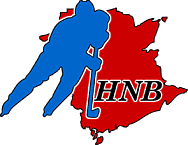
2015 – 2016

WMHA Scotiabank Bantam “C” Slammers



<http://woodstockminorhockey.ca/>

** Welcome to the Slammers **

WMHA Slammer Families:

Welcome to the WMHA Slammers hockey team!

We, as the Team Staff, are excited to have you on board and look forward to an exciting hockey season. We are committed and dedicated to the development of every individual on our team – both on and off the ice. Respect will be a core value for our team – respect for ourselves, our teammates, our competition, the officials, and our parents.

Please review the content of this document closely as it outlines player and parent expectations, our schedule, our team budget, and some opportunities for our parents to help with the team.

Let’s have a great season!

|  |  |
| --- | --- |
| **Chris Sparrow**  Head Coach  [csparrow@bellaliant.net](mailto:csparrow@bellaliant.net)  **TBD**  Assistant Coach  **Todd and Christine Silliphant**  Co- Team Managers |  |
| **Grant Shaw**  Safety Person  [glshaw@nbnet.nb.ca](mailto:glshaw@nbnet.nb.ca)  **Megan Kierstead**  [bantamdirector@woodstockminorhockey.ca](mailto:bantamdirector@woodstockminorhockey.ca) |  |
|  |  | **Chris Sparrow**  Team Manager  masheen@mccain.ca |
|  | |
|  | |
|  | |



“Every day is a great day for hockey.”

* Mario Lemieux -

**Season Cost**

* Registration - covers practice & regular season games
* All tournament fees, exhibition games, minor official fees are additional expenses covered by the team.
  + Team fees must be paid in order to attend events not included in WMHA registration

**Practices**

* There are 2 practices per week – AYR Centre – Monday 7:45 to 8:40 pm / Wednesday – 8:45 to 9:45 pm

**League & Game Schedule**

* League play starts early November and runs through to March. (schedule TBA)
* Interlocking League Schedule with District 1 and 2 from Woodstock to Edmunston

**Tournaments**

* HNB has mandated a cap of four tournaments (excluding league playoffs and provincials). We are looking at the following pending confirmation:
  + Carleton: December 3-6th
  + Woodstock: January 7-10th
  + Keswick Valley: February 12-14th
  + Saint John: March 11th-13th

**Miscellaneous**

* Water during a Game and practice – Players are to have their own water to drink on the bench. Ideally, it is in a squirt bottle, labelled with the player’s name or number.
* Diet – Players need to be mindful of what they are eating. Nobody can argue against the fact that a balanced diet is good for you. Make good choices when it comes to what you are eating.
* Fitness – The coaching staff has an expectation that every player’s fitness level will improve throughout the season. This will happen naturally through the on-ice and off-ice work being done with the team. Players are encouraged to continue with small things in their daily routines at home to keep themselves fit and to maintain good cardio health.
* Work Ethic – The Slammers need to be known as a hardworking team that does not give up - no matter the score. A good work ethic is absolutely necessary. Let’s support each other on this.

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“Hockey’s a funny game. You have to prove yourself every shift, every game. It’s not up to anybody else. You have to take pride in yourself.”

* Paul Coffey **-**

**TEAM RULES**

* BE READY TO LEARN
* SAY *PLEASE* & *THANK YOU*
* **DREAM BIG**
* BE RESPECTFUL OF YOUR OPPONENT
* DO YOUR BEST
* USE GOOD MANNERS
* TRY NEW THINGS
* TAKE RISKS AND MAKE MISTAKES
* SEEK TO IMPROVE EACH WEEK
* BELIEVE IN TEAM …T-E-A-M (Together Everyone Achieves More)

**EXPECTATIONS**

Coaches, players, and parents are expected to conduct themselves in a positive & respectful manner during all team activities. Profanity, abusive, and bullying language from the players or parents will not be tolerated and will be dealt with. A positive atmosphere is an absolute requirement.

Each one of us is representing all of us in everything that we do as a team. Be proud to be a Slammer. We are all expected to represent our “Slammer Family” well –whether that be done in the dressing room, on the ice, in the stands, in the hotel, etc.

**WMHA Fair Play Policy**

WMHA supports and promotes Fair Play throughout the entire organization at every level in all the programs offered. The purpose of Fair Play is to encourage, foster and enhance the aspects of SAFETY and RESPECT, on and off the ice by all participants involved. Fair Play encourages all players to be as competitive as possible, but within the rules of the game. Fair Play does not take away from winning. It has been shown that Fair Play can enhance winning rather than detract from it.

**FAIR PLAY PRINCIPLES**

1. Respect the Rules.
2. Respect the Opponents.
3. Respect the Officials and Their Decisions
4. Have Everyone Participate
5. Maintain Your Self-Control at all Times.

**Expectations of the Player**

* Each player is expected to attend and participate in every team event - practice, game, dry land, teambuilding, etc. If a player is unable to attend an event, it is the player’s responsibility to notify team staff prior to the event, along with valid reasons for missing.
* Players must be at the rink a minimum of one hour before every game and thirty minutes before a practice. This is required for mental preparation, team building, warm-up, and meetings with the coaches.
* Players are expected to be ready to go on the ice 5 minutes before the beginning of each practice and 15 minutes prior to each game.
* Players are expected to be neatly dressed and clean before and after every game. They are expected to adhere to the Team Dress Code for games, which is:
  + Collared Dress Shirt (Tie is optional) (no specific colour)
  + Black or blue jeans or dress pants
  + Clean shoes or sneakers
  + There is no dress code requirement for practices
* Players are expected to show up for games being well rested – whether that is at home or on the road. When on the road and staying in a hotel, every player must be in their respective hotel rooms at 9:30 PM.
* Possible disciplinary action for on-ice or off-ice issues
  + 1st action: warning
  + 2nd action: assigned to bench for one period of play; or part of practice
  + 3rd action: Not dressed for entire game or practice
  + 4th action: refer to Division Director

