

Pembina Minor Hockey Association

Parent & Player Handbook

This handbook has been designed to provide parents and players with information about the upcoming season and answer frequently asked questions!



The members of the PMHA Executive would like to welcome all players and their families to a great hockey season. We look forward to watching all the teams have an enjoyable experience. If you have any questions, please feel free to contact any of us. Remember - we are all volunteer parents!

Welcome to Pembina Minor Hockey! Home of the Pembina Pirates

www.pembinapirates.com

www.hockeyalberta.ca

www.1660.ab.ca

Being a Pirate means being a Class Act!

C – Commitment to all aspects of the team

L - Leadership

A - Attitude

S - Strong

S – Successful – not to be confused with winning – being a successful hockey player means exhibiting the top qualities of one

A - Ambitious

C - Clean (No penalties)

T – Tough – no to be confused with a fighter – tough as in resilient

Nine Top Qualities of a Hockey Player

1. Hockey players have a burning desire to play the game.
2. Hockey players are 'TEAM PLAYERS', and demonstrate leadership when necessary.
3. Hockey players do not let their school or schoolwork suffer and have the courage to push themselves to the limits of their scholastic ability.
4. Hockey players are determined athletes. They are thoroughly committed to learning the assigned position and give 100% of themselves in every game and practice.
5. Hockey players strive to mentally and physically improve all year round and to be the best they can be.
6. A hockey player never gives up before the game is over.
7. A hockey player accepts defeat AND victory with dignity and style. He or she never acts in an un-sportsman like manner.
8. A hockey player resolves to leave the ice every day a better player than when he/she first entered it.
9. A hockey player is ALWAYS respectful of their coach(es), fellow players, parents and officials.

Who is on the Executive?

Please view the current Executive List on the peminapirates.com website.

Pembina Minor Hockey Association

Mission Statement:

“To promote, govern and improve minor hockey within the boundaries of the Pembina Hockey Association. Also to foster a community spirit among members, supporters and teams to increase interest in the game of hockey.”

“The Pembina Minor Hockey Association will strive to put the well-being of its minor hockey players foremost and will endeavour at all times to promote good sportsmanship and citizenship.”

Introduction to the Season

Welcome to another exciting year of hockey in Evansburg. It is our hope that your participation in this team sport will be an enjoyable experience. Practices are set to each level's coach's request. Your coach and or manager will let you know when you will be practicing. Games are scheduled through 1660 hockey league. PMHA tries to ensure that our teams are placed in league categories that are comparable with our team's abilities. Unfortunately this may mean some long distance travel to games.

We understand that you may have scheduled activities that conflict with practice schedules, however, we request that you and your player endeavour to make every possible effort to attend practices on a consistent basis. Practices are meant to condition and educate the players so that they may have every opportunity to play in the regular season and to prevent injury. If you will not be able to attend a practice, please ensure that you contact the Team Manager and/or Coach as soon as possible. Play time is subject to regular attendance, attitude, participation, effort at practices, understanding of concepts and coachable behaviour.

"Sports do not build character. They reveal it"

Heywood Broun US journalist (1888 - 1939)

What does your Registration Fee Cover?

The registration fee with the Pembina Minor Hockey Association covers these costs:

- *Ice Rental – approximately \$25,000 - \$30, 000 / year
- *Insurance
- *Game Jerseys
- *Team equipment – not individual player equipment
- *Officials
- *League Fees

What is the Cheque Policy?

All cheques are made payable to: PMHA. Players are required to be registered as early in the season as possible. PMHA needs player registration numbers to be able to register with the league. There are also times when teams do not have enough players, and in these cases we need to find "homes" for these players and need time to do that. Our goal is to insure that all youth who want to play hockey can do so. As an incentive to register early PMHA will add a \$100 increase to all returning players if they are not registered and paid in full by August 1st of the current season. Newly registered players have until Sept 30th to pay in full at the discounted price. If you are having difficulty paying registration fees there are a variety of options. You may set up a payment plan with PMHA and/or apply for kidsport funding (www.kidsport.ab.ca). There are a variety of ways to acquire gently used equipment at a lower price if needed as well. Please do not let money keep you from giving your child the hockey experience. Speak with our executive if further options or information is needed. This is a very sensitive matter for some people and our executive will handle the situation with the utmost discretion and privacy, as many of them are or have been in your situation.

