$500.00

<b>TEAM REGISTRATION FEE</b>	
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<b>ALLOWABLE BINGO CREDITS ( A )</b>	
<b>KIDSPORT FUNDING ( B )</b>	
<b>MISCELLANEOUS CREDITS ( C )</b>	

<b>TOTAL CREDITS = ( A + B + C )</b>	
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<b>TOTAL AMOUNT DUE</b>	
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<b>100% UPON REGISTRATION</b>	
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DATE \_\_\_\_\_ TEAM CHEQUE # \_\_\_\_\_

## HRI Team Registration Summary Form 2023/2024 – 1 Payment

<b>TEAM NAME:</b>	<b>U13 AA BLUES</b>
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DIVISION	CATEGORY	# OF PLAYERS	\$ PER PLAYER	TOTAL
U7			\$65	
U9	A, B, C		\$150	
U11	A		\$165	
	B		\$115	
	C		\$ 65	
U13	AA	17	\$410	6,970
	A		\$360	
	B		\$310	
	C		\$ 85	
U15	AA		\$750	
	A		\$500	
	B		\$205	
U16	AA		\$550	
U18	AA		\$675	
	A		\$405	
	B		\$ 75	
FEMALE	U9		\$150	
	U11		\$115	
	U13 AA/B		\$360	
	U13 C		\$185	
	U15 AA		\$580	
	U15 A		\$205	
	U18 AA		\$680	
	U18 A		\$180	
TEAM OFFICIALS MORE THAN 4		1	\$ 54	54
PERFORMANCE BOND			\$500	500

TEAM REGISTRATION FEE	7,524
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ALLOWABLE BINGO CREDITS ( A )	( 665 )
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KIDSPORT FUNDING ( B ) SMITH, ALEX \$750 Kidsport funding	( 750 )
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MISCELLANEOUS CREDITS ( C ) SMITH, ALEX \$150 Jumpstart funding CLARK, KENT \$150 Jumpstart funding	( 300 )
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TOTAL CREDITS = ( A + B + C )	( 1,715 )
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TOTAL AMOUNT DUE	5, 809
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100% UPON REGISTRATION	5,809
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DATE Oct 18<sup>th</sup> -

TEAM CHEQUE # #1

## HRI Team Registration Summary Form 2023/2024 – 2 Payments

<b>TEAM NAME:</b>				
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DIVISION	CATEGORY	# OF PLAYERS	\$ PER PLAYER	TOTAL
U7			\$65	
U9	A, B, C		\$150	
U11	A		\$165	
	B		\$115	
	C		\$ 65	
U13	AA		\$410	
	A		\$360	
	B		\$310	
	C		\$ 85	
U15	AA		\$750	
	A		\$500	
	B		\$205	
U16	AA		\$550	
U18	AA		\$675	
	A		\$405	
	B		\$ 75	
FEMALE	U9		\$150	
	U11		\$115	
	U13 AA/B		\$360	
	U13 C		\$185	
	U15 AA		\$580	
	U15 A		\$205	
	U18 AA		\$680	
	U18 A		\$180	
TEAM OFFICIALS MORE THAN 4			\$ 54	
PERFORMANCE BOND			\$500	<b>\$500.00</b>
			<b>TEAM REGISTRATION FEE</b>	
ALLOWABLE BINGO CREDITS ( A )				
KIDSPORT FUNDING ( B )				
MISCELLANEOUS CREDITS ( C )				
			<b>TOTAL CREDITS = ( A + B + C )</b>	
			<b>TOTAL AMOUNT DUE</b>	
DATE:	TEAM CHQ #	50% UPON REGISTRATION		
DECEMBER 15	TEAM CHQ #	50% DUE		

