

NORTH AMERICAN PREPARATORY

NORTH AMERICAN PREP PREP ACADEMY TEAM

(Player/Parent Season Information)

Director: JJ (Jami James)

406.212-9778

jj@naprep.com

EST

2017

Team Website: naprep.com

HOCKEY ACADEMY

Welcome to the North American Prep. This document is meant to help players and parents understand all expectations set for the season. This document should clarify what the parents, players, and coaching staff expect. Each player and parent will review the expectations and policies outlined in this document.

Tier Elite travel hockey at the Pee Wee AA/AAA level requires additional dedication. Players involved in travel hockey are not simply doing so because of the "status." They have chosen to commit to a level of hockey that is admittedly more intense and time-consuming than regular A, B, or in-house hockey. Discipline and commitment are equally as important as the foundational skills developed in Tier Elite travel hockey.

As you take in the information below, please remember that I will always do my best to lead by example in the following beliefs:

- Hockey is meant to be fun. The sport's ability to build character and skills is marginal when it ceases to be fun.
- Good sportsmanship and respect for other players, families, referees, and coaches are core qualities of every great athlete.
- Treat all officials with respect; without them, we are just playing pond hockey.
- Discipline, dedication, and training create great athletes and great teams.
- Never late, No Excuses.
- Leave everything better than you found it.
- Being a hard-working student is of utmost importance.
- Players must believe that every day is an opportunity for advancement.

Thank you,

Coach JJ
Head Coach - NA Prep

Policies and Requirements

Below are the Prep Academy rules that all players and parents must abide by. My goal is to focus on developing young professional athletes. Doing so will require them to learn and embrace their accountability. Understanding that they are not always fully responsible for all of their actions, they are going to be expected and held to the ones that, in my opinion, are appropriate for personal ownership. This is an Elite Tier TRAVEL program. Parental expectations are more significant than what is expected at the lower levels. Parents are expected to have their players at EVERY mandatory function. Everything programmed and implemented in this program is necessary for your player's individual and our TEAM growth.

Equipment Requirements:

It is expected that all players own up-to-date protective equipment that is properly maintained. Please review the list below for a checklist of what your player will need this upcoming season.

For Practices:

1. During on-ice training sessions and games, players are required to have 2 Sticks on the bench, not in the locker room. All Sticks must have white grip tape on the handles, white stick tape on blades, and one white stripe of tape at the base of the handle with the player's number sharpied on it. We will walk the players through this when they come to their first practice.
2. Practice Jerseys / Practice Socks will be dealt with in-house. All players will be provided their respective practice jerseys and socks each practice and then turned in at the duration of the practice.

Games:

1. GAME JERSEY: We will provide home and away jerseys to all players that they will keep.
2. GAME SOCKS: All players will have matching hockey socks. One pair of home and away socks.
3. PANT SHELLS: All players will be provided with pant shells that they will be able to keep.
4. HELMETS: All Players must have a Black Helmet with team decals
5. SKATES: all players must have white laces

Game Dress Code:

1. Polo or Button - up shirt
2. **Khakis**
3. Shoes with no laces

General Locker Room Rules

1. We will respect all rinks and rink personnel.
2. Parents, siblings, or friends will not be in the locker room.

Games and Game Preparation

Game preparation is more than simply bringing your equipment. It is an emotional readiness and a time to be together as a team. Players must be at all games 90 minutes before the puck drop. How you play a game is significantly affected by your preparation. Winning consistently comes at a cost.

Games are not optional activities. This includes tournaments, scrimmages, and regular season games. Failure to attend a game will result in the player being disciplined according to defined policies.

Failure to be on time or come adequately equipped will result in players being disciplined according to defined policies or potentially more if the problem is habitual. An individual's inability to prepare appropriately for a game affects the entire team. The players are now old enough to keep track of time, pack their bags, and prepare appropriately.

