



## PONOKA MINOR HOCKEY ASSOCIATION

### COACHES PLEDGE

*It is the intention of this Pledge to promote proper behaviour and respect for all participants within PMHA. ALL Coaches (and Assistants) must sign this pledge in order to participate in hockey, must continue to observe the principles of Fair Play and must adhere to the PMHA policies and procedures*

- 1) I understand I have an obligation to abide by the policies of PMHA and that failure to do so could result in the loss of coaching privileges.
- 2) I will be reasonable in my demands on the young player's time, energy and enthusiasm. Remember that they have other interests and being able to pursue those interests, as well as hockey, will help them maintain their enthusiasm and make them better hockey players.
- 3) I will teach my athletes to play fairly and to respect the rules, officials, coaches, opponents and teammates. I will make sure that my players understand and abide by the CODE OF CONDUCT - PLAYERS as per PMHA Policies & Procedures.
- 4) I will ensure all athletes receive equal instruction, discipline, support and appropriate, fair playing time.
- 5) I will make sure that equipment and facilities are safe and match the athlete's age and ability.
- 6) I will remember that children need a coach they can respect. I will be generous with praise and set a good example by showing respect to the athletes, parents, coaches and officials by treating others as I would like to be treated.
- 7) I will obtain proper training and make a personal commitment to keep myself informed on sound coaching principles and the principles of growth and development in children. I will create a learning environment so players will experience success in improving individual and team skills.
- 8) I will support all efforts to remove verbal and physical abuse from my teams' hockey experience. I will remember that participants play for fun and enjoyment and that winning is only part of the big picture. I will never ridicule or verbally put down a player for making a mistake or losing a competition.
- 9) I will never attend any practice or game under the influence-of any illegal substance, drugs or alcohol, or use tobacco products during a game or practice, or on the bench.

In signing this document, I agree to abide by the principles of this PLEDGE as set and supported by PMHA

\_\_\_\_\_  
Coach Name (please print)

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Division Coordinator Name (please print)

\_\_\_\_\_  
Division Coordinator Name (signature)

\_\_\_\_\_  
Date

**AS A COACH TRY TO REMEMBER, FOR MANY KIDS, PRACTICE IS THE BEST PART OF THEIR DAY. MAKE SURE THEY LEAVE FEELING THE SAME WAY.**