## HRI Team Registration Summary Form 2023/2024 – 2 Payments

<b>TEAM NAME:</b>		<b>U13 AA BLUES</b>		
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DIVISION	CATEGORY	# OF PLAYERS	\$ PER PLAYER	TOTAL
U7			\$65	
U9	A, B, C		\$150	
U11	A		\$165	
	B		\$115	
	C		\$ 65	
U13	AA	<b>17</b>	\$410	<b>6,970</b>
	A		\$360	
	B		\$310	
	C		\$ 85	
U15	AA		\$750	
	A		\$500	
	B		\$205	
U16	AA		\$550	
U18	AA		\$675	
	A		\$405	
	B		\$ 75	
FEMALE	U9		\$150	
	U11		\$115	
	U13 AA/B		\$360	
	U13 C		\$185	
	U15 AA		\$580	
	U15 A		\$205	
	U18 AA		\$680	
	U18 A		\$180	
<b>TEAM OFFICIALS MORE THAN 4</b>		<b>1</b>	<b>\$ 54</b>	<b>54</b>
<b>PERFORMANCE BOND</b>			<b>\$500</b>	<b>500</b>
			<b>TEAM REGISTRATION FEE</b>	<b>7,524</b>
<b>ALLOWABLE BINGO CREDITS ( A )</b>				<b>( 665 )</b>
<b>KIDSPORT FUNDING ( B )</b> SMITH, ALEX \$750 kidsport funding				<b>( 750 )</b>
<b>MISCELLANEOUS CREDITS ( C )</b> SMITH, ALEX \$150 Jumpstart funding CLARK, KENT \$150 Jumpstart funding				<b>( 300 )</b>
<b>TOTAL CREDITS = ( A + B + C )</b>				<b>( 1,715 )</b>
<b>TOTAL AMOUNT DUE</b>				<b>5,809</b>
<b>DATE: October 18</b>	<b>TEAM CHQ # 001</b>	<b>50% UPON REGISTRATION</b>	<b>2,904.50</b>	
<b>DECEMBER 15</b>	<b>TEAM CHQ # 002</b>	<b>50% DUE</b>	<b>2,904.50</b>	

## **TEAM PAYMENTS**

<b>1 PAYMENT</b>	<b>2 PAYMENTS</b>
U7	U13 AA
U9	U15 AA
U11 A	U15 Female AA
U11 B	U15 A
U11 C	U16 AA
U11 Female A	U18 AA
U11 Female B	U18 Female AA
U11 Female C	U18 A
U13 Female AA	
U13 Female B	
U13 Female C	
U13 A	
U13 B	
U13 C	
U15 B	
U15 Female A	
U18 B	
U18 Female A	

Deadline for all outside funding to be in place will be Oct 15<sup>th</sup>.

## **BANKING**

### **Team Account**

All teams must have an account in the team's name. We strongly recommend two signers on the account.

When setting up a team account please email [registrar@hockeyregina.ca](mailto:registrar@hockeyregina.ca) if you require a bank letter from Hockey Regina.

Please find out if the bank requires one before making the request.

Do not call and request one, an email must be received.

Please make the request at least 24 hours before you require the letter.

### **Payments to the team**

Hockey Regina may issue funds back to the team for such reasons as performance bond reimbursement, injured or quit players etc.

**No cheques will be made out to an individual**, they will only be made out to the team.

### **Payments to Hockey Regina**

E-transfers cannot be accepted.

Payment must be made via cheques or pre-authorized payment.

Pre-authorization form, see page 9





**BUSINESS PRE-AUTHORIZED ACCOUNT INFORMATION**

**BUSINESS  
ACCOUNT HOLDER**

\_\_\_\_\_  
BUSINESS NAME

\_\_\_\_\_  
ADDRESS

\_\_\_\_\_  
TELEPHONE

\_\_\_\_\_  
CITY PROV PC

**Conexus Credit Union**

\_\_\_\_\_  
BRANCH NAME

\_\_\_\_\_  
BRANCH TELEPHONE

**EXAMPLE**

TRANSIT &  
ACCT.

Institution

Transit Number

Account No. (Must be 12 digits)

DATE: \_\_\_\_\_

MEMBER AUTHORIZATION: \_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

CONEXUS CU STAFF: \_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

PLEASE ACCEPT THIS AS THE MEMBERS ACCOUNT INFORMATION AS AN ALTERNATIVE TO A VOID CHEQUE.

