

EXPECTATIONS FOR OUR PLAYERS

The following outlines our expectations of the players with respect to their behavior:

- conduct themselves in a safe manner ensuring that they are not putting themselves or others at harm as a direct consequence of their actions. This means, for example, no horseplay in the dressing room, around the rink, or on the ice, and maintaining control of their actions during games and practices so that their play remains within the rules and does not jeopardize the safety of their teammates or opponents.
- provide positive and genuine feedback to fellow players – celebrate group and team successes together. Negative comments will not be permitted. The coaches will do the coaching.
- ensure that they do not, at any time, initiate or participate in any negative exchanges with our players, opposing players, coaches, officials, or fans. This includes stick swing or banging, retaliating penalties, or any other name calling or profanity.
- work their hardest and try their best to develop personal and/or team skills at all practices and games.
- pay attention in all games, practices and team functions, and to the best of their ability, attempt new techniques or systems as illustrated and taught by the coaching staff.
- concentrate throughout the season on having fun as a member of the Team.

Equipment and Punctuality

The following outlines guidelines and expectations with respect to the player's dress, equipment and punctuality:

- ensure that they arrive at the rink with all equipment
- provide their own water bottle for their use and not use any other players' water bottles at any time.
- as we intend on using the time in the dressing room prior to games and practices for a variety of purposes, it is important that players are punctual. For both games and practices, this means being in the dressing room at least 45 minutes prior to ice time.
- if players are unable to make a game or practice, or expect to be late, prior notice is to be given to one of the coaches.

Dress Code

Rules for dress code will be the responsibility of the coach and individual teams. The AHG expects that a certain standard will be maintained. For example we would not expect some players to arrive for a game wearing cut off jeans, a muscle shirt and an Alexander Keith's ball cap. I have faith in our coaches that you will have the proper judgment to deal with Dress Code policy.

Discipline

The coaches will, to the best of their ability, attempt to have the players behave and perform in an acceptable manner through positive reinforcement and instruction. Unfortunately, this is not always successful as a technique all on its own, and some form of discipline may be required. In applying disciplinary measures, we will attempt to be fair and ensure that the player understands the reason for the discipline. Where necessary and appropriate, parents will be brought in to assist in this process.

The most likely form of discipline will involve reduction in ice time or benching. This may happen in either games or practices. Benching may be applied for one shift, one period, or longer, dependent on the severity and frequency of the infraction. In general, violation of any of the team rules or repeated failure to follow the coaches' instructions may lead to benching. For example:

- *Repeated failure to change lines in accordance with instructions.*
- *Repeated failure to participate and support team systems, for example: passing.*
- *Negative behavior towards teammates, officials, coaches and opponents.*
- *Display of lack of self-control, for example: sick banging.*

Penalties are part of the game of hockey and as coaches we understand this. There are "good" or "unlucky" penalties that result from removing a prime scoring opportunity by an opponent or by physical play that is "on the edge" of the rules. There are also "bad" or "reckless" penalties that are caused by serious lack of respect for the rules or opponents, or the team's objectives. An example of a "good" or "unlucky" penalty would be tripping an opponent who is on a breakaway as a consequence of trying to knock the puck off their stick, but not quite doing so, and in the act tripping the opponent. An example of a "bad" or "reckless" penalty would be a retaliatory penalty or use of excess physical force against an opponent. Penalties result in reduced ice time for teammates, as someone needs to sit on the bench while a penalty is being served.

Players who take "bad" or "reckless" penalties will be subject to benching, dependent on the frequency and severity of the infraction.

As stated earlier, in applying disciplinary measure, the coaches will attempt to be fair, consistent, and clearly communicate the reason for the disciplinary action. Parents should feel free to discuss any disciplinary issue with the coaches in private manner. Hopefully, through positive reinforcement and instruction, the need to use disciplinary measures will be minimal, or non-existent.