**U15 AA Ice Boltz Parent Handout**

A) **Team Philosophy**

I believe strongly 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 skill and hockey intelligence that allows them to compete to the best of their ability and play the game safely. The second goal of the program will expect 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 wish to teach the girls to develop a life-long love of hockey, fitness, healthy living and respect of one another.

B) **Practices, Games and Tournaments and Showcases**

1. The AA team will participate in the Lower Lakes Girls Hockey League. Most weekends will consist of multiple games being played in the GTA.

2. Tournaments will consist of 4 out of town tournaments or showcases in the GTA or Ottawa region.

C) **Player Expectations and Code of Conduct**

*(Lack of adherence to the following may result in less playing/practice time)*

1. Players are to show up on time for team functions 45mins hour before practices, 1 hour before games and 1 hour and 15 minutes before tournament games. We will have pre game off ice warm ups that will start 45 mins prior to every game and we will have player meetings as required.

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

3. 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).

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

5. Players are to follow safety guidelines within the change rooms. The room monitors will ensure there is no horse play, no walking around with skates on, etc. 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.

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

7. 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. If a team member is not meeting these commitments playing time may be reduced.

8. Players are expected to wear Ice Boltz apparel to all games and functions. They are to take proper care of the apparel, including jerseys, as the family will be responsible for replacing any lost or damaged apparel.

9. 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.

10. Players are expected to work on skills, such as stick handling and shooting as well as fitness 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.

**D) Expectations of Parents**

1. All families are expected to chip in and 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 jersey captain, water bottles, dressing room monitor or fundraiser, we all will be expected to volunteer. A sign-up sheet will be provided after team selections.

2. 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.

3. 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.

4. You are expected to meet financial obligations on time. Our team fees will be $2,000. 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 $1000 will be collected upon making the team. An additional team fee of up to $1000 will be collected by Nov 1st.

5. Please be aware that players will not always get equal ice time. Coaches will strive to make ice time fair (not equal), especially in regular season league play. In certain scenarios (in tournament play, playoffs, playdowns, etc.) some players will get additional ice time based on a particular skill (e.g. good fore- checker, good scorer, listens well to the coach and implements strategy effectively in games). Conversely, if a player is not putting forth a decent effort or is deviating considerably from team strategy playing time could be limited. In the case of goalies, the coach will endeavor to balance starts during league play. In tournaments, playdowns and provincials the coach will attempt to be fair but retains the prerogative to play the goalie that gives the team the best chance for success.

6. 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.

7. 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.

8. You 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.

9. **Fundraising:** As an added incentive to secure sponsors half of the amount will be deducted from you 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.

10. 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. It is impossible to cover all scenarios, however here are some examples of how I will handle different scenarios:

- A player may miss the odd hockey practice for a school sport competition but must always seek permission from the head coach well ahead of time to do so.

- Special school events such as a big trip may be permitted

- If a player is playing two 'competitive' club sports, hockey will be the priority

- At some point (usually February and March) as the team prepares for playoffs and provincials, players may no longer miss hockey practices/games. This date will be determined by the head coach and supported by all parents.

11. **Room Monitors** - We will have 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 (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.

12. **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 potluck meal into each tournament. We will require parent volunteers to run with this.

***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 feel free to contact me and I will be happy to discuss any concerns or clarify anything if need be.***

Sincerely,

David Dugas