A-226  
September 7, 2017

## **REGISTRATION FEE DROP OFF**

You are now able to include all Bingo Vouchers with your registration fees using the self-serve payment box during office hours, or after hours in our mail slot to the right of our office door.

(We will not be going through anything with you when you use the drop off option, you will just be leaving your payments and we will be processing it all later)

You should include:

- 1) Completed Team Registration Summary Form  
(Dependent on # of payments use either the 1 or 2 payment form)
- 2) Completed Contact Information Sheet
- 3) Signed **BLANK** cheque or cheques made out to Hockey Regina the first one dated for the date you are dropping them off and (if making 2 payments) the date for the second cheque would be December 15<sup>th</sup>, OR the Pre-Authorized payment form if you are not paying by cheque.  
**\*\*REMEMBER Not all divisions are making 2 payments\*\***
- 4) If applicable: A note with the names of players who you believe are getting some sort of outside funding (First Nations, KidSport etc.)
- 5) If applicable: Completed Bingo Credit Submission Form and completed bingo vouchers

**WE** will fill in the amounts & contact you once completed.

PLEASE NOTE: Your Team Registration Summary Form **cannot** be completed if your team officials form has not been sent in yet. Your coach was given one to submit.

## **REGISTRATION DATES AND DIVISION**

<b>Saturday Oct 28: (DROP OFF ONLY)</b>	U18AA, U18 Female AA, U16AA, U15 AA, U15 Female AA, U13 AA, U13AA Female
<b>Thursday Nov 9: (1:00 pm – 4:30 pm)</b>	U18A, U18 Female A, U15 A, U15 Female A, U13 A, U11 A, U11 B, All of U11 Female, U13 Female B, U13 Female C
<b>Saturday Nov 25: (DROP OFF ONLY)</b>	U18B, U15 B, U13 B, U13 C, U11 C, U9 A, U9 B, U9 C, U9 Female, U7

## **CONTACT INFORMATION SHEET**

(for registration fees only)

DIVISION:
TEAM NAME:
TREASURER NAME:
TREASURER NUMBER:
TREASURER EMAIL ADDRESS:
DATE OF DROP OFF:

# **Hockey Regina BINGO Program**

QUESTIONS? Email Pam, Bingo Admin, at [plysak@hockeyregina.ca](mailto:plysak@hockeyregina.ca)

**BINGO INFORMATION** If any of your parents have questions about working bingos or handing in bingo vouchers, please ask them to contact Pam at [plysak@hockeyregina.ca](mailto:plysak@hockeyregina.ca).

## **BINGO CREDIT SUBMISSION FORM**

This is the form that the Treasurer is to use for bingo credits at the time of Team Registration and In Season.

The maximum number of vouchers that any one player can turn in for the season is the team budgeted amount per player (HRI registration fee and team fees). The allowable credit on the forms is the registration fee for your division.

REGISTRATION: The team Treasurer will collect all the Bingo vouchers from their team and complete the form, identifying the player's name, voucher number(s) and amount. The team Treasurer will bring in or drop off the form and completed vouchers to the HRI office at the time of Team Registration.

IN SEASON: This is also the form that is to be used for the following cash-in dates:

December 4 – 8, 2023

January 15 – 19, 2024

February 5 – 9, 2024

**The deadline to submit vouchers is February 29, 2024.**

**No vouchers will be accepted after this date.**

The team Treasurer will collect all the bingo vouchers from their team and complete the form, identifying the player's name, voucher number(s) and amount. The team Treasurer will bring the form and vouchers to the HRI office, and then a cheque will be mailed to the team.

If a player has already paid his/her fees in cash before turning in vouchers, they can still hand in the vouchers and then receive a cash refund from the team at the end of the season.

**BINGO VOUCHERS must be filled in completely with player's name, division and team or they will not be accepted.** Unless you want to fill them in yourself, do not accept them from parents incomplete.

