



TISDALE TROJANS HOCKEY CLUB

"DO YOUR JOB"

League Champs 1995, 1997, 2002, 2004
2002 Air Canada Cup Champions
2019 Telus Cup Bronze Medalists

TABLE OF CONTENTS/ CONTACT INFORMATION

Board of Directors/Staff : Page 1-3
Tisdale Information: Page 4
Billet Program: Page 5-8
Community Involvement: Page 9-10
Dressing Room, Rink, School, Fans: Page 11-15
KEEP Conditioning & Rehab: Page 16-17
Chapel Program: Page 18
Day in the Life/Calendar: Page 19-20
Iceberg Video: Page 21
Media: Page 22
Team Fees/Parent Commitments: Page 23
Team Rules: Page 24
Testimonials: Page 25-26

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



BOARD OF DIRECTORS

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SECRETARY

Joanne Luck
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BILLET COORDINATOR

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

DIRECTORS: 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 a son (Kane).



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

Dennis started his hockey career in Bjorkdale, SK and had the good fortune of playing minor hockey in a number of rural Saskatchewan locations. He played 3 years in the SMAAAHL for the Moose Jaw Warriors. He then went on to play 3 years in the SJHL for the Flin Flon Bombers, his last year as captain. Hockey enabled him to obtain a scholarship and graduate with a Bachelor of Education from the College of St. Scholastica. He is currently a teacher at Tisdale Middle and Secondary School. Dennis is extremely honored and proud to be Head Coach of the Tisdale Trojans. He understands the strong tradition associated with the hockey club and hopes to continue the success of the program. Dennis currently lives in Tisdale with his wife Carmelle, and their dog, Jersey.



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 the Trojans, 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.

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 loves 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.

POWERSKATING COACH - Kim Casavant

This will be Kim's 22nd year coaching the S.A.T program. This particular program focuses on technique - whether it be the forwards/backwards stride, acceleration or the transitional part of their skating. She takes each player, along with their strengths and weaknesses throughout their skating, and develops a program that will allow them to grow and strengthen that technical aspect of their stride. Programs are focused on a quality over quantity philosophy. Through repetitive, functional movement and proper skating technique, she instills habits that improve upon their existing skating ability.

SKILLS COACH - Mark Odnokon

Mark works as a teacher at Carlton High School and is able to assist our coaches in developing core methods and technical aspects of the game with the players. Before entering coaching, Odnokon played three seasons with the Raiders in the Saskatchewan Junior Hockey League from 1979 to 1982. Winning three league titles and a pair of Centennial Cup championships, Odnokon tallied 76 goals and 73 assists for 149 points with Prince Albert, while compiling 619 penalty minutes.

THE TOWN OF TISDALE

The Town of Tisdale is Northeast Saskatchewan's agricultural centre of trade and commerce. Located in the heart of the region, Tisdale is a full service community made up of roughly 3,500 people.

Our community has all the amenities of a larger centre while still having the atmosphere and charm of a small town. For example: Falkon Movie Theatre, Outdoor Aquatics Center, Riverside Golf Course, Town Museum & Mini Golf, numerous restaurants (The Spot, Gus' Greek Ribs, The Admiral Steakhouse, Great Wall Chinese, Subway, Tim Hortons, Dairy Queen, A&W, 7-Eleven, 241 Pizza, Robins, etc.).

Players from all places come to play for our organization; we have farm kids, city kids, and everyone in between. Tisdale becomes a special place that feels like home while playing the sport they love no matter where a players hometown is.



BILLET PROGRAM

BILLET COORDINATOR - Stacey Simpson

My name is Stacey Simpson and I am the Billet Coordinator for the Tisdale Trojans. I have had a vested interest in the team for many years, beginning when my husband, Cole Simpson (current Tisdale Trojans GM) was playing for the team. My father (Barry Archibald) was the head coach of the Trojans for 3 years as well. When Cole and I returned to Tisdale after pursuing our post-secondary education, I always desired to become a billet family. Three seasons ago we signed up to be "temporarily billets" for when others billet families had to be away. We took in Mackenzie Carson for what was supposed to be 2 weeks of exhibition and he ended up living with us for 4 months! We were so pleased to keep him in his Gr. 10, 11 and 12 years. We have two daughters, Kinley (5) and Rori (2) and a son named Kane (2 months). You will be sure to see them running around the rink all winter long. I am currently on maternity leave from my middle years phys. ed. teaching position at Tisdale Middle and Secondary School but will return to work in the fall of 2020.