**Expectations of the Parent**

* Keep your composure – don’t lose your head.
* NO yelling at any official at any time – it will not be tolerated. Doing that does not change the game, the refs can’t hear you, the image and reputation of our team can be negatively affected, and you look and sound worse than the official that is being criticized. If you want to be passionate about the game – be positive with loud and strong cheers for our Slammers!
* Parents have no reason to be in or around the dressing room. The dressing room is a Sanctuary for the hockey player. If there is a message / article to pass to your child, please do so through one of the Team Staff members.
* In cases where there is a concern or a complaint from a parent, a “cooling” period of no less than 24 hours after the game / practice/ incident is requested before the issue should be addressed:
  + If you wish to make a formal complaint, it should be provided to the manager in writing to initiate the process.
* Demonstrate, encourage, and enforce values such as:
  + Sportsmanship
  + Cooperation
  + Fairness
  + Respect
  + Excellence
  + Teamwork

**A Reflection … For PARENTS**

Evaluate yourselves using the following questions. Answer True or False.

You don’t have to share your results, this is simply a self-reflection exercise.

* The safety of the participants in the game is more important than the final score.
* I value the contribution of the coach in developing the player’s talents, even though I may not always agree with their methods.
* I understand that officials do not make the hockey rules, they only apply them.
* I understand that children learn from adults, and my behavior reflects what I want children to learn.
* I understand that officials are responsible to ensure that the game is played in a safe and fair manner for all participants.
* I understand that players, coaches and officials are learning the game, and mistakes will be made in the learning process.
* I may not cheer for the opposition team, but I will also not cheer against them or verbally abuse them.
* I understand that the biggest reason for players and officials quitting the game is abuse and harassment.

How did you rate?

* If you answered “True”:
  + 0-2 times - Step back and check your motives for being involved in the game
  + 3-4 times - On your way
  + 5-6 times - Almost there
  + 7-8 times - Outstanding
* When players, coaches, parents and officials recognize the value of each person’s contribution to the game, the game is better for everyone.

**When respect is shared, we all win!**

“It is amazing how much you can accomplish when it doesn’t matter who gets the credit.”

* Unknown -

**Hockey New Brunswick Social Media and Networking Policy**

**Introduction**

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.

Hockey New Brunswick recognizes and appreciates the value of social media and the importance of social networking to all stakeholders. Hockey New Brunswick 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 Hockey New Brunswick’s membership 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 Hockey New Brunswick.

**Social Media Guidelines**

a) Hockey New Brunswick holds the entire Hockey New Brunswick membership 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.

b) Comments or remarks of an inappropriate nature which are detrimental to a Team, Association, League, Hockey New Brunswick or an individual will not be tolerated and will be subject to disciplinary action.

c) It should be recognized that social media comments are on the record and 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.

d) Refrain from divulging confidential information of 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.

e) Use your best judgment at all times – pause before posting. Once your comments are posted they cannot be retracted. Ultimately, you are solely responsible for your comments and they are published for the public record.

f) If requested to participate in an online network, as a direct result of your affiliation with or participation in Hockey New Brunswick, Hockey New Brunswick recommends that you request approval from your Team or Minor Hockey Association.

**Social Media Violations**

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

a) Any statement deemed to be publicly critical of association, officials or detrimental to the welfare of a member of a team, association, league, Hockey New Brunswick or individual.

b) 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 of a team, association, league, Hockey New Brunswick or an individual

c) Negative or derogatory comments about any team, association, league, Hockey New Brunswick staff, volunteers, programs, stakeholders, players or any Hockey New Brunswick member.

d) Any form of bullying, harassment or threats against players or officials.

e) Photographs, video or comments promoting negative influence or criminal behavior, including but not limited to;

* Drug use;
* Alcohol abuse;
* Public intoxication;
* Hazing;
* Sexual exploitation; etc.

f) Online activity that contradicts the current policies of Hockey New Brunswick or any of its member associations.

g) Inappropriate, derogatory, racist or sexist comments of any kind, in keeping with the Hockey New Brunswick policies and regulations on these matters.

h) Online activity that is meant to alarm other individuals or to misrepresent fact or truth.

**Discipline**

The team, minor hockey association, league and/or Hockey New Brunswick will investigate reported violation(s) of this policy.

**VOLUNTEERS NEEDED**

**Tournament Help**

A group to work with the tournament committee and team manager to lead, organize, plan, and execute the hosting of our tournament.

**Website Coordinator**

Responsible to post information on WMHA team website. Including such things as: upcoming games, scores, write ups, etc.

**Minor Officials**

Clock operator and scorekeeper for all home games. If we do it, we don’t have to pay for it.

**Team Photographs**

Someone to liaison with team manager and facilitate having team and individual photographs taken.

**Safety Team – for Emergency Action Plan (EAP)**

**Charge Person** – Anyone on the bench with Hockey Canada Safety Training.

* Assess on-ice situation and signal for Emergency services when required

**Call Person** – Responsible to make the Emergency Phone call when emergency help is required.

* Should be someone that will be at all / most games & practices and has a cell phone

**Control Person** – Responsible to control the crowd / emergency services to ensure the safety plan can be executed and access to the injured player is clear.

* Should be someone that will be at all / most games & practices and has a cell phone



Battle Cry

1. Touch the Puck, **FIRST.**

2. Back Check - **HARD.**

3. Attackwith **- SPEED**

4. Move the puck - **QUICK & HARD**

5. Win1 on 1- **BATTLES**

**BE AGGRESSIVE; BELIEVE IN YOURSELF AND YOUR TEAM.**