What is the Refund Policy?

To receive a refund, please inform the president and registrar of why you require a refund. They will then take your case to the executive and upon approval your registration fees will be pro-rated and you will receive any unused portion of your fees from the treasurer.

What Insurance Coverage does the player have?

See Hockey Alberta website <http://www.hockeyalberta.ca/association.aspx?p=insurance>

What if I have a Grievance?

Grievances should never be discussed prior to, or while a game or practice is in progress, and should NEVER be mentioned in front of players.

All grievances shall be handled as follows:

1. Parents and players are asked to first take a 24 hour 'cooling off' period to see if the problem rectifies itself. **If this step is not taken, do not expect a response.**
2. The parent or player may approach the Team Manager with the problem or concern AFTER the 24 hour cool off period is over and the team has been dismissed.
3. If still not satisfied, parents or players may make a WRITTEN complaint to the Game and Conduct Executive member.

4. If the Game and Conduct official is unable to resolve the conflict, parents and/or players may then contact the president.
5. At no time is a parent or player allowed to contact Hockey Alberta directly, unless they have completed all these steps and still have not had the situation rectified. If you contact Hockey Alberta before the steps above, you will be directed back to us.

What are the Fair Play Recommendations?

Coaches are encouraged by the association to ensure a “fair” amount of ice time to all players in a game. Equal ice time is not a right – it is a privilege. Playing time is 'earned' through a combination of attendance, attitude and ability. Coachable behaviour and safety considerations will also affect a player's playing time. Attendance at each team practice is mandatory. A player frequently missing practices or a player who does not participate as directed in a practice may have limited ice time in the following game as per the coach's discretion. Understanding, of course, that throughout a practice week many items are covered to prepare for the upcoming opponent and conditioning may become a factor where safety is concerned.

Please attend all practices and meetings on time or notify the team manager well in advance of any expected absences. Practice is the key to successful and enjoyable performances.

The purpose of the association is for the enjoyment of the game of hockey by all participants. The program is designed to emphasize the development of skills, sportsmanship by all participants, fair play and teamwork.

As a parent what are my responsibilities?

There are a number of opportunities for you, the parent, to become involved with your team:

1. You are encouraged to attend all practices and games. Your child will appreciate your encouragement and praise, as they will be learning some awesome skills and moves. They need you to applaud their hard work.
2. Please help where you can, as your participation lightens the load placed on the volunteer coaches, who have already committed a lot of their time.
3. Your Team Managers will require volunteers to help them with team phoning, year-end wind up parties, tournaments, fundraising, etc. Please come and lend a hand. Your participation is also required in the time box to run the score clock and fill out game sheets. Learn as soon as possible how to perform these tasks as you're child progresses, the game sheet and score clock become more and more complicated.

4. You are responsible for all fans you bring to the rink – make sure they comply with PMHA policies.
5. No use of alcohol, tobacco or illegal drugs are allowed in any facility used by PMHA.
6. Leave the coaching to the coaches, and the refereeing to the officials.

If everyone helps a little, we will accomplish a lot.

Let's talk Referees!

Referees are provided for every game by the association. It is against the policy of PMHA and Hockey Alberta to verbally, or in any other way, abuse officials. The “24 hour cool off” rule applies to referees as well. Grievances with referees shall be handled in the same manner as other grievances. It is the responsibility of the team management, including coaches and assistants to control their players, their parents, and themselves. All serious incidents will be reported to the executive for further disciplinary action. Zero tolerance is the rule.

As a PMHA **PARENT**, I agree to read the Code of Ethics & Policies & Procedures of PMHA

As a PMHA **PLAYER**, I agree to read the Code of Ethics & Policies & Procedures of PMHA

Code of Ethics

SCHOOL COMES FIRST. Your grades and class work come before sports. Do your homework and studying when you should. If you don't wait till the last day to do your homework or studying, school will rarely interfere with hockey.

