

2015-2016  
FOREST LAKE HOCKEY ASSOCIATION  
HANDBOOK



*To promote athletic performance in hockey  
and teach life lessons to the youth of the  
Forest Lake School District in a competitive,  
fun and safe environment which cultivates  
pride and a winning culture.*

Revision History	
<b>August 4, 2015</b>	Initial Release
<b>August 27, 2015</b>	Minor revisions — Mike Vad



## **Welcome to the 2015-2016 Season**

Parents and Players, welcome to the Forest Lake Hockey Association. This handbook is intended to familiarize you with FLHA (Forest Lake Hockey Association) and will be continually updated and available on [flhockey.org](http://flhockey.org) at any time.

FLHA strives to give each player the opportunity to participate to the best of his/her ability at the appropriate level based on their individual skill set. As parents, it is our role to support our athletes and to encourage hard work and fair play.

Each member of FLHA is encouraged to attend our monthly board meetings when available. The meeting time, date and venue are posted on [flhockey.org](http://flhockey.org). This is a great way to stay up to date on all of things happening in FLHA as well as ask questions, state concerns and share team news.

Thank you and I am looking forward to a successful and fun season for every member of FLHA!

Ryan Wuotila - Forest Lake Hockey President (2015 - 2017)

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## **New for 2015-2016**

### **New Rules**

#### ***Arena Updates***

Locker rooms at the arena will be locked this year. For access to a locker room please see your team coach or manager. Keys initially will be attained from the arena manager by the coach or manager.

#### **Etc.**

A new “Lost and Found” section has been added to the FLHA website. Please see the website for lost or found items and instructions as to how to get an item added to the website or communicate found item.



## 2015 TENTATIVE Tournament Schedule

Level	Location	Dates
Squirt A	Forest Lake	Nov 6 - 8
	Spring Lake Park	Jan 1 - 3
	Fargo	Feb 22 - 24
Squirt B	Prior Lake	Nov 27 - 29
	Rogers	Dec 4 - 6
	Woodbury	Jan 8 - 10
Squirt C	Fargo	Feb 19 - 21
	Chaska/Chanhasen	Nov 27 - 29
	Coon Rapids	Dec 11 - 13
U10A	Forest Lake	Jan 22 - 24
	All American Girls	Nov 22 - 24
	Osseo/Maple Grove	Feb 5 - 7
U10B	Eastview	Dec 11 - 14
	Breezy Point	Jan 29 - 31
PeeWee AA	Eden Prairie	Nov 27 - 29
	Spirit of Duluth	Dec 4 - 6
PeeWee B1	Hibbing	Dec 18 - 20
	Osseo/Maple Grove	Jan 22 - 24
PeeWee B2	Forest Lake	Nov 6 - 8
	Osseo/Maple Grove	Dec 11 - 13
	Elk River	Jan 29 - 31
PeeWee C	Forest Lake	Nov 6 - 8
	Shakopee	Dec 18 - 20
	Brooklyn Park - N. Metro	Jan 15 - 17
	Breezy Point	Feb 5 - 7

U12A	All American Girls	Nov 20 - 22
	Centennial	Dec 10 - 13
	Bemidji	Jan 8 - 10
U12B	Anoka	Dec 3 - 6
Bantam AA	Eden Prairie	Nov 27 - 29
	Spirit of Duluth	Dec 4 - 6
	Woodbury	Jan 22 - 24
Bantam A	Coon Rapids	Nov 13 - 15
	Moorhead	Dec 11 - 13
Bantam B1	Minneapolis	Nov 27 - 29
	Prior Lake	Jan 15 - 17
Bantam B2	Forest Lake	Jan 22 - 24
U14A	Centennial	Dec 10 - 13
	Moorhead	Jan 8 - 10
	Eden Prairie	Feb 4 - 7
Jr Gold B	Eden Prairie	Jan 1 - 3
	White Bear Lake	Jan 21 - 24
	Buffalo	Jan 28 - 31
U16	Moorhead	Jan 29 - 31
	Somerset	Feb 22 - 24

For a more complete listing of tournaments our skaters will be participating please see the tournament section of our website.  
<http://www.flhockey.org/lost-and-found?id=100581-tournaments>

## Intro to Hockey

Forest Lake Hockey Association has partnered with Forest Lake Community Ed. Please go to the Forest Lake Community Ed website for further information and to register.

