



TISDALE TROJANS HANDBOOK

2019-2020

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Team Contact Information

Mailing Address: Box 2344, Tisdale SK S0E 1T0

General Email: tisdaletrojans@sasktel.net

Coach Email: coach.tisdaletrojans@sasktel.net

GM Email: gm.tisdaletrojans@sasktel.net

Billet Coordinator: billet.tisdaletrojans@sasktel.net

Website: www.tisdaletrojans.ca

TISDALE TROJANS SCHEDULE

Sat., Sept. 21	Home	Swift Current	7:30 p.m.
Wed., Sept. 25	Away	Yorkton	TBD
Fri., Sept. 27	Away	Moose Jaw	11:30 a.m.
Sun., Sept. 29	Home	Swift Current	1:00 p.m.
Wed., Oct. 2	Home	Saskatoon Contacts	8:00 p.m.
Sat., Oct. 5	Away	ND Hounds	5:00 p.m.
Sun., Oct. 6	Away	Regina	3:00 p.m.
Fri., Oct. 11	Home	Regina	8:00 p.m.
Sun., Oct. 13	Away	Prince Albert	1:30 p.m.
Wed., Oct. 16	Home	Saskatoon Contacts	8:00 p.m.
Fri., Oct. 18	Home	Yorkton	7:30 p.m.
Tues., Oct. 29	Away	Saskatoon Contacts	8:15 p.m.
Thurs., Oct. 31	Away	Beardy's	8:00 p.m.
Sat., Nov. 2	Home	Regina	7:30 p.m.
Sun., Nov. 3	Home	ND Hounds	2:00 p.m.
Sat., Nov. 9	Home	Beardy's	8:00 p.m.
Sat., Nov. 16	Away	Battleford	7:30 p.m.
Sun., Nov. 17	Away	Battleford	2:00 p.m.
Sat., Nov. 23	Home	ND Argos	4:45 p.m.
Sun., Nov. 24	Home	ND Argos	2:00 p.m.
Thurs., Nov. 28	Away	Saskatoon Blazers	7:10 p.m.
Sat., Nov. 30	Home	Moose Jaw	4:45 p.m.
Sun., Dec. 1	Home	Moose Jaw	2:00 p.m.
Fri., Dec. 6	Away	Regina	8:00 p.m.
Tues., Dec. 10	Away	Yorkton	7:30 p.m.
Sat., Dec. 14	Away	ND Hounds	5:00 p.m.
Sun., Dec. 15	Away	Swift Current	1:45 p.m.
Fri., Dec. 20	Home	Prince Albert	7:30 p.m.
Sun., Jan. 5	Away	Saskatoon Contacts	4:45 p.m.
Sat., Jan. 11	Away	Moose Jaw	1:30 p.m.
Sun., Jan. 12	Away	Swift Current	1:45 p.m.
Thurs., Jan. 16	Away	Beardy's	8:00 p.m.
Sat., Jan. 18	Away	ND Argos	7:00 p.m.
Sun., Jan. 19	Away	ND Argos	1:30 p.m.
Wed., Jan. 22	Home	Prince Albert	8:00 p.m.
Sat., Jan. 25	Home	ND Hounds	4:45 p.m.
Sat., Feb. 1	Home	Saskatoon Blazers	8:00 p.m.
Sun., Feb. 2	Home	Saskatoon Blazers	2:00 p.m.
Sat., Feb. 8	Home	Battleford	8:00 p.m.
Sun., Feb. 9	Home	Battleford	2:00 p.m.
Wed., Feb. 12	Away	Prince Albert	7:00 p.m.
Sun., Feb. 16	Home	Beardy's	2:00 p.m.
Wed., Feb. 19	Home	Yorkton	8:00 p.m.
Sat., Feb. 22	Away	Saskatoon Blazers	7:45 p.m.



PRESIDENT'S MESSAGE

On behalf of the Tisdale Trojans Executive and its Board of Directors, I would like to welcome you to the 2019-2020 hockey season. We enjoyed a very successful season last year, taking the Bronze medal at the Telus Cup National Midget AAA Championship in Thunder Bay, Ontario. I would like to thank all the volunteers and staff that have invested their time to make this club possible. There have been too many to count over the last 32 years, but without all of you we could not be here today. Thank you to our business community that is always there to support us. Our Trojan franchise has been able to operate with a budget that has allowed us to succeed. To our fans that have been second to none, and are known throughout Saskatchewan as the best in the league, we thank you.

