

2024/25 North Bay Junior Lakers U15BB Parent's Handout

Team Objective:

The objectives of the team and the actions of the coaches will be focused on building hockey-related skills, self-confidence, self-esteem, discipline, a sense of commitment and pride in themselves, as well as the team. It is the player's responsibility to begin thinking critically as it applies to their performance in practices and games to be able to identify areas for improvement, as well as areas of strength, both as individuals and a member of the team. We expect the girls to try and give forth their best effort and to be the best teammate they can.

Team Culture:

The team culture will be collaborative and supportive with each member (players and staff) contributing to the team to achieve tasks and ultimately meet our goal. We are looking for players who are dedicated and committed to the program and its requirements. Players who will go the extra mile, always giving their best efforts, can actively listen to feedback and implement it into their game, and players who are accountable and natural leaders.

****Poor attitudes and bullying will not be tolerated nor accepted.**

Goals of the season:

- ✓ Build each player's individual hockey skills, hockey sense and love of the game to be able to move on to the next levels of play.
- ✓ Become excellent local leaders and great teammates on and off the ice.
- ✓ Build healthy habits for functioning on and off the ice (ie. proper nutrition, exercise, time management, communication, etc.).
- ✓ Gain a lifelong respect for the game and all those involved within the game of hockey.
- ✓ Have fun! It's called a game for a reason.

Season Breakdown:

June: Begin weekly team and individual off-ice training focusing on: conditioning, skills, nutrition, mental training and team bonding. We will also be performing off ice fitness testing. The testing will be re-assessed every 2-3 months to ensure players are keeping up with the workouts on their own.

July-August: Once a week on-ice practices and continued weekly team and individual training as above. We will also be performing on ice fitness and skills testing. This testing will be re-assessed every 2-3 months to ensure skills are being worked on at home on their own.

Sept – April: Twice weekly practices (approximately 60), one off ice session a week prior to or after practice (continued at home individual sessions, one weekly video session prior to or after practice, games on weekends for league play (approximately 1-4 games per weekend). We will also be setting up exhibition games against girl's teams (eg. Sudbury, Barrie). We intend on attending four out of town tournaments, our local tournament, league playoffs, play downs and provincials.

Practices:

1) Hockey Canada recommends an emphasis on individual skill development, as do the coaching staff. Therefore, we propose that we participate in twice weekly practices and incorporate specialty coaches for skills and goalies when able. One practice a week will focus

on individual technical and individual skills and the second will focus more on team play, strategies and tactics.

2) Practices could take place in the mornings prior to school, evenings, and potentially on the weekends. One practice a week will be in town and the second practice may either be out of town due to the difficulties securing ice rentals in North Bay.

3) Hockey Canada recommends the following breakdown for player development for practices at the U15 level: 40% technical, 15% individual tactics, 20% team tactics, 15% team play, and 10% strategy.

4) Players are expected to show up 45 minutes prior to practice dressed and ready for warmups/stretching in Laker apparel.

5) Players are expected to be dressed and ready 10 minutes prior to practice so coaches can come in the room to go over the practice plan. The practice plan will be sent prior to practice and the girls are expected to know what the plan is to reduce wasted ice time.

Games:

1) The U15BB team will be playing in a U15BB OWHA girls hockey loop, with games happening mostly on weekends with single and double header games.

2) Players are expected to show up 75 minutes prior to league games dressed in Laker apparel and ready for warmups/stretching.

3) It should be noted that the U15BB team plays in the Southern Ontario Women's Hockey Association (OWHA) loop with most games taking place on the weekend. Home games are to be played in the North Bay area with away games to be played down south.

4) We will also look at potentially playing exhibition games and possibly a tournament at the A level.

Tournaments:

1) The goal would be to compete in four out of town tournaments, play downs and provincials at the end of the season as well as out local tournament if they have our division.

2) Hotel rooms will be reserved for the team at tournaments. Links to book the hotels rooms under the team block will be sent out to parents ahead of time. You will be responsible for booking prior to the deadline to get the team rate.