When pairing players with billet homes, I start by asking for information about your son through a 'Google Forms Survey'. Based on the responses I receive about allergies, preferences, interests, etc. I begin matching with one of our dedicated billet families.

We believe our billet program is one of the main pillars of the organization. We have amazing billet families who anxiously await their players arrival year after year.

Usually I try to share who your son's billet family will be at the beginning of August. Leading up to and during the season you can expect communication from me via email and the Billet Facebook Page.

If you have any questions, feel free to email me at billet.tisdaletrojans@sasktel.net



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 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
- 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.

BILLET PROGRAM

BILLET TESTAMONIALS

“Billeting has been a great experience for our family. Excellent role models for our young kids. We’ve developed lifelong relationships with the players and families.”

Michelle Corbett

“I started out being a billet just to help out our newly founded AAA Midget team and over all the years as a billet, I wouldn’t change a thing. I have a huge extended family, thanks to all my billet sons and so many unbelievable friendships. Being a billet allowed my sons to have older brothers and then to become the older brothers to the billets, also creating a special bond. Watching my winter sons develop their skills and then move onto more competitive levels of hockey gives you a sense of pride as well as a sense of fulfilment knowing you helped them in a small way. Heading into year 32 of billeting and loving it.”

Pat Bladen



Billet/Player Annual Street Hockey,
Billet/Player Movie Night, Young
Super Fans, Mini-Sticks for days!

COMMUNITY INVOLVEMENT

Community Involvement is a huge part of our program. As much as we focus on developing our players in the hockey department, we believe it is equally important to develop them as contributing members in our community. Through this consistent involvement, our players will learn how to effectively become involved in their future communities as well. The hockey program we have in Tisdale is the way it is because of the tremendous support we receive from our community. We firmly believe our players need to replicate the support and give back throughout the season.

What we do in the community:

Pay It Forward Box - Each month players must do something in the community that pays it forward. Once they have completed their monthly task, they write what they did on a note and place it in the "Pay It Forward Box." Each month we have a meeting to go over what everyone did.

Skate Tisdale Program - Skate Tisdale is extremely appreciative of the volunteer efforts from our Trojan Program Assistants. These young men attended training so they could gain knowledge of how Skate Canada's learn to skate program is run nationwide. They are responsible for leading our PrePower group through training circuits and are awesome demonstrators and motivators. Having the Trojans on the ice benefits our CanSkate program and our Club."

Minor Hockey Team Helper: 2 Trojan hockey players represent the following age categories for minor hockey: Initiation, Novice, Atom and Pee wee. Each player helps out at practices and games for their team when they are able to. Each player also becomes fully certified in the following: Coach Level 1, Coach Level 2, and Checking.

Noon Hour TES: During the school year 2 Trojans go over to the Tisdale Elementary School and eat lunch and go out for noon hour recess with the children.

C.H.U.M.S: 3 Trojans attend C.H.U.M.S every Wednesday after school. The Senior and Junior CHUMS form an important "buddy" relationship that is fostered by taking part in a wide variety of activities. These include scavenger hunts, bowling, attending special events, hockey games, and playing games. These activities which are, one to one, group, and family based encourage healthy lifestyles in both the Senior and Junior CHUMS.

Other Community Involvement: Volunteering at CO-OP & Tim Hortons for a week, Skate with the Trojans, MS Society Canvassing, RBC Toy Toss, We Scare Hunger Food Drive, Terry Fox Run, Trojan 7th Man, and Bowling.

COMMUNITY INVOLVEMENT



THE DRESSING ROOM

In 2015, a new dressing was built for the Trojans by community members, former players and their parents, Trojan staff members, and many other volunteers. This tremendous effort resulted in the most professionally set up dressing room in our league.

