



U11B Junior Lakers Player and Parent Information

Welcome to the 2024-2025 U11B North Bay Junior Lakers!

This outline will provide players and parents with an understanding of what can be expected throughout the 2024-2025 season, and the level of commitment required from families and their daughter. Our goal is to provide a positive experience and help players develop their skills to play at the highest level in their age category.

Head Coach – Kevin Dugas

Trainer- TBD x2

Assistant Coach -TBD

Manager – TBD

Assistant Coach -TBD

Parent Liaison-TBD

Assistant Coach -TBD

Skills coaches

Andrea Rochfort

Room Monitor-TBD x 4

Goalie Coach

Dr. Rob Graham

Coaching Resume

My coaching experience has primarily been with the North Bay Girls Hockey Association. My first 5 years of experience was as an assistant coach for the North Bay Ice Boltz House League program (2016-2021). Then, I took on the position of head coach for the North Bay U11 House League Ice Boltz team (2021-2022). I was then assistant coach for the U13B Ice Boltz for the 2022-2023 season. This past season, I was assistant coach for the U13B Junior Lakers Rep Team. I am looking forward to taking on the role as head coach for the U11B team for the 2024-2025 season. I am confident that the knowledge and skills that I have learned, under some great coaches throughout the years, will allow me to have another successful year with the North Bay Junior Lakers.

Team Philosophy

I believe in the philosophy outlined in the Hockey Canada Guidelines for Player Development. There are four goals I wish to achieve with this team. The first goal of this team will be to help the athletes develop the skills and hockey intelligence that will allow them to achieve their full potential and play at the highest level. The second goal, is for all players to learn to persevere through adversity. Third, I wish to instill in the players a sense of responsibility to the group and individuals on the team. Finally, I strongly believe that girls will develop important life skills that will become essential in all aspects of their lives.

The 2024-2025 season will consist of the following:

- Practices approximately 2 per week beginning the last week of August.
- Exhibition games against other U11B teams, Sudbury, Barrie, etc.
- League games will be played in the U11B Ontario Women's Hockey League
- Three/Four tournaments against girl's hockey teams from around the province.
- Regional playdown games and the potential opportunity to play in the Provincial Championships.

Player Expectations and Code of Conduct

Players are to show up on time for team functions 30 minutes before practices, 1 hour before games and tournament games. We will have pre-game off ice warm ups that will start 1 hour prior to every game and we will have player meetings as required.

Players are to listen attentively to coaches. This means giving the coaches full focus (quiet, eye-contact).

Players are expected to implement or demonstrate an attempt to implement skills and strategies taught to them by the coaching staff (active listening and good effort).

Players are expected to treat all team members, coaches and officials with respect at all times.

During tournament weekends, there may be a curfew in place the night before games.

Players are to follow safety guidelines within the change rooms. There are no pictures taken inside the dressing room at any time. The room monitors will ensure that the players are behaving in a respectable and appropriate manner. Players are expected to maintain a neat and safe change room by hanging up clothes and keeping sticks in an area designated by the coaching staff.

Players are expected to have all necessary equipment to practice or play the game. This includes bringing running shoes for pre-game warm up.

Players are expected to take part in team functions (games, practices and social events) unless a credible reason is given for absence well in advance of the function.

Players are expected to wear approved Jr Lakers apparel to all games and functions. A Jr Lakers jacket will be identified as our "team jacket" to be worn to all games. Our approved Jr Lakers team attire will be discussed at the beginning of the season and will be purchased at Source for Sports in North Bay. Players are to take proper care of the apparel, including jerseys, as the family will be responsible for replacing any lost or damaged apparel.

Players must be dressed and ready 10 minutes before ice time to allow for stretching and warm up as well as teaching time or pre-game talk.

Players are expected to work on skills, such as stick handling and shooting as well as fitness and conditioning on their own time.

******In the case of an athlete repeatedly violating any of the player expectations, a progressive discipline protocol will be followed as outlined below:

. I) Player and Parent Meeting - Coach(es) will remind the player and her parents about which expectation(s) are not being followed and inform them what the next step will be if she does not conform.

. II) Second Player and Parent Meeting - Coach(es) will meet with the player and her parents a second time about which expectation(s) are not being followed and inform them what the next stage will be if she does not conform. The NBDGHA executive will be informed.

