North Bay U13 Ice Boltz Parent Handout

Welcome to the 2021/22 U13 Ice Boltz hockey team. I am very excited to be a part of your daughter’s hockey season which promises to be full of great competition and the creation of new friendships. As part of a competitive team, we are looking for players who love hockey, have a positive attitude, are dedicated, and are ready to be challenged. We hope to achieve a good hockey family chemistry with all the right ingredients. Therefore, players, parents and coaching staff will exemplify team work, cooperation, positivity, respect for the sport, structure, discipline and a competitive learning mind set.

I ask that each player and parent read the guidelines below. Being a member of this team means you accept and more importantly agree to follow these guidelines throughout the season. It is a good idea if you take the time to you sit down with your child and read this together to answer any questions they might have before the season begins.

My coaching philosophy is in line Hockey Canada Guidelines for Player Development. By developing their hockey skills and knowledge and respect for the sport, my goal is to provide them with opportunities to be courageous and develop their self-esteem, build confidence and team pride.

As mentioned earlier, we will be focused on skill development, the value of hard work, and a high level of commitment. I will expect the team to work as hard in practice as we would in a game. Players and coaches will demand a high intensity of performance from each other always. As your coach, I will challenge each player out of their comfort level and will focus on the players as individuals. Coaching staff will provide them with feedback when required. I may also assign some activities to do at home to help improve skill or understanding of the game. Therefore, it is a must that players be coachable and driven to become a better player each time they get on the ice.

My main goal is to have the girls develop a life-long love of hockey, and to instill healthy living through diet, exercise, and positive relationships. Bullying or harassment and negativity towards another team member will not be tolerated.

Let’s have Fun!

**Practices, Games and Tournaments**

1. The goal is to practice 2 sessions per week. It is likely that many of the team’s practices will take place in the evenings and weekends. Some may take place out of town (i.e. Trout Creek, Powassan, Sturgeon Falls, Astorville etc.). In addition to practices, we will have numerous dryland training and team building activities. Additional practices may be added to the schedule at any time.

2. Games will be played in the NDHL U13 division including, Powassan, WFMHA, East Nippising, West Nipissing and possibly Temiskaming Shores and/or Temiscaming.

3. The team will compete in four out of town tournaments. Hotel rooms will be reserved for the team at tournaments. Parents are expected to arrange their own transportation and to book accommodations with the team for these events.

**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 which means **1⁄2 hour before practices, 1 hour before games and 1 hour and 30 minutes before tournament games.** We will have pre game off ice warm ups that will start 45mins 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.

4. Players are expected to treat all team members, coaches, officials, room monitors with respect at all times. Negative comments, mistreatment or bullying of any type will not be tolerated, including both face to face conversations and electronic.

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, and hair 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 are not permitted to use cell phones or mobile devices at the rink, or during team activities such as team meals, except in cases of emergency.

10. 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.

11. 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.

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

. II) Player and Parent Meeting - Coach(es) will remind the player and her parents about what 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 intent of the violation.

\*\* In the case of gross misconduct (dangerous play, bullying, arguing with coaches, officials etc.), a player may be “benched” 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 supervisor or fundraiser, we will all 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 $900. 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 $500 will be collected upon making the team. The remaining team fees of up to $500 will be collected by Nov 1st.

5. You are expected to 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, play downs, 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 game). 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, play downs 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 at that time.

7. 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. Let’s keep things positive with the kids, being a parent can be rewarding and enjoyable but also frustrating please bring your frustrations to me not your child. Many negative comments stem from children overhearing adult conversations, please keep your conversations positive when speaking about the team.

8. 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.

9. Fundraising: To help bolster the team budget an incentive program will be implemented to encourage team members to seek business sponsors. The program works as such 50/50 between the team and player’s team fee (50% goes to team and 50% goes to the player’s team fee).

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 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.

- If a player is playing 2 '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 adult room monitors always present in the room. In accordance with the NBDGHA “Dressing Room Monitor Policy”, only female accredited dressing room monitors (i.e. those that have Speak Out/Respect in Sport, police check for vulnerable sector (with original on file) 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. Finally, you must realize that you are expected to make a commitment to the team by following these guidelines.

13. Read and explain the player expectations and code of conduct portion of this handout to your child so they can actively be the best teammate possible.

Children who are taught the right values in their hockey experience grow up to become better people, able to make a strong contribution to their families and society as a whole.

Sincerely,

Brent Rowley

Team Budget

This is preliminary budget as we are not sure of actual players on team also fundraising and sponsors is a goal which we can improve our numbers

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| Proposed income |  |  |  |
| player fees | 16 | 1000 | 16000 |
| fundraising and sponsorships |  |  | 5750 |
|  |  |  |  |
|  |  |  |  |
|  |  |  | 21750 |
| Proposed Expenses |  |  |  |
| Practice ice | 65 | 170 | 11050 |
| Exhibition games | 10 | 162.5 | 1625 |
| Tournaments | 4 | 1200 | 4800 |
| Christmas/ year end party | 2 | 500 | 500 |
| Provincials |  | 1000 | 1000 |
| Skate, skill and goalie coach |  | 1000 | 1000 |
| Off Ice Training/gear |  | 500 | 500 |
| Misc. equip/sign/events etc. |  | 775 | 775 |
|  |  |  | 21750 |
|  |  |  |  |
|  |  |  |  |