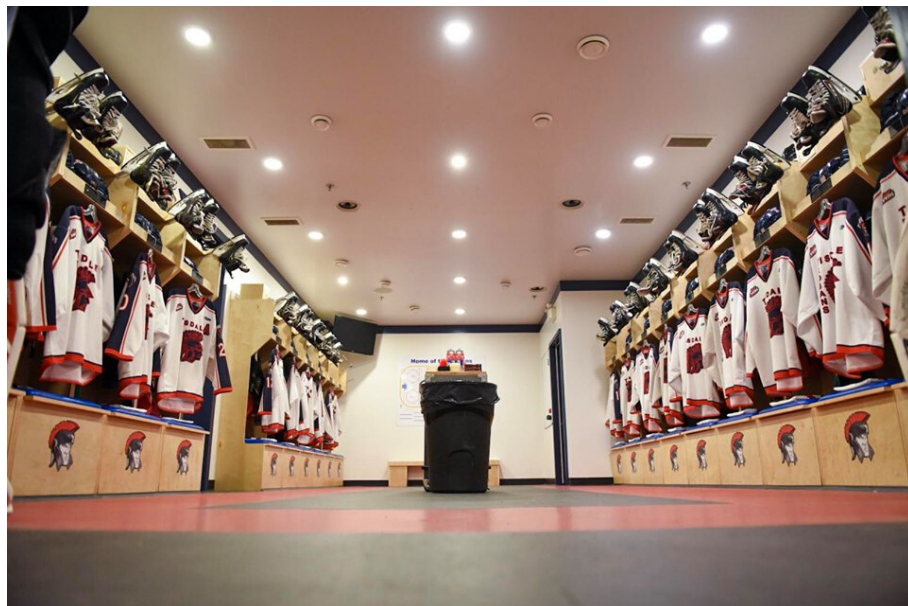
The Trojans dressing room consists of two floors; the ground level floor includes:

- Players dressing room & individual stalls with under seat storage, an above head lock box, and individual plug ins
- Separate coaches dressing room
- Bathroom, Showers, two urinals, a stalled toilet
- Skate sharpening room
- Storage Room (practice jerseys, game jerseys, extra equipment, etc...)
- Wall mounted TV, multiple white boards, MasterCraft multi tool chest, state of the art sound system, multiple shoe racks, a clothing change out area/hallway and much more...

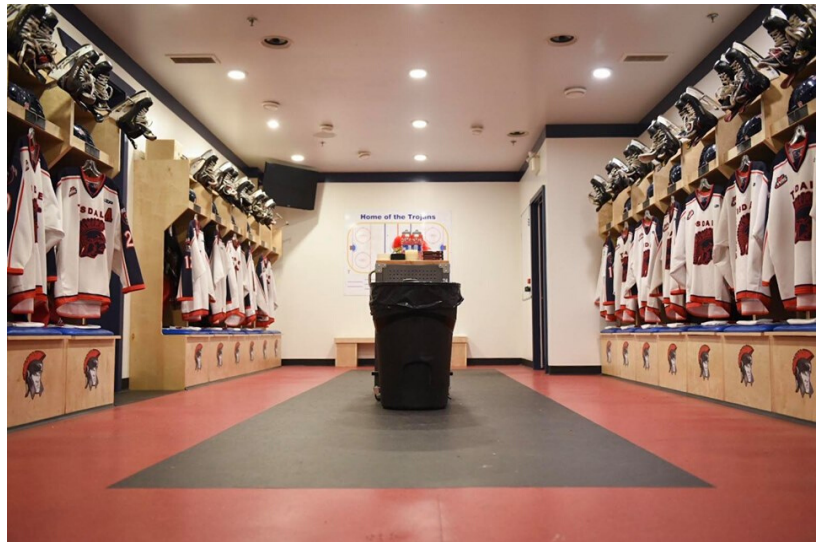
The second floor includes:

- Player Lounge Area (couches, tables with bar stools)
- Smart TV (Apple TV, Netflix, Guitar Hero, etc...)
- Kitchen Area (microwaves, sinks, fridge and freezer)
- Upstairs Storage Room
- Coaches Office

Our dressing room isn't just a place for our players to put their equipment on. They use it in their down time to kick back and relax, hangout with their teammates, have movie nights, play cards, do their homework, etc..



THE DRESSING ROOM



THE RECplex

The Tisdale RECplex is a 100,000 square foot joint-use complex with much more than a rink inside. The RECplex includes Cumberland Regional College, Tisdale's High School and Middle School, Wapiti Regional Library, Maurice Taylor Performing Arts Theatre, John Baron Auditorium, the Curling Rink, and of course the town's artificial ice rink home of the Tisdale Trojans.