This year's proud Trojan hockey tradition is led by General Manager Cole Simpson, Head Coach Dennis Kubat, and Assistant Coaches Daven Smith and Rob Pollon. Thanks to their experience and commitment to the Trojans we will all benefit from another great on ice product this season. We are here to develop a talented group of hockey players on the ice, in the classroom, and in the community. The goal is to guide them to become better people and open the doors to succeed at whatever path they choose in the future. In the process we hope to create a positive experience with everyone who embraces the Trojan spirit.

Thank you for coming out and seeing us in action. We hope you enjoy being a part of the Tisdale Trojans as much as we do.

Greg McShannock, President



BOARD OF DIRECTORS

PRESIDENT

Greg McShannock
g.mcshannock@sasktel.net
306-852-9559

VICE-PRESIDENT

Evan Sisson
esisson@sasktel.net
306-873-7181

TREASURER

Pat Bladen
pandpbladen@sasktel.net
306-873-1702

SECRETARY

Joanne Luck
306-873-7172

BILLET COORDINATOR

Stacey Simpson
billet.tisdaletrojans@sasktel.net
306-889-3052

DIRECTORS: Shelly Curry, Ritch Lindquist,
Robin Nontell, Ted Magnus & Rob Pollon

STAFF

GENERAL MANAGER- Cole Simpson (Contact: gm.tisdaletrojans@sasktel.net)

Cole was born and raised in Tisdale. He played for the Trojans for two years, one of which included winning the 2002 Air Canada Cup. Following that he played four years in the WHL for Seattle, Moose Jaw, and Prince Albert. His hockey career culminated in the CIS where he played three years with the U of S Huskies. Cole is excited to be back in the Trojans organization and is eager to contribute to the team from a different perspective. Cole is a Chiropractor and has a clinic in Tisdale called Healthplex Chiropractic & Massage. He and his wife Stacey have two daughter's (Kinley & Rori) and are expecting another just prior to the start of this hockey season.

HEAD COACH- Dennis Kubat (Contact: coach.tisdaletrojans@sasktel.net)

First and foremost I want to say I am extremely honoured and proud to be named the Head Coach of the Tisdale Trojans for the 2019 - 2020 season. I understand and know the strong tradition associated with this hockey club and I will do my utmost to continue that tradition. I started my hockey career in Bjorkdale, Saskatchewan and had the good fortune to play minor hockey in a number of rural Saskatchewan locations. I played 3 years in the SMAAAHL with the Moose Jaw Warriors. I then went onto play 3 years in the SJHL with the Flin Flon Bombers, the last year as captain. Hockey enabled me to obtain a scholarship and I graduated with a Bachelor of Education Degree from the College of St. Scholastica. I do need to thank everyone who helped me along the way to develop as a coach. Your guidance and help is greatly appreciated. An extra big thank you goes out to my wife, Carmelle. If it were not for her support and understanding I would not be where I am today. I am very excited to get the 2019 - 2020 season underway. See you at the rink.

ASSISTANT COACH - Daven Smith (Contact: davensmith4798@gmail.com)

Daven grew up in Northeast Saskatchewan, playing most of his minor hockey in Hudson Bay. He is a former Trojan team captain and was the recipient of the Hardest Working Player both years he played in Tisdale. After spending two seasons with us, he joined the SJHL. Daven played centre for the Nipawin Hawks, where he was a member of their CanAlta Cup Championship Team (17/18), and was awarded the team's Most Inspirational Player that year. He briefly stepped away from the hockey world and studied in the Criminal Justice Program in Lethbridge. Daven is excited to return to the game as a part of our coaching staff.

ASSISTANT COACH - Rob Pollon (Contact: rob.pollon@outlook.com)

Rob was born and raised in Wynyard, Saskatchewan. He has coached all levels of minor hockey for the past 25 years. He has coached Bantam and Midget Sask First, AA Midget in Saskatoon, Watrous, and Notre Dame. Most recently Rob was the assistant coach for the NE AA Bantam Wolfpack and Head Coach of the Female NE Aces. Rob is married to Jill and has three children - Arianne (15), Olivia (13) and Sawyer (9). All are active in the game of hockey. Rob is excited to be a part of this great organization and is excited for another great season!

