

2023-2024 U13B Parent Information



Welcome to the 2023-2024 U13B North Bay Ice Boltz! Our U13B will be a competitive and developmental hockey club with a team first approach. It will require the players and their families to be dedicated, involved, and committed. This outline will provide parents and players with an understanding and expectation for the 2023-2024 season. We look forward to a successful year playing Boltz hockey!

Team Philosophy

Our team will be focused on a number of areas of growth and development both on and off the ice but with a principal goal of achieving success on the ice as a team. An important element in the development of a young hockey player is understanding that there is winning and losing in the game of hockey. We all want to win and we will strive to do so in a positive way at all times, but winning cannot be accomplished without a good attitude and hard work. We will encourage and urge our players to work hard, play hard and have fun as we focus on molding them into better players.

We will strive to accomplish the following this season:

1. To continue to love the game of hockey;
2. To develop each player into better hockey players, both individually and as part of a team. Hockey teaches valuable lessons both on and off the ice about work ethic, respect and being a team player and I believe these skills are transferrable into real life as a positive force;
3. To build hockey related skills, while also working towards building the players' confidence, self-esteem and discipline, with a sense of commitment and pride in them and to their team;

4. To learning to work hard, train hard and play hard with a team first attitude and commitment to achieving success.
5. To creating lifelong friendships with teammates, and memories from playing the game of hockey;
6. To have fun and smile as much as possible!
7. To winning some hockey games!

Practices

Commencing in September 2023, we will have practices 1 to 3 times a week and may take place before/after school and on weekends at arenas in the North Bay and surrounding area. Practices will focus on high intensity drills to develop hockey skills, while also ensuring that players learn team strategies and positional play. Drills may be full ice, half ice or in small groups, focusing on skating hard at all times so the player can understand what a real game will be like. A practice plan book will be provided to each player so the player can study the drills in advance of practice so practice time is not wasted. Each listed drill in the book will be called an easily remembered name. Where possible, we will invite expert coaches to assist with practices in specific areas, ie, goaltending coaches, power skating instructors, skills instructors.

Games

We will be a part of a U13B Ontario Women's Hockey League in a Southern Ontario loop. Where possible we will try to arrange exhibition games against other clubs. We will do everything we can to reduce driving in winter months by coordinating games with other teams to meet half way and play 2-3 games on one day. We will strive towards ensuring equal ice time for all players using the Fair Play Policy as guidance, but there are times where this is not always achieved [penalties, injuries etc]. There will be exceptions in some specific games [playoffs, tournaments] where some players may get extra shifts if doing so will improve the team's chances of success.

Tournaments

Tournaments offer a great opportunity to play competitive games across the Province against other girls' teams of same calibre. It is also a great opportunity for our girls to strengthen their

friendships with teammates. Our goal will be to compete in 3-5 out of town tournaments, and to attend provincials at the end of the season. Ideally, we will try to have a number of tournaments before and after Christmas. Parents will need to ensure they are prepared to have their children ready to play for an 8am game on a Friday. Hotel rooms will be reserved for the team for these tournaments and links will be provided to parents so they can book their rooms. Parents will be responsible for their child's transportation to these tournaments.

Summer Hockey/Team Building

We strongly believe Summer is an important time for all kids to be doing other sports or activities while spending time with families. Currently, nothing is scheduled in terms of summer ice, but that could change and there would be no expectations to attend. It is more likely that we will try to get the players together for team bonding off the ice, which might involve doing a different activity or sport.

Feedback to Players

Team staff will provide players with feedback on their play during games and effort in practices in a positive way. Players will be held accountable for their efforts in games and in practices. When communicating with players, positive reinforcement and encouragement will always be used but at times, it may be necessary to have a respectful firm tone to effectively communicate with players to challenge them to improve their effort. Players will be expected to respectfully listen to all members of the staff when receiving feedback.

Team Staff

A competitive hockey club requires a strong group of volunteers. We will strive towards having each family contribute in one way or another. Our club will require the following volunteers:

- 2-3 Assistant Coaches [Goaltending coach if possible]
- Room monitors
- Parent Liaison
- Trainer
- Manager
- Other volunteers to assist with fundraising and team events (ie social convenor)

Dressing Room Management

Our club will follow the NBDGHA Change Room Monitor Policy. Only dressing room monitors with Speak Out and original Police checks are permitted to enter the dressing room. Only females are permitted in the dressing room while players are changing. At no time is there to be one adult alone in the dressing room. There must always be two female room monitors present in the dressing room or a member of the Coaching staff just outside the dressing room door, until such time that all players are dressed for practice or game.