Surrounding the RECplex is an outdoor pool, an outdoor rink, tennis courts, and a newly built skatepark. With all of these resources only footsteps away from where the puck is dropped, it truly sets our players up for success with their hockey, schooling, and day to day lives.



TISDALE MIDDLE & SECONDARY SCHOOL

Tisdale Middle & Secondary school has around 440 students from Grade 6-12. Class sizes vary from 10-30 students. Our school is connected to the rink, which makes it easy for transportation for the Trojans. This also allows for unique practice times.

Academic Advisor - Kristin Lee (lee.kristin@nesd.ca)

Kristin Lee is the Academic Advisor at TMSS. She also serves as the Education Consultant for the team. She assist the players with registration, course selection, credit planning, coordinating timetable with home schools, and graduation planning. The course selection guide is available on the Tisdale Trojan Website (TisdaleTrojans.ca).

Principal's Message - Carmen Messer (messer.carmen@nesd.ca)

“The Trojan hockey team is an asset to both our rural Saskatchewan community and our school, Tisdale & Middle Secondary School. Not only do the players offer a high-caliber hockey experience for athletes and spectators, but they also bring a degree of energy and focus that is uncharacteristic for youth their age. Their ability to successfully juggle the on- and off-ice commitments for the team, attaining high school credits all the while living away from their families displays great character and maturity. Our school mantra is one of G.R.I.T. We challenge students to show grit in the form of a growth mindset, resilience, integrity and togetherness which is the epitome of the culture being cultivated through the Trojans’ organization paralleling well with our work with all youth at school. The Trojan players rise to the high expectations and make us all proud in Tisdale and TMSS to be associated with the club.”



FAN SUPPORT

The Tisdale Trojans are extremely grateful for and are truly proud of their fan base. We are a team built on community support and the crowds we draw are the best in the league. Our rink fills consistently with a wide variety of hockey fans including: elementary, middle and high school students, elderly hockey die hards, parents, friends, family, and loved ones of our players, and many more. Our rink atmosphere is one of a kind in this league and in this province.



KEEP CONDITIONING & REHAB

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



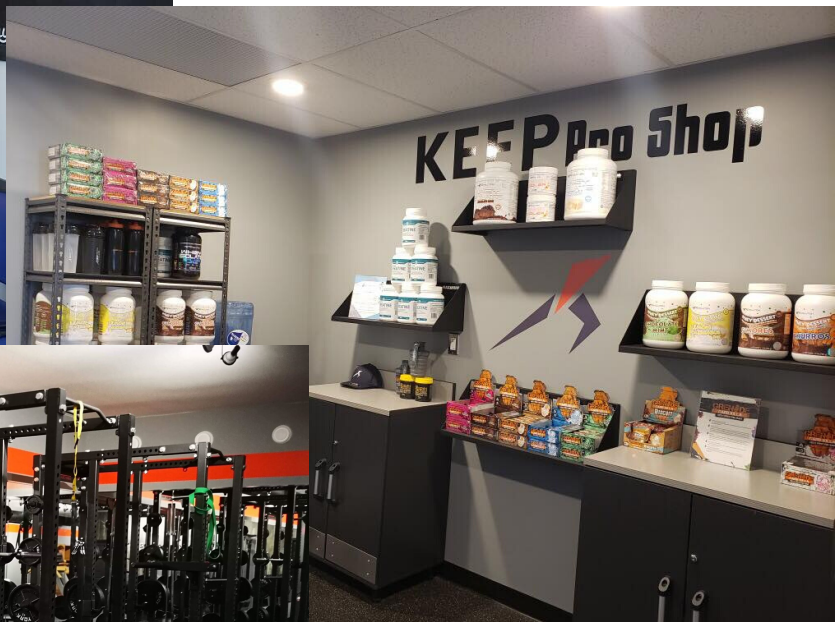
Janine LeBlanc
B.Sc. KIN, CSEP-CEP:
Exercise Physiologist

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.