**Team Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(eg. U13 AA Blues)

Submitted by: \_\_\_\_\_ Manager ☐ Treasurer ☐ (please check one)

Email: \_\_\_\_\_ Phone # \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

***(For In Season submission only)***

**HRI Cheque # (If submitted In Season)** \_\_\_\_\_

## **2023/24 REGISTRATION FEES**

- The **maximum** that you can collect from parents is **COLUMN C** (total Columns A+B)
- COLUMNS A+E - Total Hockey Regina fees for the 2023/24 season
- COLUMNS D/E – Just for reference

Already collected by HRI from all players when they registered.

	A	B	C		D	E
	<b><u>Remaining Hockey Regina Fees</u></b>	<b>Team Fees</b>	<b>Maximum amount that you can collect</b>		<b>Initial HRI Fee (<u>already paid</u> at time of registration)</b>	<b>Non-refundable Registration/ Evaluation Fee (paid at time of registration)</b>
U7	65	400	<b>465</b>		<b>300</b>	<b>50</b>
U9	150	800	<b>950</b>		<b>840</b>	<b>100 to 150</b>
U11 A	165	950	<b>1,115</b>		<b>1,040</b>	<b>100 to 190</b>
U11 B	115	775	<b>890</b>		<b>1,040</b>	
U11 C	65	500	<b>565</b>		<b>1,040</b>	
U11 Female	115	775	<b>890</b>		<b>1,040</b>	
U13 AA	410	1,150	<b>1,560</b>		<b>1,240</b>	<b>95 to 215</b>
U13 A	360	775	<b>1,135</b>		<b>1,240</b>	
U13 B	310	775	<b>1,085</b>		<b>1,240</b>	
U13 C	85	475	<b>560</b>		<b>1,240</b>	
U13 Female AA (plays in U13 A)	360	1000	<b>1,360</b>		<b>1,240</b>	
U13 Female B	360	900	<b>1,260</b>		<b>1,240</b>	
U13 Female C	185	900	<b>1,085</b>		<b>1,240</b>	
U15 AA	750	1,950	<b>2,700</b>		<b>1,300</b>	<b>95 to 215</b>
U15 A	500	900	<b>1,400</b>		<b>1,300</b>	
U15 B	205	450	<b>655</b>		<b>1,300</b>	
U15 Female AA	580	1,700	<b>2,280</b>		<b>1,300</b>	
U15 Female A	205	750	<b>955</b>		<b>1,300</b>	
U16AA	550	1,600	<b>2,150</b>		<b>1,200</b>	<b>90 to 215</b>
U18AA	675	1,600	<b>2,275</b>		<b>1,200</b>	
U18 A	405	650	<b>1,055</b>		<b>1,200</b>	
U18 B	75	375	<b>450</b>		<b>1,200</b>	
U18 Female AA	680	1,650	<b>2,330</b>		<b>1,200</b>	
U18 Female A	180	650	<b>830</b>		<b>1,200</b>	

# HOCKEY RECEIPT

<b>PLAYERS NAME</b>	
<b>DATE RCV'D</b>	
<b>RCV'D FROM</b> (Parents Name)	
<b>TO</b> (Division/Tier/Team Name)	
<b>RECEIPT PREPARED BY</b>	

<b>HOCKEY REGINA REGISTRATION FEES</b>	
<b>TEAM FEES</b>	
<b>TOTAL COLLECTED</b>	
<b>BALANCE DUE</b>	

## BREAKDOWN OF FUNDS COLLECTED

CASH-	
CHEQUE-	
E-TRANSFER-	
BINGO VOUCHERS-	
OUTSIDE FUNDING-	
Type of funding:	
Kid Sport	
First Nations Band	
Jumpstart	
Social Services	
Outside funding paid directly to Hockey Regina:	
YES	NO

<b>COMMENTS:</b>	
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## **TEAM BUDGETS**

1. A team budget must be submitted to your division director at the beginning of your season.
2. A budget must be supplied to each parent at the beginning of the season.
3. A mid-season financial statement should be given to all parents in January.
4. A final financial statement must be supplied to all parents at the end of the season.