STICK BOY - Sawyer Pollon

Sawyer is 10 years old and is going into Grade 4. He loved baseball and hockey. Last year he played defense for the Red Rambler Atoms in Tisdale. He has been a Trojan Billet Brother for 6 years. His other interests are: stats in all sports, math and reading.

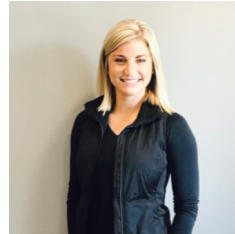
KEEP CONDITIONING - OFF ICE PROGRAM

KEEP is proud to be the exclusive training center for the Tisdale Trojan Hockey Club! We can assure you that you are in good hands when it comes to your off-ice conditioning as we enter the 2019/2020 hockey season.

KEEP's expertise lies in our ability to apply human performance science, bridging the gap between exercise and on-ice results. The skill of functional conditioning, versus general exercise, comes in part, by possessing and knowing the right tools to use to get applicable results. Rob Boxall designed KEEP's facility for this purpose alone. He selected, first hand, each piece of equipment and carefully added pieces to our training room and services that only serve to enhance performance, never sacrificing function for flare or salesmanship. The second key aspect of skilled functional conditioning is knowing all the variables to adjust during training; how they affect the body at the muscle level, when to adjust them, and to what degree. KEEP is the only training facility in the northeast that is able to deliver on this with our CSEP-CEP certifications, our education, experience training athletes, and growing up in the world of sports performance ourselves.



Rob Boxall B.Sc. KIN, CSEP-CEP:
Founding Partner of KEEP
Exercise Physiologist



Janine LeBlanc
B.Sc. KIN, CSEP-CEP:
Exercise Physiologist

Your Exercise Professionals:

Rob's training background began in 2003 when he worked with the Human Performance Center and the Center for Elite Hockey Conditioning at the College of Kinesiology in Saskatoon. There he learned from the very best, while training a wide range of athletes from U of S sports teams (football, hockey, and basketball), as well as elite hockey players competing at the SJHL, WHL, AHL and NHL levels. Before moving back to Tisdale, he spent over 9 years as a Fitness Instructor at the RCMP National Training Academy in Regina, working with approximately 10,000 police cadets over that time, who are now serving all across Canada.

Janine came to KEEP after working for Summit Physiotherapy and Rehab in Prince Albert. While there she quickly gained a reputation as an extremely effective and knowledgeable therapist. While in Prince Albert, she worked with a team to prescribe exercises to those rehabbing from a variety of injuries. Since joining KEEP, Janine has expanded her training repertoire to include group and private training ranging from beginners to high performance athletes, and most recently added certified Level 2 yoga instruction to her list of talents.

KEEP's approach has always been to involve their clients in the process and pass on an understanding of not just the "how" but especially the "why." They believe that those people who understand the process are better able to find and extend their performance limits. They have a talent for blending a good dose of cutting-edge exercise science with just a touch of "old school" work ethic and drive, never over-complicating things with fads and gimmicks.

Welcome to KEEP! We look forward to getting started and being a member of your support team this season!

TEAM FEE INFORMATION

Registration Fees

Player registration fees are \$5,500 for the 2019-2020 season.

Our hockey program includes a 44 game regular season, 6 hours of practice per week (depending on game schedule), and an off-ice training program at KEEP Conditioning & Rehab.

The Tisdale Trojans also provides the following to their players:

- Game day tape, 4 pairs of laces, shower products, skate sharpening
- Post-game meals for away games
- Overnight trips - all meals and accommodations
- Game day gloves and helmet. Pant shells, socks and hockey bag are also provided, but must be returned at the end of the season
- Team apparel - warm up t-shirt & shorts, track suit or jacket
- Awards banquet (includes parents)
- Team picture
- 22 game pass

Fees are to be paid by cheque (made out to Tisdale Trojans) and submitted to Pat Bladen (treasurer).

Fifty percent (\$2750) is due before the first regular season game (September 21st). The remaining \$2750 is due October 31st. Please contact Greg McShannock or Pat Bladen if you require alternate payment arrangements.