### What to expect as a first year skater

- Allow 15-30 minutes prior to taking the ice for dressing players
- Expect 10-15 minutes after practice to return to street clothes
- Kids will be sweaty - bring a hat and dry change of clothes

### Equipment

Following is a list of basic and optional hockey equipment as a starting guide. Consult your local hockey retailer for more information. Consider patronizing one of our sponsors!

- Helmet (Black and H.E.C.C. approved) (H.E.C.C. is the hockey equipment certification council created at the request of USA hockey, a link to their website follows: <http://www.hecc.net>)
- Mouth Guard
- Stick (how high, curved vs. straight)
- Skates
- Shoulder/upper body pads
- Hockey pants (breezers)
- Elbow pads
- Gloves (hockey gloves and consider purchasing liners as the arenas can get cold)
- Cup and support
- Shin guards
- Socks (go over shin pads and may be supplied with jersey upon registration)
- Equipment bag
- Water bottle (preferably with a straw that can fit through the face shield)
- Skate guards

### Equipment Swap

Another option for locating hockey equipment and potentially connecting with fellow FLHA members is via the equipment swap tab on the website. It is there where items can be listed for sale and you can list items for sale as well. Please check this section out on our website, a link to this section follows: <http://www.flhockey.org/page/show/100576-equipment-swap>

### Free Hockey Equipment for Military Kids - Defending The Blue Line

Defending The Blue Line (DTBL) mission is to ensure that children of military members are afforded every opportunity to participate in the game of hockey. DTBL accomplishes this by providing free equipment for military kids, hockey camps, special events, and financial assistance for registration fees and other costs associated with hockey. Learn more at <http://defendingtheblueline.com/>



## Goalie Loaner Program

FLHA loaner goalie gear program effective the start of the 2015-16 season:

# 1. The upper mite/8u level TEAM = There will be full sets (one or two depending on coaches request) which consist of leg pads, chest pad, glove, blocker, fabric neck protector, stick, and bag for the use of any player that wants to try the position. These full sets are loaned to the team as a whole. This equipment can be used for the PGD / mentoring clinics also. The head coach is responsible for the return of the goalie equipment after season's end. There is no \$ 350 deposit check required or FLHA loan agreement.

# 2. The upper mite/8u level INDIVIDUAL = There will be sets ( NOT FULL) available to loan. All items are included as stated above in # 1 EXCEPT A STICK WHICH IS THE RESPONSIBILITY OF THE PARENT. This is for the goalie/player who will attend PGD clinics (as their schedule permits) during the season. The child may have registered as a goalie at this level. The parent is responsible for the return of the goalie equipment after season's end. There is a FLHA loan agreement and a \$ 350 deposit check that is required.

# 3. The squirt/10u INDIVIDUAL = There will be certain items available to loan ON A LIMITED SUPPLY BASIS. Items available are leg pads (up to 28" only), glove, blocker, and bag. All other required items are the responsibility of the parent. This is for the child who registered as a goalie and will attend PGD clinics (as their schedule permits ) during the season. The parent is responsible for the return of the goalie equipment at season's end. There is a FLHA loan agreement and \$ 350 deposit check (less equipment but more \$\$ to replace due to bigger sizes) that is required.

# 4. The peewee/12u individual and team levels and up = Responsible for own gear.

There are exceptions to certain instances, example, squirt/10u level and up does NOT have a goalie, needs equipment for player that will take the net due to absence of registered goalie.

## Good to know

[www.rinkfinder.com](http://www.rinkfinder.com)

<http://www.minnesotahockey.org/page/show/1269344-resources-for-new-hockey-parents>

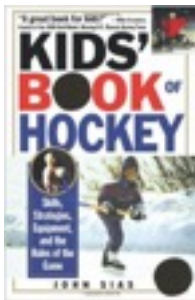
## Forest Lake Sports Center

The Forest Lake Sports Center in Forest Lake, owned and operated by the Forest Lake School District, welcomed its first skaters Oct. 1, 2008, adding much-needed skating capacity in the North Metro. We have one year-round ice sheet, Lichtscheidl Arena, and a fabric-covered Field House with refrigerated ice October to mid-March, when it converts to dryland for turf sports and civic events. The Forest Lake Sports Center is home to the Forest Lake Rangers High School Boys and Girls hockey teams, the Forest Lake Lakers of the USPHL, and the Forest Lake Hockey Association.