Items in the team's budget **include**, but are not limited to the following:

- Registration fees
- Tournament fees
- Practice ice costs / gym rentals
- Team outings or meals
- Non-Parent Coach(s) accommodation and meals (where applicable); and any other costs associated with the operation of the team
- **All** team clothing
- Team pictures etc.

Items not included in the team fees budget:

- Transportation costs such as bus rental are not included but must be agreed to by the participating parents.

**Note: Team pictures and team apparel purchases are included in the budget, but they are strictly voluntary and a family may wish to not participate.**

### **Independent Coaches (Non-parent coaches)**

Teams are expected to pay out-of-pocket expenses for registered coaches who do not have a child on the team. These expenses will include, but may not be limited to, out of town travel costs and over-night tournament accommodation (based on shared accommodation) and meals. In the event that regulation E.06 is used, these expenses must then be factored into the overall team budget and the entire team is responsible for these expenses.

Maximum number of non-parent coaches covered will be 3.



# SAMPLE BUDGET

This is a very basic example for creating an initial team budget. Add in whatever specific team expenses or outside revenue that pertains to your team (sponsorship, fundraising etc.)

## **Tigers Budget 2023/24**

	<b>Budget</b>	Actual Revenue	Actual Expenses
Player team fees 17 @ 325.00	<b>5,525</b>	5,525	
HRI Registration Fees 17 @ 250.00	<b>4,250</b>	4,250	4,250
HRI Performance Bond	<b>500</b>		500
Team Clothing 17 @ 60.00	<b>1,020</b>		
Team Photos 17 @ 35.00			
Tournaments			
Practice Ice			
Team Bonding	<b>600</b>		
Banking costs	<b>50</b>		
Miscellaneous	<b>100</b>		
Fundraising- Bottle drive		500??	



## **FUNDRAISING**

**Fundraising is optional.** The team cannot force someone to fundraise.

**If your team chooses to fundraise, please figure out the details ahead of time.**

**These are just some examples of potential ways in which the funds can be distributed.**

A) Families keep what they sell.

You keep track of the amount of funds brought in by each family. End of season individual refunds may now vary depending on their funds raised.

B) All funds are divided equally between all players, regardless of the family's participation.

C) Funds are only divided between participating families.

## **PAYMENT POLICY**

1. Registration as a player in HRI involves more than just playing in league and playoff games. A player is expected to participate in the league games, playoff games, the minimum number of practices and tournaments as per HRI Regulations and is responsible for costs thereof.
2. Each team is required to establish a team budget at a parent's meeting early in the season. The team budget will specify the dollar figure that each player is to contribute.
3. Player/parents that anticipate having difficulty being able to contribute the funds required for the team fees are to discuss the situation with the team manager, treasurer and/or coach at the earliest possible time. Upon this notification, it is recommended that the team provide opportunities for an installment payment plan and/or fund-raising alternatives. **If a player/parent is unable to fulfill their team fee obligations via installment payments or fund-raising alternatives, the team is to contact Tammy at HRI by December 15.**  
It is the expectation of HRI that all possibilities be explored prior to the player being suspended.
4. Teams cannot suspend a player. Suspension can only come from Hockey Regina.

## **REFUND POLICY**

The effective date for all refunds shall be the date that the HRI office is informed via e-mail, (**by the players parent**), to [tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca) that the player has quit. Refunds are calculated as follows:

1. A refund of 75% of the HRI registration fee will be issued if the player quits after placement on a team and before November 15.
2. A refund of 50% of the HRI registration fee will be issued if the player quits after November 15 and before December 15.
3. A refund of 25% of the HRI registration fee will be issued if the player quits after December 15 and before January 15.
4. No refund will be issued if a player quits after January 15.