RELEASE TYPES & PARENT COMMITMENTS

UNCONTESTED RELEASE

An uncontested release will be granted - if a player chooses to be released from the Tisdale Trojan Hockey Club and the club is in agreement with that decision. Any amount of registration fee reimbursement will be considered on a case by case basis.

CONTESTED RELEASE

A contested release will be filed - if a player chooses to be released by the Tisdale Trojan Hockey Club and has not taken the steps to discuss their situation with the Coaching Staff, General Manager or the club President.

PARENT COMMITMENTS

- Gate Workers - parents must provide 2 workers for 2 games during the season. A schedule will be emailed out. Parents are responsible to do their own trades with other families should their scheduled dates not work.
- MAC Tournament - if our team qualifies for this tournament, the cost per player is \$1000
- Trip of the Month Tickets - Each family is required to sell 5 (\$100 a ticket) Trip of the Month tickets. Tickets will be provided to you as soon as they are available. Tickets must be sold and returned to Pat Bladen on or before December 20th.
- Major Fundraiser - Each family must sell a minimum of 20 tickets (\$20/ticket) for a raffle. Prizes will include a side by side and kids ski-doo. More details to follow.

TEAM RULES

THE TISDALE TROJANS TEAM IS MADE UP OF MANY PEOPLE -
19 PLAYERS, HEAD COACH, ASSISTANT COACHES, THE BOARD OF
DIRECTORS, BILLET FAMILIES, AND PLAYER FAMILIES.

PLAYERS SHOULD CONDUCT THEMSELVES
IN THE BEST INTEREST OF EVERYONE.

- **CURFEW**
 - 10:00 PM daily
 - Home Game Nights 12:00AM
 - Away games, home within 1/2 of arrival to RecPlex
 - Guests are not allowed in billet homes after curfew, and billets may set an earlier time for guests to go home. No Guests in your billet home without permission
 - Curfew changes will be communicated by Facebook group or WhatsApp
 - Consistent curfew problems should be reported to the head coach
- **SCHOOL**
 - School attendance is mandatory
 - Billet homes are expected to call TMSS related to player absences (306-873-2352)
- Off ice training program attendance is mandatory
- **TRAVEL**
 - Permission from the coach must be obtained before leaving town for anything other than team activities
- **DRESSING ROOM**
 - Must be kept clean and respected at all times. Keep stall areas cleaned up. There will be a schedule for dressing room cleanup.
- **DRESS CODE**
 - shirt, tie, dress pants and dress shoes are to be worn before and after games
- The following are not accepted and will result in disciplinary action
 - chewing tobacco, smoking, drugs, vaping, alcohol
 - hazing/bullying
 - inappropriate use of social media (see Social Media Policy)
- Time off or extended curfew may be granted under certain circumstances
- Failure to abide by team rules will be dealt with using a "Strike Policy"
 - 1 strike = miss 1 period, 2 strikes = miss 1 game, 3 strikes = 3 games, 4 strikes = released

BILLET PROGRAM

Our billet program greatly contributes to the success of the Tisdale Trojans organization. The connection that billet families and players develop is truly unique and often allows for lifetime bonds to be formed. It is our commitment to players and their parents to provide them with a great "home away from home."

BILLET FEES

Billet fees are \$500 per month, payable by cheque to the "Tisdale Trojans"

- The following cheques must be provided to Stacey Simpson (Billet Coordinator) on or before your arrival to Tisdale (can be mailed - see address on pg. 1)
 - 6 Post Dated Cheques for \$500: Sept. 1, Oct. 1, Nov. 1, Dec. 1, Jan. 1, Feb. 1
 - 2 Post Dated Cheques for \$250: Mar. 1, Mar. 15 (playoff dependant).
 - If additional days are required, the day rate is \$16.50
 - Players opting to stay in Tisdale beyond the hockey season will pay billet homes directly. Once the season is over, the team does not deal with these finances.