KEEP CONDITIONING & REHAB



CHAPEL PROGRAM

TEAM CHAPLIN - Brian Friesen



As part of the Tisdale Trojans Hockey Team, and as a representative of Hockey Ministries International (HMI), the 2020-2021 season will be my thirteenth year as a chaplain of the Trojans. What is a Chapel program all about? The chapel program is a volunteer program. We encourage the whole team to show up every two weeks and usually we have close to full attendance at our chapel sessions. We start with a short talk about teamwork, leadership, faith, etc. We then enjoy a piece of homemade banana cream pie or a cinnamon bun and of course a glass of chocolate milk. We also do team building events. An example of this is our mini-game tournament “the Duct Cup,” where the boys make hockey sticks out of newspapers and duct tape and then play games against each other. We have gone go-carting in the past and tried our skills at the shooting range. Team-building events are just that...about building our team. We also host “Faith Night” each year when a Rider comes to visit and speaks at a Trojan Game. The guys of course receive an autographed “Faith Night” poster as a souvenir.

DAY IN THE LIFE OF A TROJAN

As a Trojan organization, we take pride in producing quality players on and off the ice. Therefore, we expect a lot from our players both on and off the ice. Our goal is to make them better players and people because they were a part of our program.

Mission

"Better Every Single Day"

Vision

The Trojan program will give SMAAAHL players the ability to develop the skills on and off the ice to make it to the next level in their career. Hockey & Life.

Value

Accountability, Respect, Community,
Teamwork, & Work Ethic

Typical Trojan Week

Practices 4/5x	Workouts 3x	Other
Monday - battle day, small area skills - long practice day.	1 - 90 minute training session	Leadership Meeting /Rookie Meeting
Tuesday- flow drills, high pace,	2x a week on your own	Study Hall
Wednesday - powerskating, and skills day	Yoga 3x month	Video 2x
Thursday/Friday - systems	Players will have their own card and can go anytime for extra workouts.	Volunteering (TMHA, Bowling, Elementary school, Skate Tisdale, C.H.U.M.S)
		Mental Prep/Team Bonding activity

COMMUNICATION

We believe strong communication is paramount when running a great program. We provide parents and billets with a monthly newsletter and calendar. Also, parents and billets are invited to join a Facebook Group where updates and pictures are shared. Lastly, parent and billet WhatsApp groups are also created for messaging purposes.

Examples of the calendar and newsletter...

Tisdale Trojans Newsletter October Edition

Review of September Team Events

Team Chaplin, Brian Friesen, organized a fantastic team bonding experience at Wapiti on Sunday, September 15th. The boys absolutely raved about their time together. They participated in a "Man Tracker" game where they were tasked with getting where they were tasked with getting Coach Kubat and Coach Smith to the finish line before the Man Trackers (on horses might I add) found them. I'm pleased to report the boys did a good enough job protecting their coaches to get them to the finish line. They also enjoyed a campfire and wiener roast.

On Wednesday, September 18th the team privately rented the Falcon Theatre for a player/billet event. It was a great turn out for a classic movie "Mighty Ducks."

Billet of the Month

The "Billet of the Month" program will be starting in October. Near the end of each month, Stacey will poll billet homes for nominations. Billet families are able to nominate their player if they feel their player had an outstanding month in their home. This might be helping out with odd jobs, playing with billet kids, having a positive influence in the home, and so on. This year the "Billet of the Month" will be a random draw from the group of nominees. Two players will be recognized each month with a small gift.

Spotlight on Steve!

If you're returning to the Trojans this year, you've heard his voice many times already - but did you know the face behind the voice? For the newcomers, you got a feel of our announcer, Steve Leibel, at the Home Opener. Each newsletter I'm hoping to introduce you to someone who helps out the Trojan organization in some way. Here's a little note from Steve!

"Hello Trojan parents and billets, my name is Steve Leibel, the Public Address Announcer for your Tisdale Trojans. Am I ever jacked up for the start of another Trojan hockey season! It was a surreal experience last year making the call for Dawson. Schaff's overtime goal to win the Western Regionals. A moment I will never forget. I am honored once again to help out the club this season by announcing goals and penalties at the RECplex. Apologies in advance if I screw up your son's name. One of the most powerful influences in sport is the home ice advantage, and the Trojans have the best fans in the league. It is scientific fact that the louder you cheer the better they play. Go Trojans Go!"