Long term Injury: Should a player receive a long-term injury, during the season, that is not a season ending injury and it requires the player to miss **two (2) consecutive months** or more of the season, the player will be eligible for a rebate of their HRI registration fees based on the amount of regular season games missed. Medical documentation will need to be supplied to receive the rebate; again, an email must be sent to [tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca)

## **INJURY REPORTS**

1. For all injuries (minor or major) complete a Canadian Hockey Injury Report Form and forward to Hockey Saskatchewan as soon as possible.

Forms must be received **by Hockey Saskatchewan** within 90 days of the accident.

Hockey Saskatchewan Address:  
2-575 Park Street  
Regina, SK  
S4N 5B2

For injury report form go to:

<https://hockeysask.ca/pub/Members/MHA%20Portal/injury-report-pdf-fillable.pdf>

Forms must be completed in their entirety, or the forms will be returned. Only original receipts and/or invoices are acceptable.

Hockey Canada is strictly a supplement Insurer. If you have access to any other insurance, you must pursue it through them first. Hockey Canada shall cover those costs not covered by your primary insurance to our policy limits.

For more information on Hockey Canada insurance please follow the link follow or contact Hockey Sask with questions.

<https://hockeysask.ca/members/insurance>

2. For any injuries that could potentially extend past a 2-month consecutive time frame, Tammy at Hockey Regina must also be notified by email.  
[tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca)

### **Long term Injury:**

Should a player receive a long-term injury, during the season, that is not a season ending injury and it requires the player to miss **two (2) consecutive months** or more of the season, the player will be eligible for a rebate of their HRI registration fees based on the amount of regular season games missed. Medical documentation will need to be supplied to receive the rebate; again, an email must be sent to [tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca)

## **HRI Jersey Care**

### **DO's and DON'T's**

- **DO NOT permanently alter any jerseys.**
- No jerseys can be cut.
- Any stitching to tack them up must be very loosely done and must be removed before they are returned without damaging the jersey.
- No letters (C & A's) can be permanently added. They must all be removed prior to jersey return.
- The team is responsible for any damage caused by removing letters. ex: ripped due to stitch removal, melted due to an iron, adhesive residue left on the jersey, discoloration.
- All jerseys must be washed, hung on wire hangers and put in the jersey bags in numerical order before return. The team will be charged \$100 if the jerseys are returned unwashed.
- DO NOT let the players get the jerseys signed ex: by the Regina Pats. If this happens the parents will be purchasing that jersey.
- The team will be charged at the end of the season for each damaged or missing jersey, it is up to the team whether they then collect that money from that child's parents.
  - U7 - \$50.00
  - U9-U18 - \$90.00
- Do not bleach the jerseys.
- Do not dry them on a hot dryer setting.

Teams must let us know of any damaged or missing jerseys/equipment at the **BEGINNING** of the season. If you do not notify us by **email** of any issues, then your team is going to be held responsible at the end of the year.

Email either:

Registrar - [registrar@hockeyregina.ca](mailto:registrar@hockeyregina.ca) or  
Tammy Hollinger - [tammyh@hockeyregina.ca](mailto:tammyh@hockeyregina.ca)

## **RESPECT YOUR ARENA FACILITIES**

All players, coaches, officials, parents, fans, etc. are to treat all arena facilities and equipment with the utmost respect. Failure to do so may jeopardize HRI's opportunity to utilize these facilities in the future.

The coach or designated team official is responsible for walking through the arena dressing room and shower facilities before and after games to check for any damage or unclean conditions. Any damage is to be reported to arena personnel and the HRI Office immediately. Dressing rooms are to be left in a clean condition (tape, garbage, etc. is to be picked up).

HRI and Associate Member teams are accountable for payment of all clean up and repairs to arena equipment and facility damages that their players/team are responsible for. Damages are to be reported to the HRI office immediately. HRI will levy a minimum \$50.00 fine against teams identified as responsible for damage and/or clean up by the arena staff.

### **REMINDER:**

There is no smoking or vaping allowed in any of the facilities.  
Players caught doing either in a facility could face suspension.

## **League Volunteer Awards**

As a 'thank you' to our wonderful volunteers Hockey Regina hosts a Volunteer Appreciation Night every year near the end of March.