Things players must remember regarding games:

1. HUSTLE!!!! ALL THE TIME. When you stop hustling, you show your coaches and everyone who is watching that you don't care.
1. Any 10-minute misconduct penalties for mouthing off or poor sportsmanship, etc will result in an additional

10-minute coach-assessed penalty. That time will carry over to the next game if there are less than 20 minutes of game time left.

1. Acting up toward the other team's players, other team's fans, or even our fans is not tolerated. If, in the past, you found it necessary to communicate with fans while on the ice, you must now learn to control these outbursts. Excessive "celebration" or "in your face" celebrations are arrogant and unacceptable. No celebration for goals will be allowed when the differential is more significant than five goals. We will learn to be humble in our successes.
1. Your coaches will also be referees. If you get a penalty that we deem unsportsmanlike, we can guarantee you will serve an additional bench penalty once you return from your game penalty. Unsportsmanlike conduct, cheap shots, and poor team representation will not be tolerated. Your actions impact your teammates; always think before you act.
1. ABSOLUTELY NO Red Bull, Rock Star, or other highly caffeinated drinks before a game. Water, Liquid IV hydration, or other sports drinks are preferred.
1. Avoid high-fat and greasy foods. Please avoid eating for two hours before a game, and if you do, please do so intelligently. A hamburger and chili fries before a game is just not how you get the players to take value in their game preparation as a professional Pee Wee.
1. Get your rest! Make sure to go to bed reasonably the night before a game. The more rested you are, the more focused and prepared you will be.
1. Please avoid strenuous activities before games. No swimming, hot tubbing, or gym workouts before games.
1. Please make sure all your equipment is in working condition prior to games. I do not want to see you running around a rink before a game performing skate sharpening, repairs, or equipment purchases unless it is an emergency.
1. Please make sure you arrive at the games with all the required equipment. A warm-up t-shirt is as much a piece of equipment as your helmet.
1. Please arrive at games no later than 1.5 hours before the start of the game. Exactly 75- minutes before our games your coaching staff will start the dryland warm-up. Please ensure that you are fully dressed and in the locker room ten minutes before the start of the game. Once you begin to get dressed, you may not leave the locker room for any reason. Please note that we are very strict about these times. We do not care why you are late; we care that you are late. It is better to be early than late.
1. Music is allowed (actually encouraged) in the locker room but should be turned off ten minutes prior to game time. We will provide a team speaker, and each player will choose their 2-3 favorite songs for our locker room music. Plain and simple, it does not belong in the locker room if you can slow dance to it.
1. When we walk into a rink for a game, we should all represent uniformity, wearing our team-required apparel. When you leave the rink either at the end of the game or for dryland warm-ups, you do so wearing your team-required apparel.
1. In all cases, we look and work together as a unit.
1. We will be dressed in a presentable fashion at events we attend that do not require suits.
1. No jewelry or earrings.
1. Please make sure that your jerseys, socks, warm-up, and workout clothing are clean and presentable.
1. If you must miss a game, please give me as much warning as possible. You are part of a team; your teammates rely on you. Your absence is damaging to our game and affects our systems and organization. Because this is one of the most crucial development years, I ask that the players take ownership of communicating with me about tardiness or absences. If you miss a game, then YOU must call me. I do not want to speak to parents about missing

a game or practice.

1. Under no circumstances will I allow players to yell, demean or complain about other players, either on or off the bench. If you have something to say out loud, it needs to be positive or directly to me when no one else is around.

Practice and Practice Preparation

On-ice training, off-ice training, meetings, video reviews, and chalk talks are considered practices. I weigh the importance of each equally. Attendance and prompt practice are critical to the player's growth and the success of the Prep Academy team. This season will be HIGHLY dedicated to skill development. Your child will be faced with a plethora of repetitious drills that will reinforce our targeted skill development goals. If you have come to NA Prep hoping to be a system-oriented program, then you are playing for the wrong program. We will touch base on the systematic play, but that is not and will not be our focus. Practice will be 50% personal skills, 25% personal tactics, and 25% systems. It is critical for all players to be at practice so that they have a clear understanding of the systems and a reasonable expectation of how their fellow players may react to various situations during the execution of these systems.