Communication

Since the billet/parent meeting, I decided to go ahead and create a separate WhatsApp group for you already had WhatsApp I was able to add you. Please notify me when you download the app so I will try to add everyone I couldn't originally. Please try to have one member of your household be the "Billet & Parents" Facebook page. It is good for the team and also nice to see the photos that I don't

Tisdale Trojans - November Calendar

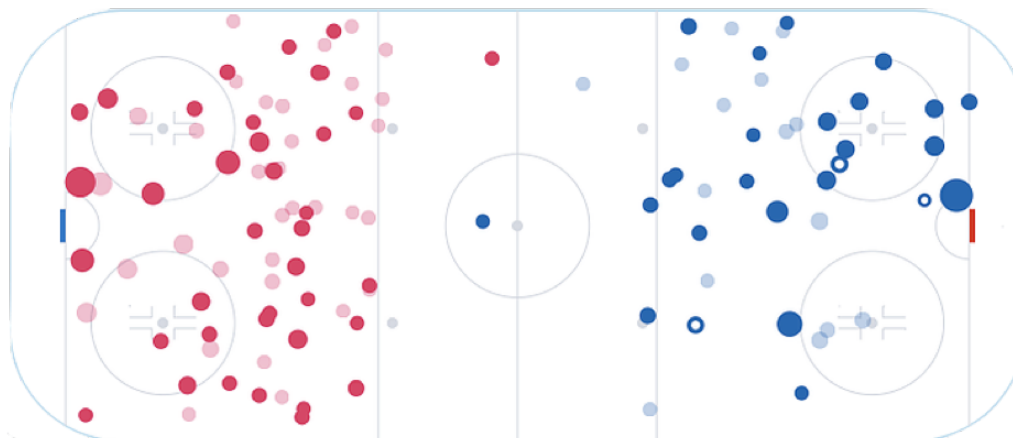
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					a) 7:00-8:30AM Workout Group 3 b) 12:45-2:00PM Practice	HOME vs Regina 7:30pm 10:30 Meeting
HOME vs Huskies 2:00PM 9:30 Meeting	a) 7:00-8:30AM Practice b) 12:45-2:00PM Workout Group 3 c) Skate Sharpening	a) 7:15-8:15AM Youth b) 12:45-2:00PM Practice c) Skate Sharpening	a) 7:00-8:30AM Workout Group 2 b) 12:45-2:00PM Practice c) Skate Sharpening	a) 7:30-8:30AM Practice - power skating b) 12:30-2:00PM Workout Group 3 c) 3:30 Leadership Meeting	a) 7:00-8:30AM Practice b) Skate Sharpening	HOME vs Beaudry's 8:00PM 10:30 Meeting
OFF DAY	a) 7:00-8:30AM Practice b) 12:45-2:00PM Workout Group 3 c) Skate Sharpening	a) 12:45-2:00PM Practice b) 3:30-5:00PM Workout Group 2 c) Skate Sharpening	a) 12:45-2:00PM Practice b) 3:30-5:00PM Workout Group 2 c) Skate Sharpening	a) 7:30-8:30AM Practice - power skating b) 12:30-2:00PM Workout Group 3 c) 3:30 Rookie Meeting	a) 12:45-2:00PM OPTIONAL Practice b) Skate Sharpening	AWAY @ Battlefords 7:30PM 12:30 Meeting 1:00 Bus Leave * Bus seat needed Mom's Weekend
AWAY @ Battlefords 2:00 PM Mom's Weekend	a) 7:00-8:30AM Practice b) 12:45-2:00PM Workout Group 3 c) Skate Sharpening	a) 7:15-8:15AM Youth b) 12:45-2:00PM Practice c) Skate Sharpening	a) 7:30-8:30AM Workout Group 2 b) 12:45-2:00PM Practice c) Skate Sharpening	a) 7:30-8:30AM Practice - power skating b) 12:30-2:00PM Workout Group 3	a) Practice 12:45-2:00PM b) Skate Sharpening	HOME vs Argos 4:45PM 10:30 Meeting
HOME vs Argos 2:00PM 9:30 Meeting	a) 7:00-8:30AM Practice b) 12:45-2:00PM Workout Group 3 c) 3:30-5:00PM Workout Group 2 d) Skate Sharpening	a) 7:00-8:30AM Practice b) 12:45-2:00PM Practice c) Skate Sharpening	a) 12:45-2:00PM Practice b) 3:30-5:00PM Workout Group 2 c) Skate Sharpening	AWAY @ Blainville 7:15PM Bus Leave: 1:15PM Bus Seat Needed	a) Practice 12:45-2:00PM	

ICEBERG

Using cutting edge technology, we are able to put the most advanced, complete and reliable statistics, complete with video, in the coaches and players hands.



