



Okotoks \_\_\_\_\_

Philosophy:

**Guiding Principles:**

**H** – Honesty. Be honest with yourself when it comes to your work ethic, effort, and commitment.

**E** – Engagement. Get involved. Don't stand by and let others do everything. Help out, get the assist.

**A** – Accountability. Others are depending on you to do your job and only your job. Show up every time.

**R** – Responsibility. Be aware that your actions have consequences. Take ownership of your being!

**T** – Teamwork – We play for the crest on the front and the people in the room, not the name on the back.

**Goals for 2019/2020:**

- To provide a safe and positive learning environment for the development of the players and team skills through hard work, never giving up, and always trying their best. Focus will be on individual skills, individual tactics, and team play.
- To develop life skills such as problem solving, respect, handling disappointment, providing encouragement to each other, and friendship. To understand and acknowledge that we lose as a team and win as a team. That we are not alone but a group striving for the same goals.
- To build passion, love, enthusiasm, and excitement for the game of hockey. Celebrate every little success.

**Code of conduct (Coaches, Parents, and Players):**

- We will all conduct ourselves as representatives of OMHA and the Town of Okotoks.
- Abuse of the officials, Opposition, Fans, Parents, Coaches, or any other inappropriate behavior will not be tolerated. OMHA has a **zero tolerance** policy and so does this team.
- Positive and supportive words of encouragement and cheering are expected.

### Parent / Guardian Expectation:

- Please update Team Snap or let the coach know if you can't make it or going to be late for a practice or game so we can plan accordingly. **Be on Time. Late Rule: player's x's minute's late equals sitting on the bench during a game.**
- Please leave the game at the rink; kids at this age may not understand if they had a bad practice or game. We are going to celebrate the small victories, and gently correct the weakness.
- As a coaching staff, we will provide a safe environment for the kids to fail in. I believe that when we fail, that is when we learn the most. Putting ourselves in uncomfortable situations helps us learn more about ourselves and what we are capable of.
- NO parent coaching at home. Please. This will only confuse the player's. The best line you can use is, "What did your coaches say?"
- **No public negative comments about the team, coaches, and/or players. If you have a problem or an issue, let's address it internally first. No one needs to know our business.**
- Please do not let your kids visit the CAHL website to look at their stats. They don't matter to us and we are teaching a team concept where everyone matters and has a role. A team is a group of people and not just one person. We want them working on passing, team work, 1 for all attitude, making those around them better.
- If you have a problem with the coaching staff, by all means approach the manager and voice your concern. Depending on how serious the concern, will determine if there is a meeting or information shared through the manager. Please observe the 24hr rule as cooler heads always prevail. **Meetings will not be taken for ice time, line combination, or coaching philosophy.**

### Players Expectations:

- Players full attention and focus on and off the ice (dressing rooms). We expect respect and in turn will be respectful and encourage them to try their best at all times.
- We ask for their best effort in attendance. We encourage multi-sport athletes but they have made a commitment to this team and everyone is depending on them to show up every time.
- Act like professional hockey players. We will emphasize good sportsmanship. We want the kids to be happy when they score but limit the celebrations as it could be taken as rubbing it in. We will also emphasize team spirit and no one should be upset that someone else is scoring. We will curb the slapping of sticks, kicking of boards, and general negative body language that reflect or show frustration. When we win, we will say nothing. When we lose, we will say less.
- Look like a hockey player. As we encourage a team dynamic, we ask players to stay away from bright hockey laces, tape and things that draw attention. Wear team jackets and apparel when the team is getting together. Never forget dryland attire for practice or games. Never forget about the practice jersey and game socks.

### Dressing Room Management:

- Practices – parents are expected to aid in tying their players skates and help dress their player. Must be out 5 mins prior to ice time
- Games – No Parents allowed unless given permission by a member of the coaching staff. In alignment with development of responsibility and maturity, players are asked to dress and undress themselves as well as carry their own bags, in and out of the arena. If a stick must be taped, tape it before entering the room. Show up earlier if needed to get it done. If players need their skates tied, coaching staff will help them. Goalie parents, you can enter to help your player get dressed. Once dressed, please leave the room. A member of the coaching staff will always be in the room.
- Players are expected to arrive 60 mins prior to game time. We will have off ice warm up 45 mins before game time, to get the muscles and mind ready for the physical activity they are about to engage in. At 30 mins before game time, the players will start to get dressed, and at 15 mins prior to game time, we will have chalk talk in the room.

### Ice Time:

- All players will get fair ice time over the course of the season. Fair ice time from game to game will not happen as we do not coach by stop watch. **Fair ice time does not mean equal ice time.**
- My goal is to expose every player to every game situation (power play, even strength, penalty kill, and the last 5 minutes). It is imperative we have a commitment of the players to attend practices and off-ice sessions to learn positional play in these situations.
- Everyone will play; some games will be more than others, some will be less. In tight games (down by a goal or two, with 5 mins left, I will ask the players if they are interested in going for the win or continue rolling the lines – it will be their decisions. If they choose to go for the win, I will put the players whom have worked hard during that game on the ice. Not my best players – cause every kid has a bad game now and then. It will be those that work the hardest during that game. Those that are doing what the coaching staff is asking them to do
- Players are expected to make it back to the bench if injured. If unable to do so and one of my assistants needs to head out onto the ice, that player will miss a minimum of 3 shifts because it will be deemed serious enough that he needs the time to recover.
- **Coaches will determine positions and will not accept request from players to change positions. Each player will have the opportunity to play every position to develop a well-rounded understanding of each role. By Christmas, the second year players will play more often in the position they want to try out for come next year's Peewee evaluation.**

### Practices:

- Practices will be high tempo with appropriate water and rest breaks
  - Emphasis on individual skills, skating, puck handling, and creativity.
  - Competitive components – individual and team races, battle drills, etc.
  - Positional and team systems will be a secondary goal to skill development.
  - Drills will be fun, challenging, and promote creativity, problem solving, and quick thinking.



**TEAMWORK**

*It is amazing how much*

**PEOPLE**

*get done if they do not*

**WORRY**

*who gets the credit*



*Teamwork & Sportsmanship Quotes via Gecko&Fly*