Things players must remember regarding practices.

1. HUSTLE!!!! ALL THE TIME...
2. Practices are not OPTIONAL.
3. If your coaches are talking, then you should be listening.
4. Please be fully dressed and in the locker room at least 10 minutes before the start of practice. We will review practice at this time.
5. Practice attire will consist of your practice jersey and approved socks. You should never be wearing game attire during practice.
6. If you have been instructed not to touch the pucks, then do not touch them.
7. Please make sure you arrive at practices with all the required equipment. A warm-up t-shirt is as much a piece of equipment as your helmet.
8. All rink doors should be closed during practice.
9. At no time should players or coaches sit on the boards prior to or post during practices or games.
10. You are at practice to do just that. You should not be leaving the ice to speak with your parents or friends. If you must leave the ice for any reason, please speak with one of the coaches first.
11. Do not arrive late to practice. If you are late to practice, then the appropriate policies will be enforced.
12. If you must miss a practice, please give me as much warning as possible. You are part of this team, and your teammates rely on you. Your absence is damaging to our practice and affects the practice plan. It affects your understanding of the systems and how your fellow players react to situations. If you must miss a practice then, YOU must call me or text me. I do not want to speak to parents about players missing team events.

Travel

Travel is a big part of travel hockey. Most of all, the memories your players will bring into their adulthood will be the result of trips that the team takes together. For this reason, I like to foster an environment that is as enjoyable as possible for all involved while still encouraging team building and success. As much as possible, players will travel to destinations with their teammates. Prior to each tournament, we will be providing an itinerary regarding lodging, travel, meals, curfews, and other important issues.

Some important travel notes:

1. All players must respect the transportation and lodging that we use.
2. While at hotels, players are not allowed to use pool or spa services at any time during the day before a game. They may use all facilities after the game.
3. Curfews will be provided prior to each tournament and must be adhered to.

Various Other Notes

1. Players are expected to keep their grades at an acceptable level. Acceptability is determined by the parents, and I have no problem disciplining a player at the parent's requests should a player's grades fall below their accepted level.
2. At the parent's request, school suspensions will also result in practice and game suspensions.
3. While I don't incorporate diets, I encourage all players to eat healthily.

4. Playtime is not guaranteed. Your playtime and inclusion in special team situations are entirely dependent on a player's attendance, attitude and effort. When we hit the midseason mark, it will take attitude, effort, and proficiency to play in "tight" situations (championship games, power play's, penalty kill, or the final five minutes of a game) when we get in tight situations or games. All players will have an opportunity to speak with our coaching staff. If you are unhappy with your playtime, feel free to talk to me so that we can implement corrective measures.

Unsportsmanlike Conduct

If a player acts in a manner that is not consistent with the coach's expectations, they will be punished for their indiscretions. This includes but is not limited to:

1. Swearing at referees, coaches, or other players.
2. Fighting or unnecessary retaliation.
3. Disrespect for drinks or rink personnel.
4. Unnecessary and egregious display of anger while on the ice or bench.
5. Excessive "in your face" celebration after scoring goals or winning games.
6. Taunting or communicating with ANY spectators.
7. I will be extremely intolerant of players yelling or complaining about other players' games or practice play.

I have no compunction about sitting players, regardless of the importance of the game or that person's skill level on our team. It is their responsibility to be responsible to NA Prep. I will be very consistent about these policies.

If you have any questions about these policies, please ask me.

Highlights

1. I will not talk to parents about ice time; I will only talk about that with your player!
2. The "48-hour rule", if you should have a grievance with something that happened in a game, you must wait 48 hours prior to contacting the head coach. If you are at a tournament, you must wait 48 hours until after the tournament prior to contacting the coach.
3. I will not talk to parents about their players during game weekends or tournaments; those conversations must be saved for any other time.
4. Everything on the schedule must be viewed as MANDATORY!!