



Call-Ups & Substitutions Best Practices

1. Check Inside Whitby First

Always try to call up from *our own association* before reaching out anywhere else. This keeps development and loyalty strong in-house.

2. Follow the Pathway

Call up players in this order:

1. Closest age group first
2. Players who are eligible and ready
3. Players who do **not** conflict with their own team's games

Avoid skipping age groups unless there's no suitable option.

3. Contact the Head Coach First (Not the Parent) for the position needing to be replaced

Before reaching out to a family:

- Message the player's **head coach**
- Confirm availability, commitment, and readiness with head coach
- Get head coach's approval

This avoids confusion and keeps communication clean.

4. Keep It Positive for the Player

When the player arrives:

- Welcome them
- Explain their role simply

- Give them **real shifts**, not token minutes
- Make sure they leave the rink feeling good about the experience

The goal is *confidence*, not stress.

5. Home Team Comes First

If a player has a conflict:

- Their **regular team** takes priority
 - Never pressure a player to choose your team over their own
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6. No Last-Minute Scrambling (Unless Emergency)

Plan ahead whenever possible.

Parents appreciate notice.

Kids perform better when they're prepared.

7. Follow RO + Association Limits

Before they step on the ice, make sure:

- They're registered in RAMP
 - They haven't exceeded RO call-up limits
 - They're eligible for your team level
 - They are added to your game sheet as an AP
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8. Be Fair & Respectful

Don't:

- Use call-ups only to "stack" a lineup
- Overplay call-ups at the expense of your own players
- Make promises you can't keep

Do:

- Give them appropriate ice time
 - Support their development
 - Treat them like part of the team for that game
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9. Keep It Simple: Use Call-Ups to Grow the Association

Call-ups are meant to:

- Support teams missing players
- Help players develop
- Build confidence
- Strengthen connections between WRA teams

They're **not** meant to chase wins.

10. After the Game

Quick follow-up:

- Thank the player
- Thank the parent
- Let their head coach know how it went

These build trust across teams and strengthens WRA relations.