



## 2026-2027 U13 Primary PARENT HANDOUT

Welcome to the 2025-2026 U13 Primary Team. The following is to provide parents with a guideline and expectations for the upcoming hockey season.

Head Coach - Gavin Furoy

Assistant Coach - TBD

Assistant Coach - TBD

Assistant Coach - TBD

Room Monitor - TBD x 4

Skills Coach - Maria Dominico & Dan Selin

Goalie Coach - Todd Robillard

Trainer - Kyra Bolton & TBD

Manager - TBD

Parent Liaison - TBD

## Coaching Philosophy

My coaching philosophy is to encourage players with positive reinforcement and help them understand that they are capable of reaching their full potential when they have self confidence. Teaching players to believe in themselves while encouraging hard work and dedication will undoubtedly result in excellence.

Having well planned practices, skills sessions and team building exercises will allow for maximum development of each player's abilities.

Ultimately, I want each player to feel confident and appreciated for what they can bring to the team allowing them to work harder and put forth their best effort.

## Practices, Games & Tournaments

The goal is to practice 2-3 times per week with Dryland sessions. It is very possible that many of those practices will take place during the week particularly in the evenings with games on weekends. Be prepared to attend wherever we can secure ice. This includes but is not limited to Pete Palangio, West Ferris, Powassan, Astorville & Trout Creek arenas.

Exhibition games vs. other girls associations - TBD

Games will be played in the OWHA southern loop consisting of: York, Brampton, Orangeville etc.

The team will attend at least 4 out of town tournaments with locations and dates to be announced with the goal being to attend the provincial championships in April 2027. Hotel rooms will be reserved for these out of town tournaments/events and families are expected to book with the team as well as arrange their own transportation.

The following is a tentative schedule for the upcoming season.

**June - September:** Fun team bonding activities and training,

Oakville Tournament (sept)

**September - December:** Practices, Games, Pink the Rink

Tournament, North Bay Jr. Lakers Tournament, Whitby

Tournament

**January:** Practices, Games

**February:** Practices, Games, Paint It Purple Nepean Tournament

**March:** Practices, Play downs, Provincial Qualifier

**April:** Practices, Provincial Championships

## **Player Expectations & Code of Conduct**

Players are expected to come to all practices, games, tournaments and team events with a positive attitude, and with the expectation to work hard and most importantly to have fun. Players will be held accountable for their effort and attitude when with the team.

Players are expected to treat themselves, their teammates, team staff, team families, officials and opposing teams with respect.

Players are expected to be willing to accept and use direction and feedback during games and practices in a positive and encouraging manner.

Players selected to play on the U13 primary team are expected to be 100% committed and are expected to make their commitment a priority. I understand that families have lives outside of the rink and that there may be times where a player will need to be absent. Advanced notice will be expected, however, this team is expected to take priority over other extra circulars or school teams.

Players are expected to be at the arena 35 minutes before practices and 1 hour before league and 1hr 15min ahead of tournament games.

Players are expected to wear Jr. Lakers apparel to all games. Options to be discussed once the team has been chosen but this will consist of a team track suit and other merchandise.

Players are expected to abide by any team rules, curfews and expectations that may be put in place during tournaments and provincials. These rules will be put in place to ensure the athletes are rested and able to play to their full potential. Good nutrition throughout the season will also be expected.

Players will be encouraged to work on their hockey skills (stick handling, shooting etc.) on their own time. Coaches may implement fun team challenges throughout the season to encourage the girls.

## **Discipline**

In the case of an athlete violating any of the player expectations, a progressive discipline protocol will be followed.

1. The player will be reminded about which expectation they are not following and will be informed what the next step will be if she continues not to follow that expectation.
2. The player and a minimum of one parent as well as two members of the coaching staff will meet to talk about the expectations that are not being followed. The coaches will

inform the athlete and parents what the next step will be should this continue. An NBDGHA executive will be notified.

3. Disciplinary action - If the player continues to violate the expectations following the meeting the steps discussed will then be followed through.  
Please note that in the case of serious events such as dangerous play, bullying, fighting, arguing with coaches or officials etc. the athlete may be excluded from gameplay and practices until a meeting can be held with the parents and a member of the NBDGHA.

## **Expectations of parents**

Similar to the players, parents are expected to treat fellow families, players, team staff, game officials and opposing teams with respect.

Parents are expected to ensure that their daughters are ready for all practices and games including being properly rested, properly fed, having proper fitting equipment, having all appropriate equipment packed as well as being dressed in team dress code.

Parents are expected to volunteer and help out where and when needed. Hockey relies on a strong group of volunteers and it is important that all families can contribute to this when possible. This includes all families participating in team fundraising.

Parents are required to notify the head coach and trainer of all injuries and illnesses. If your daughter has been injured or she has been off for an extended period of time she may be required to attend and participate in a practice before playing another game.

Parents are required to notify the head coach of any absences as soon as possible to allow for adjustments to the roster if needed.

Parents will be required to follow the 24-hour rule but are encouraged to bring concerns to the team liaison.

## **Dressing Room Expectations**

Players, dressing room monitors and coaching staff are not permitted to use their cell phones or electronic devices in the dressing room with the sole exception of a music device. **No pictures are to ever be taken inside of a dressing room.**

As the girls get older I understand that they may have phones with them but we ask that phones be left with a parent or in the vehicle during practice and games.

Players are expected to follow safety guidelines while in the dressing room. Room monitors will ensure that there is no horse play, cell phones, walking around with skates on etc. The girls are

expected to keep their equipment and clothing organized and hung up with their sticks in a designated area.

Only female dressing room monitors assigned to our team roster are permitted to enter the dressing room. These monitors will have taken the Respect In Sport for coach's course and have a current police record check on file with the NBDGHA.

U13 girls will be encouraged to dress themselves as much as possible therefore we will limit the number of monitors needed in the room. There must always be two female monitors in the dressing room and the room door must remain open until two room monitors are present.

When the players are fully dressed the coaches will come into the room to meet with the girls and at this time the room monitors are asked to leave. A female coach/trainer/manager or designated room monitor will remain in the room at all times.

After the game the players will remove their helmets and gloves only so that the coaches may have a few more minutes in the dressing room to discuss the game. Room monitors are asked to wait in the hall but the female staff member from above will be present in the room at all times.

## **Financial Commitments**

In order to operate a competitive hockey team a team budget is required to cover expenses such as tournament fees, ice time for practices, exhibition games, team equipment etc. Funds to cover the cost come from three sources: fundraising, sponsors and team fees. The estimated team fee per player is TBD. Team fees may be adjusted depending on roster size, fundraising and sponsors. Team fees will be requested in two instalments. One of the responsibilities of the team manager is to provide all parents and the NBDGHA with the detailed statement of the team budget. If there are funds left over at the year end families will be reimbursed the remainder evenly.

I'm sure this season will be absolutely memorable and I look forward to coaching your girls. If you have any questions or concerns please don't hesitate to contact me.

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