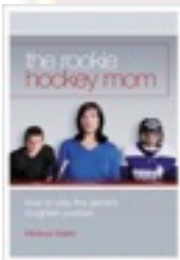
<http://rangers.flaschools.org/page/show/1069613-forest-lake-sports-center.org>

## Books

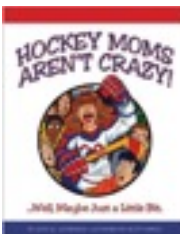
Here are a couple recommended books for those who are just learning the game as parents and young players. All are quick and easy reads, that you may find yourself referring back to year after year.



**KID'S BOOK OF HOCKEY** this is a great book that introduces players and their parents on the rules of the game. It includes diagrams of the rink, and referee signals. It also includes a great appendix of hockey terms



**THE ROOKIE HOCKEY MOM - HOW TO PLAY THE GAME'S TOUGHEST POSITION** This is a great book that explains the game, from rules, to arena lingo. It also includes great tips on safety, nutrition for young skaters and how to care for their equipment.



**HOCKEY MOMS AREN'T CRAZY! ...WELL, MAYBE JUST A LITTLE BIT** is written by Minnesota author and hockey mom, Jody Anderson. It is a great light hearted book dedicated to those that work so hard to cheer on our youngsters.

## Volunteer Policies and Opportunities

Volunteering is not only a necessary for our association to be successful it is a good opportunity to meet other parents, skaters, and coaches. FLHA is a volunteer organization; because of this all members are required to help support the association by volunteering a certain number of hours.

### Volunteer Responsibility

8 credits per skater (maximum of 12 credits per family) registered at the following levels: Upper Mite & Upper 8U, Squirts & 10U, PeeWees & 12U, and Bantam & 14U (if applicable).

### Security Volunteer Check

The Association will be collecting a \$250 check per player (maximum of \$500 per family) at the beginning of the season. These checks assure that all volunteer needs are met throughout the season. Checks will be cashed at the end of the season if a family fails to complete 100% of their credit responsibly. Families that fulfill their credit obligations will have their check shredded.

### Volunteer Buy-Out Option

There is a “buy-out” option of \$200 per player prior to season start and is offered at the time of registration. This option is available until the season starts and will not be offered once Tryouts are complete. Please contact Curt Smith @ FLHAFundraising@gmail.com if you have questions.

### Team Duties

Team duties do not count toward your volunteer credits. Some duties will include, operating the clock, managing the penalty box and score sheet at district games. Team managers will assign duties.

### Ways to Fulfill Volunteer Hours

- Board members, committee members, head coaches, and travel team managers will be credited 12 hours, and these activities fulfill your annual volunteer hour requirement. Assistant coaches (maximum 4 per team), and non-travel team managers will be credited 6 hours.
- “Dibs”. “Dibs” is an online tool that helps keep members organized by providing a platform to assign and claim volunteer hours responsibility. Site members can browse Dib Sessions and claim responsibility for Dib Items. Members then complete Dib Items to fulfill their Dib Session requirements. You can access the “Dibs” section to sign up for volunteer opportunities, by accessing the FLHA website and selecting the dibs tab. It is important to know that parents of FLHA hockey players must use one shared email and password to view and claim “Dibs”.

## Fundraising

Fundraising is an integral part of FLHA and are necessary to raise funds to support FLHA. For the 2015 - 2016 season comes with new and exciting updates to fundraising. The goal of fundraising is to make hockey less expensive for parents and your players.

Two fundraising opportunities exist for this hockey season: The raffle and year book sales and sponsorship.

## FLHA Sponsors

Have you seen the following stickers?



Each business that sponsors \$100 or more to our association will receive a sponsorship sticker and certificate. **Please patronize our sponsors, thank them for their support, but please do not ask them for any further donations for this season.**

## Raffle Tickets

Raffle ticket sales are optional but a great way to make hockey cheaper for you!

- 90% of raffle ticket sales are credited back to you. Know that you cannot be credited back more than your total registration fee of all of your skaters.
- Raffle tickets are available in booklets of 20.
- Sell as many or as few tickets as you like, additional tickets can be picked up when you turn in your sold booklets.
- A \$200 deposit check at the time of pick up. This check is held and returned when tickets and money are turned in. Checks will only be cashed and no credit will be issued if tickets and money are NOT turned in.
- All raffle ticket sales must be completed and turned in by February 15th.