We utilize ICEBERG once a week in video review sessions with our players. The platform allows coaches and players to watch video after games in order to reinforce teaching points. It is also available for individual players to access and review on their own. From an analytics standpoint, we use ICEBERG to monitor the trends of our players in all statistical aspects of the game. ICEBERG has been a huge asset to our program.



Shot Tracker

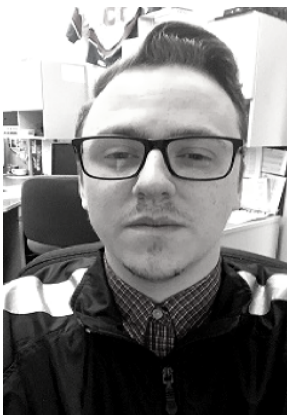
MEDIA COVERAGE



Robin Wark covers the Tisdale Trojans for the East Central Recorder. In print and online, the weekly regional newspaper coverage focuses on the Trojans on-ice and off-ice accomplishments. This provides our players with the opportunity to become comfortable being interviewed about themselves, their team, and the community they live in.



Matt Barrett - After 2 years at Mount Royal University in Calgary, AB., Matt made his way to Melfort, SK for his first job in radio. He began calling games for the Melfort Mustangs and Nipawin Hawks, and over the last two seasons, he has started calling Trojan games. "Through calling games and covering the team, I have seen how passionate fans are in Tisdale and what the Trojans mean to them. There's nothing like it in AAA hockey."



Aaron Schulze - Aaron is a news and sports reporter for northeastNOW.com, 105 CJVR FM, and Saskatchewan's Beach Radio on 750 AM. Since June 2018, Aaron has covered the Tisdale Trojans every step of the way. Everything from recruitments, training camps, pre-season games, regular season games, playoffs, Western Regionals, and the Telus Cup. News is quickly published for radio and the web. Players are given the chance to be featured and promoted through post-game interviews and commitments to play major junior, junior A, or post-secondary hockey. There are few teams in Canadian midget hockey who receive the level of coverage the Trojans get.

TEAM FEES/PARENT COMMITMENTS

Registration Fees

Player registration fees were \$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 provide 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

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 and opts to attend, 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.

**Information based on 2019-2020 season

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

PLAYER TESTIMONIALS

“My 2 years in Tisdale was a positive experience, the town’s support for the team is second to none along with the great billets that open up their homes to the players. The program treats their players with the utmost respect and provides the opportunity for growth both on and off the ice. Tisdale is a great place to play and an even better community to live in.”



Josh McDougall - Meryhurst Lakers
Tisdale Trojan 2014-2016

“Tisdale was an amazing place to play for me and I’m so glad I chose it. The fans are by far the most dedicated in the league and everything from the school to the billets to the dressing room is top notch. The coaching staff care about the players and want the best for your future. I wouldn’t be where I am today if it wasn’t for my time in Tisdale and the support of the coaching staff.”

Landon Kosior - Prince Albert Raiders
Tisdale Trojan 2017-2019



PLAYER TESTIMONIALS

“My 2 years in Tisdale were 2 of the most fun years of my life and allowed me to really grow as both a player and a person. The competitive atmosphere and talent on the ice allowed me to improve my game, and the people I met and the good times I had helped me grow as a person. The town of Tisdale was always supportive and a lot of fun to play in front of, and I can't think of a better place to play midget hockey.”



Justen Close - Minnesota Golden Gophers
Tisdale Trojan 2014-2016

“Playing in Tisdale was the most amazing year of my life. The fan support is the best in the league hands down. The way a team bonds in Tisdale is awesome, we all do fun activities as a team all the time and being in a small town everybody treats you like a superstar! Some of my best friends are my teammates from Tisdale and they will be for a long time. Everybody seems to love playing for the Tisdale Trojans.”

Jayden Wiens - Saskatoon Blades
Tisdale Trojan 2018-2019