3) Parents will need to arrange their own transportation. We can look into renting a bus for one or more out of town tournaments (expect to add \$8,000 per weekend to the budget to accommodate a coach bus).

4) Players are expected to show up 90 minutes prior to tournament games dressed and ready for warmups/ stretching in the event of the tournament running up to 30 minutes early.

Player Feedback:

1. Team staff will provide players with feedback on and off the ice to try and improve their play and understanding of the game.

2. The feedback will be delivered in a positive and constructive way.

3. Feedback sessions will take place between two coaches and each individual player once every 2-3 months.

4. Players will be held accountable for their efforts in games AND practices through this feedback from coaches. Players are expected to practice like they play.

5. There may be times when the coaches believe that a firm tone be used with players to effectively communicate.

6. Players are expected to respect all coaches and staff and listen when they are speaking.

7. There will always be two coaches present when providing feedback to players.

8. There will be scheduled individual player meetings throughout the season to help evaluate the progress of each player.

Players Fair Play Code of Conduct:

1. I will play hockey because I want to, not just because others or coaches want me to.
2. I will play by the rules of hockey and in the spirit of the game.
3. I will control my temper - fighting and shouting can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning is not everything - that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good plays and performances - those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

Expectations:

- 1) Players are expected to show up ready and dressed for warmups (runners and Jr Lakers approved gear) 45 minutes before practices, 75 minutes before games, and 90 minutes prior to tournament games.
- 2) Players are expected to be dressed and ready for the coaches to enter the change rooms 10 minutes before practices and games to talk about the practice and game plans.
- 3) Players are expected to ensure that a coach knows when they cannot make a team commitment ahead of time in the form of speaking with their coaches and responding on the RAMP APP.
- 4) Coaches are here to help. Please listen respectfully and attempt to implement the feedback. We are here to try and help improve your hockey experience.
- 5) Players are to follow all safety guidelines within the dressing rooms and respect the room monitors. No walking around once skates are on. No horse playing in the change room. There will be absolutely no tolerance for bullying (please see OWHA handbook).
- 6) Players are expected to have all pieces of equipment in their possession prior to coming to events.
- 7) Players are expected to participate in all team functions unless notification has been given prior to the event. Missing events for work or volunteer commitments are not valid reasons. Playing on a REP team requires 100% commitment.
- 8) Players should not play on other competitive teams throughout the hockey season.
- 9) Players are expected to take care of their game jerseys and keep them clean and hang them in a jersey bag.
- 10) Players will be expected to work on skills such as stick handling, shooting, strength and conditioning, nutrition, and mental training on their own time at home. A tracking sheet will be provided for each player.
- 11) Players will participate in fitness testing throughout the season and provided with an at home training program. Progress/commitment to the home program will be evaluated through fitness testing.
- 12) Players will be expected to wear team approved clothing to all games (coats, warm-up/cool down clothes, and matching game day apparel will be identified). The players will collaborate to determine what game day dress will be worn by all players and will be approved by the coaching staff. Jr Lakers Apparel can be purchased through Skaters North Source for Sports.
- 13) Players are not permitted to use cell phones at any time while at the rink or during team events and bonding, except in cases of emergencies. At the rink, phones will be handed over to the room monitors in a basket/bag. This will be enforced for games AND practices. One device will be allowed to be used for music which will be radio versions. This also applies to "smart watches".
- 14) Players will be expected to participate in local charity work as volunteers throughout the season to give back to the local community.

15) Disrespectful or unsportsmanlike behaviour will not be tolerated by players or coaching staff AT ANY TIME. Such behaviour may result in loss of ice time, or the offender being asked to leave the ice surface. Instances of disrespectful or unacceptable behaviour will be discussed between the player, guardian and two members of the coaching staff at which point a plan will be put in place moving forward.

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

1. 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.

2. Second Player and Parent Meeting - Coaches 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.

3. 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.

Parents Fair Play Code of Conduct:

1. I will not force my child to participate in hockey.

2. I will remember that my child plays hockey for her enjoyment, not for mine.

3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

4. 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 a game.