. III) Disciplinary Actions - The head coach will reserve the right to sit a player for a shift(s) in a game and/or exclude a player from a team event depending on the nature and extent of the violation. The NBDGHA executive will be informed prior to disciplinary action taking place.

****** In the case of gross misconduct (dangerous play, bullying, arguing with coaches, officials, etc.), a player may be removed from all hockey related activities until a meeting can be had with parents and possibly an NBDGHA executive member.

Expectations of Parents

All families are expected to help the team in some capacity. Whether that is in an official role such as team manager, trainer, assistant coach, parent-coach liaison or in a peripheral manner such as dressing room monitor or fundraiser. A sign-up sheet will be provided after team selections.

One parent per family must have the Respect in Sport parent course credentials. You are expected to be supportive of all players, coaches and officials including those of opposing teams. You will also be expected to ensure your guests at games be respectful.

You are expected to have your daughter at all team functions on time and prepared (proper rest and nutrition, proper equipment and sharp skates). If you have a credible reason for your daughter missing a function, you are expected to provide a minimum of 24 hours' notice.

You are expected to meet financial obligations on time. Our team fees will be \$1500. These fees are used to pay for all team events, beyond our regular league games and possible practice time, which are covered by league registration fees. Initial team fees in the amount of \$750 will be collected by August 31st, 2024 and additional team fee of \$750 will be collected by October 31st, 2024.

Coaches will strive to make ice time fair especially in regular season league play. However certain scenarios may arise where some players will get additional ice time based on a particular skill (in tournament play, playoffs, play downs etc.).

You will address any concerns you have about the team to the parent/coach liaison, which is standard Hockey Canada practice. Coaches will address concerns - through the liaison - only after 24 hours have passed.

You are expected to be aware that a competitive hockey player should continually strive to be better. Your daughter should possess self-motivation, attention to detail, the focus to learn and the desire to compete. It is important also that she be able to accept constructive criticism and use the direction to improve her game.

Parents are not permitted in the dressing room unless you are an accredited and approved dressing room monitor (see below) or a member of the coaching staff. Instead, you will be required to wait for your child in the lobby following games and practices.

Fundraising - As an added incentive to secure sponsors for the team, half of the amount will be deducted from your team fees. For example, if you secure a sponsor of \$1000, \$500 would go towards the team and \$500 would go towards the player team fees.

I am an advocate of supporting school/other sports. I believe the girls become better hockey players as a result of being a well-rounded athlete.

Players may play school sports provided they do not conflict with any team activities. Players must be well rested and focused for all team activities.

In February as the team prepares for play downs, playoffs and provincials, players may no longer miss hockey practices/games.

Room Monitors - We will have 2 female adult room monitors always present in the change room. In accordance with the NBDGHA "Change Room Monitor Policy", only female accredited dressing room monitors, who have "Speak Out/Respect in Sport" and a valid police check for vulnerable sector (with original on file with the NBDGHA) and are included on the team staff list, will be permitted in the dressing room.

Tournament Expectations - During a tournament, certain rules may be put into place to ensure that the athletes are best prepared for play. Coaches may institute a bedtime curfew. There may be mandatory team activities and meals. Pool time may be restricted. Players will be instructed to eat healthy foods and to stay away from "junk" food. We will make every effort to build one team meal into each tournament. We will require parent volunteers to help organize.

Finally, you must realize that you are expected to make a commitment to the team by following these guidelines. If you have any questions about the guidelines above, please do not hesitate to contact me, I will be happy to discuss any concerns or clarify anything if need be.

Sincerely,

Kevin Dugas

U11B Junior Lakers 2024-2025 Budget

Proposed Income

Player Fees	17x \$1500	\$ 25,500
Fund Raising and Sponsorship		\$ 10,000

Total **\$35,500**

Expenses

Ice Time Practices		\$14,000
Exhibition & Playdown games		\$ 2,500
Tournaments	4x \$1,250	\$ 5,000
Provincials		\$ 1,500
Specialty Coaches (Goalie, Power Skating, Skills)		\$ 5,000
Team Warm up attire and Team Jerseys		\$6,000
Team Functions, Team Building, Team pictures		\$ 1,000
Christmas and Year end party		\$500

Total **\$ 35,500**