Please contact your fundraising director to obtain booklets or if you have any questions.

## Yearbook ads

Another way to offset the cost of hockey is to sell yearbook ads to businesses. Our yearbook will include every team in our association and space for our business sponsors to advertise.

- 90% of sales will be credited back to you, just like the raffle ticket sales, up to the amount of registration for your skaters.
- Year book prices for 2015 - 2016 are as follows:
- \$100 - business card size ad
- \$200 - 1/4 page ad
- \$300 - 1/2 page ad
- \$400 - full page ad

Consider inviting your employer, its vendors, your family, or yourself to support our association. Local businesses that you patronize are another source of sponsorship, and the yearbook advertisement is a wonderful way to gain publicity.

All yearbook sales must be completed by January 15 of the current hockey season. Please visit the fundraising tab in the FLHA website to download forms, gain further information, or a link to email our fundraising director for any questions you might have.

## Team and Individual Fundraising

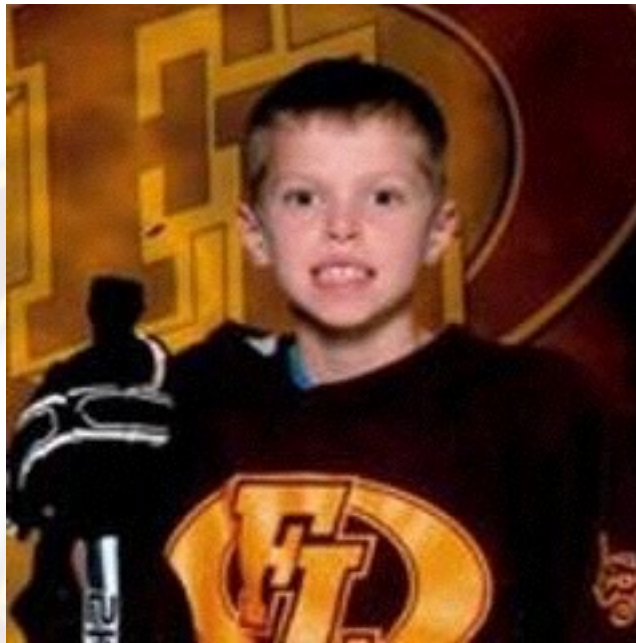
In addition to raffle ticket sales and yearbook sponsorship sales, additional options for team or individual fundraising exist. Contact your fundraising director for more options.



## FLHA Annual Jack Ariola Erenberg Golf Tournament

The FLHA Annual Jack Ariola Golf Tournament traditionally occurs around the end of August to Early September. It is a scramble format making it attractive to even the novice golfer. This 18-hole tournament entry fee includes, range balls, a cart and dinner to follow. For updates to this event, including ways to volunteer and register please view the FLHA website “Golf Tournament”.

### Jack Ariola Erenberg



Jack Ariola Erenberg was a very active 9 year-old who loved life. Jack enjoyed playing football, fishing, and building things, but his true love was HOCKEY! Jack was just getting ready to start his first year at the squirt level and was excited to be a Forest Lake Ranger goalie. Jack, like all kids, loved to swim. In the summer of 2012, Jack went swimming in one of our many Minnesota lakes. Within days he was very sick. Jack’s family learned that he had contracted a deadly amoeba called Naegleria Fowleri, a fatal bacteria that enters through the nose passage and attacks the brain causing a deadly infection of the nervous system called Primary Amoebic Meningoencephalitis (PAM). There is no early detection or cure for PAM. Sadly, Jack passed away August 6, 2012. Jack is still with us in spirit, and is helping us to educate the public and bring “Awareness” to everyone.

Visit [www.swimabovewater.org](http://www.swimabovewater.org) for more information on awareness to help keep kids safe in the warm summer months, swimming in fresh bodies of water that are above 80 degrees. PAM is 99% fatal, but 100% preventable. Jack, #1 on the ice and in our hearts.