This evening involves a banquet, entertainment, door prizes and the presentation of our League Volunteer Awards.

Nominations for these awards will open in February.

Our awards are as follows:

The **VOLUNTEER HONOUR AWARD** was established to pay tribute to an individual who has made an outstanding voluntary contribution to Hockey Regina for a considerable period of time. Their contribution could have come in several different areas such as player/coach development, team administration, coaching, officials, facilitation, planning etc.

The **VOLUNTEER OF THE YEAR AWARD** will be presented to a volunteer who has made an outstanding contribution to Hockey Regina during the current season; coach (team official), manager (team administrator), parent volunteer etc. This individual will have volunteered their time and will have received no monetary consideration.

The **COMMUNITY INVOLVEMENT AWARD** will be presented to a Hockey Regina team who has demonstrated a strong desire to help others in their community during the current season. It is meant to encourage our players to give back and hopefully they will carry that consideration and awareness forward with them throughout their lives.

For eligibility information and to see past winners please go to our website at [www.hockeyregina.ca](http://www.hockeyregina.ca) and click on 'Volunteer Awards.'

## **Spotlights**

Hockey Regina does several various spotlights, such as a Player Spotlight, Referee Spotlight and Volunteers Spotlights.

We like to do these weekly, pending nominations.

The Player Spotlight and Referee Spotlights must come from the coaches; however, the new Volunteer Spotlight can be a nomination from any member of our Hockey Regina membership.

More information on spotlights will be sent out as the season gets underway.

## **Beyond The Ice: A Mental Wellness Course**

Hockey Regina understands how important our athletes' mental health is and we have partnered with Inside the Box to create a mental wellness course specifically for our athletes.

Customized to the unique needs of Hockey Regina's athletes, Beyond the Ice is an interactive course/seminar designed for athletes to reflect and engage with themselves and their teammates to strengthen their mental health AND mental toughness. The course's preventative approach will provide athletes with tangible tools to support their mental health on and off the ice.

All our teams between U13-U18 will be required to attend this one-hour interactive seminar.

As this is such an important topic, the Hockey Regina Board has made this a mandatory course for all U13-U18 players.

If a player fails to attend a course, then that will result in a one game player suspension.

At least one coach must also attend, but all coaching staff are encouraged to be there.

The course will be held in Peak Performance's meeting room at the back of their facility. Please enter via the stairs above the ref's dressing room in C4.

**\*\*All players should bring a phone or tablet because it will be an interactive course. If they do not have a device that is fine, paper will also be available. Wifi will be available. \*\***



### **IMPORTANT TO NOTE:**

**This course is designed with the athletes in mind. Beyond the Ice will provide them with tools to better support their mental health. However, if they seek interventive mental health support, please contact mental health professionals, hotlines, or medical services.**





We are extremely proud to acknowledge the fact that since 2019 our Hockey Regina teams raised and donated over **\$65,000** to the Canadian Cancer Society.

This is incredible!!!

This year all funds raised will be donated to Breast Cancer, Prostate Cancer, and Childhood Cancer. We encourage all teams to participate in whatever capacity they can. No effort is too small!

Just some of the wonderful ideas that our teams have had in the past are:

- Lavender Games
- Bake Sale
- Push up contest
- Read-a-thons
- Walk-a-thons
- Pie the coach
- Shovel snow
- Rake Leaves
- Etc.
- Shave the coach's head.
- Bottle Drive
- Skills competitions (during a practice)
- Raffle off donated item/s
- Sell team buttons.
- 50/50
- Candy guess jar
- Donate allowance

Joanne Eberle will be in contact with the managers in the next couple weeks with more details on 'Going Lavender'.

**Our AAA teams, the Rebels and Pat Canadians, will each be hosting a Lavender Game and we encourage all teams to attend and show their support.**

**Pat Canadians vs Moose Jaw – Saturday, November 18 @ 12:30pm in C6**  
**Rebels vs Prince Albert – Sunday, November 26 @ 1:00pm in C6**