COMMUNICATION & CALENDARS

- Billet homes will be provided with a monthly calendar via email & Facebook group detailing practices, games, off-ice training, bus meal requirements, and other team related events.
- Changes to the schedule/curfew will also be communicated via Facebook & WhatsApp

CURFEW

- Curfew - permission must be granted by billets for all guests in the home. Guests are not allowed in billet homes after curfew. Billets may set an earlier time for guests to go home.
- Curfew Calls - please expect curfew calls to billet cell phone/landlines intermittently throughout the season. The coach will expect you to put the player on the phone.
- If a player is late for curfew repeatedly, billets should notify the coach

SCHOOL

- Players should provide billets with a copy of their timetable
- If a player is ill and cannot attend school, the billets are to contact the school regarding their absence. TMSS phone number is 206-873-2352

BILLET PROGRAM

ACCOMMODATIONS

- Billets will provide:
 - A single or double bed (players may share a room with another player, but not with a host family member)
 - Dresser and/or closet space
 - Internet access
- If a billet family is going to be away for 1 night, it may be mutually agreed upon for the player to stay alone IF parents and the coordinator are informed and IF they are okay with the arrangement.
- Players are not allowed to stay alone in a billet home for more than 1 night. We have temporary billets to accommodate families who are away.
- Please inform Stacey as far in advance as possible about multiple nights away so she can make arrangements.
- If a player has to spend a night(s) elsewhere, it is the BILLETS responsibility to pay the temporary billet home the day rate of \$16.50 directly.

COURTESY & COMMUNICATION

- Communication is the KEY to a great billet/player relationship. Never assume that either party "knows" or "should know" something.
- Billets need to clearly communicate house rules and expectations of house duties. Things that should be discussed:
 - Daily mealtimes, pre-game meal requirements
 - Household chores
 - Laundry
 - Shower/bathroom times
- Billets may not provide players with alcohol, tobacco, drugs or vape.
- Players should keep their rooms tidy at all times
- Players need to inform billets WELL IN ADVANCE if they will not be home for supper
- Players need to let billets know where they are going when they leave the house and keep them updated if their location changes while they are out
- Players need to inform billets if they are travelling out of town and confirm they have requested permission from the coach.
- Players should be respectful of their billet family and their generosity. Be pleasant, courteous and helpful.
- If issues arise and a solution can not be found by either party, please contact the billet coordinator and we will work together to find the best solution for everyone.

Our guidelines are in accordance with SHA and CHA billeting guidelines and are in place for the health and welfare of the player.

SOCIAL MEDIA POLICY

SASKATCHEWAN HOCKEY ASSOCIATION SOCIAL MEDIA POLICY

For the purpose of this Social Media and Networking Policy, the policy will encompass public communications through such internet mediums and websites as Twitter, Facebook, MySpace, LinkedIn, Foursquare and any other social media network that allows users to communicate online as well as other forms of electronic communication, but not limited to, methods such as 'BBM' or 'texting'.

The policy will be applicable to all members of the SHA Community, including Directors, Teams, SHA members and staff, on-ice and off-ice officials, billets, players, players' family members and supporters. The SHA recognizes and appreciates the value of social media and the importance of social networking to all of its stakeholders. The SHA also respects the right of all Teams and Association personnel to express their views publicly. At the same time we must be aware of the dangers social media and networking can present.

The purpose of this policy is to educate the SHA Community on the risks of social media and to ensure all Teams and Association personnel are aware that conduct deemed to be inappropriate may be subject to disciplinary action by the Team, the Minor Hockey Association, League and/or the SHA.

SOCIAL MEDIA GUIDELINES

- The SHA holds the entire SHA Community who participates in social media and networking to the same standards as it does for all other forms of media including radio, television and print.
- Comments or remarks of an inappropriate nature which are detrimental to a Team, the Association or an individual will not be tolerated and will be subject to disciplinary action.
- It should be recognized that social media and comments such as 'texting' are on the record and can be instantly published and available to the public and media. Everyone including Association and/or Team personnel, players, corporate partners and the media can review social media communications. You should conduct yourself in an appropriate and professional manner at all times.
- Refrain from divulging confidential information of a personal or team related nature. Avoid revealing business or game strategy that could provide another team or individual a competitive advantage. Furthermore, do not discuss injury information about any player. Only divulge information that is considered public.
- Use your best judgment at all times - pause before posting or sending. Once your comments are posted or sent they cannot be retracted. Ultimately, you are solely responsible for your comments.
- If requested to participate in an online network, as a direct result of your affiliation with or participation in the SHA, the SHA recommends that you request approval from the Team or the Association.
- Players or hockey operations staff are not permitted to participate in social media or networking two (2) hours prior to the start of a SHA game and at least one (1) hour following the completion of a SHA game.