ALL PRACTICES ARE REQUIRED. We know that circumstances may arise where you must miss a practice (vacations, illness, etc.). When this occurs the parent/player is to notify his/her coach and/or manager as soon as possible. Our coaches take time out of their very busy schedules to hold practices. This small, but important gesture is greatly appreciated to the coaches and the other players.

WATER. Players must bring their own water bottles to games and practices. It is crucial that the athletes stay hydrated at all times. This is not just for performance - dehydration is a serious health risk. Water is to be the **ONLY** thing consumed while on the ice or while wearing a PMHA jersey. Sports drinks and sodas can stain the jerseys/ice.

Only players, coaching staff and managers are allowed to enter the dressing rooms. Parents must be invited into the dressing rooms by the coach.

All players are to treat teammates and coaches with respect and courtesy. We are here to encourage our athletes in all aspects of the game. However, we don't have to stop with just our own athletes. Encouraging ALL the athletes on the ice just shows sportsmanship and "Honours Our Game". PMHA has the reputation of fair play and always treats opponents with respect even when they may be less than sportsmanlike. We take great pride in this and need everybody's help to keep this upstanding reputation.

Criticizing the officials, coaches, and opponents will not be tolerated at all. The same goes for abusive language or cursing. This is a youth sport, everyone makes mistakes, and referees do too. Again, zero tolerance is the rule.

Enforcement

First offense - individuals will be given one warning for inappropriate activity.

Second offense - Individuals that continue; will be asked to leave the ice/stands whether it is a game or practice

Third offense - other sanctions as deemed necessary by the PMHA discipline committee may be enforced.

What are the Fundraising Commitments?

PMHA currently does not work bingos or concession for fundraising. We use our fun casino, real casinos and Oilers 50/50's to raise a large sum of money in a short time. All parents are required to work/support these events when they occur. **Without them we would be forced to work many more hours of the usual fundraising activities.** Registration fees are kept as low as possible through fundraising, helping to ensure all youth who wish to play hockey can have that opportunity. Tournaments are used to raise funds for individual teams for things such as team apparel. All tournament revenue goes directly to the team hosting the tournament. All parents are required to help run the tournament as well. These funds are used to purchase things for your child.

Are there Team Photos?

Individual and Team photos will be taken as soon as arrangements can be made. Your Team Managers will inform you of the date. All photos can be purchased by PMHA players or parents.

How about PMHA Apparel?

Your Team Managers will let you know where and when team apparel can be ordered. We have an apparel night at the beginning of each year, this is your chance to

order your colors for the season. Anything with the PMHA, or the PMHA logo (currently the Pembina Pirates logo as seen on first page) on it must first be approved by the board.

When is the Annual General Meeting?

Sometime in April or May, PMHA will hold its Annual General Meeting in conjunction with team/player awards. The purpose of this meeting is to give parents, players and volunteers a forum to express their ideas and concerns regarding the past and upcoming hockey season. This is YOUR time to have a say in how the executive handles the operations of your child's hockey experience. Elections of officers for the following season are also held. Feel free to nominate someone.

We encourage you to attend, volunteer your time and serve on this Executive.

This is also a great opportunity for people not previously involved in the association to gain knowledge and become involved - so bring a friend! Notification of the exact date for this meeting will be posted on the website, advertised in the local papers, and printed in our newsletters. Ask your Team Managers if you are still unaware of the date.

How can we help?

Our players succeed when we volunteer!
Ask your Managers and Coaches how you can help!

That's My Boy!

Please don't curse the boy out there,

He's my son you see.

He's only just a boy you know,

He means a lot to me.

I did not raise my son, dear fan,

For you to call him names.

He may not be a superstar,

It's just a hockey game.

So please don't curse the boys out there,

They do the best they can,

They never tried to lose a game,

They're boys and you're a man.

The game belongs to them, you see

You are just a guest.

They do not need a fan like you,

They need the very best.

If you have nothing nice to say,

Please leave the boy alone.

And if you have no manners,

Why don't you stay at home?

So please don't curse those boys out there,

Each one's a parent's son.

Win, lose or tie, you see,

To us they're Number One!