5. I will always encourage my child by offering praise for competing fairly and trying hard.

6. I will never ridicule or yell at my child for making a mistake or losing a game.

7. I will remember that children learn best by example.

8. I will applaud good plays/performance by both my child's team and their opponents.

9. I will never question the officials' judgement or honesty in public.

10. I will support all efforts to remove verbal and physical abuse from children's hockey games.

11. I will respect and show appreciation for the volunteer coaches who give their time to coach hockey for my child.

Parent/Guardian Expectations:

1. All families are expected to volunteer and help the team in some capacity. Examples are as follows: role as manager, treasurer, trainer, parent-coach liaison, dressing room monitor, filling water bottles, fundraising/sponsorship, and filming games. Parents are part of the team as well.

2. Ensure that you and your guests are respectful while viewing all games and practices. All behavior reflects this team.

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

4. You are expected to meet financial obligations on time. These fees are used to pay for all team events, practice ice, tournaments and items which are not covered by the league's registration fees. Half of the team fees will be collected upon making the team. The other half will be collected by October 1st.

5. Be aware that every player plays an important role on this team. However, players ice time may vary throughout the season based on what is best for the team at that time.

6. You will address any concerns you have about the team to the parent/coach liaison, which is a standard with Hockey Canada practice. Coaches will address concerns - through the liaison - within 24 to 48 hours. Under no circumstance should a parent approach the coach or coaching staff directly with any complaints or concerns.
7. You are expected to be aware that a competitive hockey player should continually strive to be better. Your player should possess self-motivation, attention to detail, the focus to learn and the desire to compete. It is also important that she be able to accept constructive criticism and use the direction to improve her game.
8. You are not permitted in the dressing room unless you are an accredited and approved dressing room monitor (see below). Instead, you will be required to wait for your player in the lobby following games and practices.
9. Team fees are based off the completed team budget. Each player will have the opportunity to reduce their team fees with fundraising. Fundraising events will be mandatory for each player/ family. You are responsible for fundraising the total amount set out ahead of time. Sponsorships are also valued. As an added incentive to securing sponsorships, half of the amount secured will be deducted from your individual fee. For example, if you secure a sponsorship of \$1000, \$500 would go towards the team and \$500 would go towards the individual player fees.
10. Room Monitors - We will have two female adult room monitors present in the change room at all times. In accordance with the NBDGHA "Change Room Monitor Policy," only female accredited dressing room monitors (i.e. those that 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.
11. 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 will be restricted. Players will be instructed to eat healthy foods and to stay away from "junk" food. We will make an effort to build one potluck meal into each tournament which will require parent volunteers to organize.
12. Curfew - Players are expected to be at home and in bed by 10:00PM prior to games on the following day. During tournaments, players are expected to be back in their own rooms by 9:30PM and in bed by 10:00PM.

Communication:

The team will use the team's website and the RAMP APP to post all scheduled workouts, practices, games, tournaments and team events. Emails/messages will also be sent through the RAMP APP.

Injuries:

Please remember that player safety is at the heart of all coaches' decisions. Some injuries may require a doctor's note prior to returning to play.

Proposed Budget for 2024/25 U15BB Jr Lakers

Revenue:

Player Fees	\$2,500 per player *17 Players	\$42,500
Fundraising		\$10,000
Sponsorship		\$ 7,500
	Total Revenue:	\$60,000

Expenses:

Ice time and practices	70*\$300 (1.5hours)	\$21,000
Exhibition and Playdowns		\$ 2,000
Tournaments	4*\$2,500	\$10,000
Provincials		\$ 1,500
Specialty Coaches		\$ 5,000
Off-Ice Training		\$ 5,000
Potential Coach Bus		\$ 5,000
Non-Parent coach		\$ 4,000
Team Apparel		\$ 2,500
Miscellaneous		\$ 2,500
	Total Expenses:	\$58,500
	Total Surplus:	\$ 1,500