SOCIAL MEDIA POLICY

SOCIAL MEDIA VIOLATIONS

The following are examples of conduct through social media and networking mediums that are considered violations of the SHA Social Media and Networking Policy and may be subject to disciplinary action by the Team, Minor Hockey Association, League and/or SHA.

- Any statement deemed to be publicly critical of Association officials or detrimental to the welfare of a member Team, the Association or an individual.
- Divulging confidential information that may include, but is not limited to the following:
 - player injuries;
 - trades or other player movement;
 - game strategies; or
 - any other matter of a sensitive nature to a member Team, the Association or an individual.
- Negative or derogatory comments about any of the Team, Minor Hockey Association, League and/or SHA staff, programs, stakeholders, players or any member of a SHA Team.
- Any form of bullying, harassment, intimidation or threats against players or officials.
- Photographs, video or comments promoting negative influences or criminal behavior, including but not limited to:
 - drug use,
 - alcohol abuse,
 - public intoxication,
 - hazing
 - sexual exploitation, etc.
- Online activity that contradicts the current policies of the SHA or any of its member Associations.
- Inappropriate, derogatory, racist, or sexist comments of any kind, in keeping with the SHA policies and regulations on these matters.
- Online activity that is meant to alarm other individuals or to misrepresent fact or truth.

DISCIPLINE

The Team, Minor Hockey Association, League and/or the SHA will investigate reported violation(s) of this policy in the manner set out in the SHA Handbook for other types of violations. If the investigation determines that a violation has occurred, the Team, Minor Hockey Association, League and/or the SHA Chairperson of the Division involved will impose an appropriate suspension. Any appeal of the suspension will be dealt with as set out in a Minor Hockey Association, League and/or SHA Handbook for other types of suspensions.

SUMMARY

When using social media and networking mediums, the SHA community should assume at all times they are representing the SHA and/or its member Associations or Teams. All members of the SHA community should remember to use the same discretion with texting, etc., social media and networking as they do with other traditional forms of media.

Should the identity or image of any member of the SHA community be used in social media and networking without the Individual, Team or Association authorization, this is considered to be identity theft. Please notify your SHA Team Management or the SHA Office immediately. Any use of a player or team member's image or likeness without the written consent of the SHA is strictly prohibited.

CONDUCT & DISCIPLINE

BYLAW NO. 1 CONDUCT AND DISCIPLINE

1. The Club hereby adopts and shall maintain a Zero Tolerance of Abuse policy regarding the treatment of officials, including minor officials, players, spectators and all other individuals by its employees, representatives, members (including players and their parents) and team officials at all times and in all locations during, before or after which any activity organized or governed by the Club takes place.

2. For the purposes of this bylaw, "Zero Tolerance of Abuse" means that the following conduct is not permitted, and the Club hereby prohibits:

"All conduct, acts, behavior and/or omissions, whether isolated or not, which any person or persons who are either the objects of or who observe the same, acting reasonably having regard for the context in which the Club's activities occur, being a competitive hockey environment:

(a) Are offended, threatened, harassed and/or abused the said conduct, acts, behaviour or omissions, or;

(b) consider the reputation of the Club to have been damaged thereby."

3. Any person who, being the subject of or having observed conduct described in paragraph 2, considers himself or herself to have been offended, threatened, harassed and/or abused, or the reputation of the Club to have been damaged, including a member of the Executive Committee, may report the impugned conduct, acts, behavior and/or omissions in writing to the President or Vice President of the Club, and once such a written complaint is so received, the matter shall thereafter be dealt with by a committee ("the Disciplinary Committee) consisting of the President and two members of the Executive to be named by the President. In the event any of the foregoing parties is considered by the Executive in its sole discretion to be in a conflict of interest, the Executive shall appoint any person or persons, as the case may be in order to constitute a 3 person Disciplinary Committee at all times, it deems appropriate to fill such vacancy or vacancies.

4. The Disciplinary Committee shall proceed to consider the complaint, and specifically whether the policy set forth above has been violated, and in that regard shall consider such evidence and information, and follow such procedures for the determination of the complaint as it in its sole consideration deems necessary or advisable.