Player Expectations and Code of Conduct

Players are expected to treat their teammates, staff, team families, game officials, and opposition teams with respect and always display the utmost sportsmanship. Players will be reminded they are representing North Bay and the NBDGHA in arenas, hotels, during fundraising activities, or any other team function. Inappropriate behaviour will not be tolerated and will be addressed with the player and their parent/guardian, with the Head Coach and another member of the team staff. Players will be directed to always speak positively to each other. There will be zero tolerance for negative comments, bullying, or other forms of mistreatments.

Players are expected to arrive at the arena thirty (30) minutes before practices and be ready to go on the ice ten (10) minutes before practice to allow team staff to explain the practice plan prior to getting on the ice.

Prior to games, players are expected to arrive at the arena one (1) hour before the game (one hour and a half before tournament games) and be ready to warm-up fifty (50) minutes before game time. The expectation is that everyone will be ready to go on the ice ten (10) minutes before the game, at which point the staff will provide pre-game instructions.

Players are expected to wear Ice Boltz clothing to all games. This includes entering the arena and during warmups. Coaches and team staff will also be expected to dress appropriately in Ice Boltz apparel to set a good example for the players.

Attendance at all games, practices, and team functions is mandatory with some exceptions.

Competitive hockey requires this level of commitment. Team staff understands families have a life outside of hockey and events do occur that may prevent your daughter from making a game, practice, or function. In these rare instances, parents must notify the Head Coach at least 24 hours before the game, practice, or function if the player is unable to attend. Not meeting these expectations may result in disciplinary action such as missing playing time during games.

Players are not permitted to use cell phones or mobile devices at the rink, or during team activities such as a team meal, except in cases of emergency. There will be no electronics with a camera or photographic equipment allowed in the dressing room at any time. This applies to parents and staff as well.

During tournaments, curfews may be put in place to ensure players are well rested. There may also be restrictions on swimming pool use on tournaments. Players will be expected to participate in all team activities and meals during tournaments.

Healthy nutrition will be expected by the players to be strong and healthy for games and practices.

Discipline

Disrespectful or unsportsmanlike behaviour will not be tolerated before, after, or during games, practices, tournaments, or team events. Such behaviour during a game or practice could result in a loss of ice time or the player being asked to leave the ice surface. Instances of disrespectful or unacceptable behaviour will be discussed between the player, their parent or guardian, and two (2) members of the coaching staff, at which point a plan will be put in place to move forward.

Parent Expectations

Similar to players, parents are expected to treat fellow families, players, team staff, game officials, and opposition players and families with respect in arenas, hotels, etc. It is expected that parents have players at the arena on time, with proper equipment, and have eaten a nutritious meal in preparation for the game or practice. Team staff will strive to place players in the best position for them to be successful, and it is expected that families also

strive to meet this goal.

A 24-hour period will be in effect for parents who wish to voice concerns involving their daughter. The parent will be asked to wait 24 hours before contacting the Coach or Parent Liaison to talk about the situation.

Similar to player expectations, parents speaking negatively about anyone on the team [player, staff, volunteer, other parents] will not be tolerated.

Parents will be expected to be available to volunteer in certain situations for things that arise during the season.

Communication

The team will use the team's website, located on nbgha.com to post all scheduled games, off-ice training, practices and tournaments. Emails will also be distributed for all team communications from members of the team staff.

Financial commitments

To operate a competitive hockey team, a team budget is required to cover expenses such as tournament fees, ice time for practices, and access to specialized coaches. Funds to cover these costs come from three potential sources: fundraising, sponsors, and team fees.

Team fees will not be specifically determined until the team has been chosen. The estimated team fee per player is approximately \$1,500.00 however the number of players, the amount of fundraising, and number of sponsors, if any, will determine the specific cost per player. Team fees can be paid in two (2) installments: 50% by September 30th, 2023, and the balance due by November 1st, 2023. If there are funds left over at year-end, families will be reimbursed the remainder evenly.

Potential Budget for the Season - *subject to change.

Proposed Fee	Amount
Player fees (16 players) x \$1,500.00	\$24,000.00
Fundraising & Sponsors	\$8,000.00
Total Revenue	\$32,000.00

Expenses	Amount
Practice and Exhibition Ice Time (North Bay and Surrounding area)	\$14,000.00
Exhibition & Playdowns & Playoffs	\$4,000
Tournaments	
North Bay	\$600.00
Southern Ontario	\$1,400.00
Ottawa area	\$1,400.00
Southern Ontario	\$1,400.00
Provincials	\$1,200.00
Speciality Coaches (skills, goalie coach, power skating)	\$2,500.00
Miscellaneous (team events, Christmas party, Summer team building, team food at hotels, team photos etc)	\$2,000.00
Team Apparel	\$2,500.00
Non-Parent Coaches (hotel, travel) IF applicable	\$1,000.00
Total	\$32,000.00

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,

Head Coach: Mark Lucenti

Assistant Coach TBD

Assistant Coach TBD