CONDUCT & DISCIPLINE

5. The members of the Disciplinary Committee shall at all times keep the information received and communicated by them in the course of performing their duties, including their decision and disciplinary measures, confidential and shall not disclose the same except to the parties involved in the disciplinary investigation and decision-making process and then only insofar as may be necessary to properly carry out their duties.
6. The decision of the Disciplinary Committee as to the complaint and the disciplinary measures, if any, to be imposed in relation thereto shall be reported by the President to the Executive Committee, and such decision shall be final and binding on the Club and all parties involved in the complaint and shall not be subject to further appeal or review. Members of the Executive Committee shall also keep all information reported to or received by them confidential at all times.
7. The Disciplinary Committee shall be entitled to apply all such disciplinary measures as it may determine its sole discretion to be justified, which, without limiting the generality of the foregoing, may include all or any of the following:
 - (a) suspension from the Club for any length of time or times.
 - (b) expulsion from the Club.
 - (c) the requirement of taking educational or corrective measures, including the completion of courses designed to deter or assist with the avoidance of the impugned conduct, apologies and/or other appropriate steps.
 - (d) conditions of any nature or form being placed on the membership of the disciplined party.
 - (e) a prohibition or prohibitions from attending at the Tisdale Recplex and/or any other facilities, whether located in Tisdale or not, in which the activities of the Club are being carried on for any length of time or times.
 - (f) suspension and/or permanent prohibition from acting as a team official or in any other capacity with respect to the Club, and/or conditions of any nature or form being placed thereon.
 - (g) further punitive measures for failing to comply with the terms of discipline.

PLAYER CONTRACT (KEEP THIS COPY)

Tisdale Trojans Contract 2019-2020

"Do Your Job"

This contract will start on _____ and go to until the end of the season

3 Strike Rule

- 1) Miss a period
- 2) Miss a game
- 3) Miss three games
- 4) Released from the Trojan program

The following will result in a strike:

School/Billets

- Failure to attend class (Billets are the contact for school attendance)
- 3 lates for class without reason
- Cumulative average of less than 70%
- Late for curfew (curfew calls will be made throughout the year)
- Disrespectful towards billets, teachers, or other students

Use of unacceptable substances/behaviours

- Alcohol, drugs, chewing tobacco, smoking, vaping
- Hazing/bullying
- Inappropriate use of social media

Fitness/Health

- Failure to get in 3 workouts per week
- Team Yoga will count as a workout

Hockey

- 3 lates without reason for anything team related (practice, team functions, bus trips, team meals, etc)
- Not getting your community volunteer hours done before the end of the season (15 hours)
- Disrespectful towards coaches, teammates, or other team personnel

The following may be permitted by the coach based on team behaviour:

- Extended curfew
- Time off/days off
- Team events (players decision)

“Am I going to do what I feel like doing or am I going to do what is necessary to accomplish the goals we have as a team?”

What do you want to be remembered for?

Please sign below if you agree to the contract

Player _____ Parent _____

PLAYER CONTRACT (RETURN THIS COPY)

Tisdale Trojans Contract 2019-2020

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- Late for curfew (curfew calls will be made throughout the year)
- Disrespectful towards billets, teachers, or other students

Use of unacceptable substances/behaviours

- Alcohol, drugs, chewing tobacco, smoking, vaping
- Hazing/bullying
- Inappropriate use of social media

Fitness/Health

- Failure to get in 3 workouts per week
- Team Yoga will count as a workout

Hockey

- 3 lates without reason for anything team related (practice, team functions, bus trips, team meals, etc)
- Not getting your community volunteer hours done before the end of the season (15 hours)
- Disrespectful towards coaches, teammates, or other team personnel

The following may be permitted by the coach based on team behaviour:

- Extended curfew
- Time off/days off
- Team events (players decision)

"Am I going to do what I feel like doing or am I going to do what is necessary to accomplish the goals we have as a team?"

What do you want to be remembered for?

Please sign below if you agree to the contract

Player _____ Parent _____



QUESTIONS I HAVE WHEN WE MEET AS A GROUP

(PLAYERS, PARENTS, COACHES, PRESIDENT, BILLETS)