## Documentation Requirements for Parents, Managers, Coaches, Etc.

### Parents:

**Each year parents must register with USA Hockey:** USA Hockey provides the foundation for the sport of ice hockey in America; helps young people become leaders, even Olympic heroes; and connects the game at every level while promoting a lifelong love of the sport. USA Hockey's primary emphasis is on the support and development of grassroots hockey programs. A link to their website follows: [https://www.usahockeyregistration.com/login\\_input.action](https://www.usahockeyregistration.com/login_input.action)

**Consent to Treat:** This document is required every season for every skater. It is a USA hockey requirement and a link to the form follows: [http://assets.ngin.com/attachments/document/0006/4606/ConsentTreat-MedHist\\_3C\\_08\\_digital.pdf](http://assets.ngin.com/attachments/document/0006/4606/ConsentTreat-MedHist_3C_08_digital.pdf)

**Code of Conduct:** This document is required every season for every skater and is signed at the time of registration.

### Locker Room Attendants

A locker room attendant will be a responsible properly screened adult who oversees the conduct of the locker room. Each team should identify multiple adults who can fulfill this role. Please refer to the FLHA rules and guidelines, and locker policy for specific information regarding this important role. The requirements for becoming a locker room attendant are as follows:

**Background Check:** All locker room attendants must complete a background check. This is a USA hockey requirement that FLHA wholeheartedly supports. A link to the background check website follows: <http://screening.minnesotahockey.org>

**SafeSport:** Each locker room attendant must be SafeSport trained. SafeSport is a program designed to prevent abuse and misconduct to our skaters and is a USA lead program. A link to the SafeSport registration and training follows: <http://www.usahockey.com/safesporttraining>

### Coaches and Assistant Coaches

Forest Lake Hockey is always searching for qualified, enthusiastic coaches to enrich our skater's hockey experience. Please see the next section regarding the requirements for becoming an FLHA coach.

### Coaching

The primary role of the coach is to teach, guide and help players. The Forest Lake Hockey Association is always looking for talented, inspirational, and motivated coaches to mentor our skaters. If you are interested in coaching please reach out to our coaches selection committee or level directors for guidance and opportunities.

## What are the steps to become a coach?

USA Hockey and the Coaching Education Program require both certification and registration to be eligible to coach. Registration is done online on a yearly basis. Certification is also required.

A few basic requirements are as follows:

### USA Hockey Requirements

**Register as a member of USA Hockey** ([https://www.usahockeyregistration.com/login\\_input.action](https://www.usahockeyregistration.com/login_input.action))

**Complete the background screening** (found on your affiliate website) (<http://screening.minnesotahockey.org>).

**Complete the USA Hockey Safe Sport Training** (required every two years) (<http://www.usahockey.com/safesporttraining>)

### Coaching Education Program Requirements

- Find, register and attend the required certification clinic. (Cost is \$40 plus any lunch fees if applicable) You can only attend one clinic per season. (The coaching clinic season for Levels 1-3 officially runs from September 1 to December 31). Continue below to find a clinic.
- Complete the online age-specific module(s) for the age level of play you are coaching. (The online modules are available from September 1 to December 31.)
- Must attend the required clinic and complete the necessary online age-specific module(s) by December 31 of the current playing season to continue coaching on January 1.
- Following is a link to the USA hockey coach's certification web page. <http://www.usahockey.com/coachingcertification>

### Safesport

The safety of its participants is of paramount importance to USA Hockey, Minnesota Hockey and the Forest Lake Hockey Association. This includes not only on-ice safety, but off-ice safety in any part of Forest Lake Hockey programs. The USA hockey SafeSport program is intended to protect all participants, not just players, from any type of misconduct or abuse.

USA Hockey, Minnesota Hockey, and Forest Lake Hockey have a zero tolerance policy for abuse and misconduct. The USA SafeSport program, USA Hockey, Minnesota Hockey, and Forest Lake Hockey are committed to creating the safest possible environment for participation in hockey. Forest Lake Hockey, as a Minnesota hockey affiliate program, is committed to the SafeSport program and policies.

FLHA SafeSport Policies are designed to address the following types of abuse and misconduct:

- Sexual Abuse
- Physical Abuse
- Emotional Abuse
- Bullying, Threats and Harassment
- Hazing

Refer to the USA Hockey SafeSport Program Handbook for complete definitions of these abuses and misconducts.



In the event that any member observes any of the above described abuses and or misconducts it is the member's personal responsibility to immediately report their observations to the FLHA's SafeSport coordinator. In addition, the member must also consider reporting suspected child physical or sexual abuse to appropriate law enforcement authorities. FLHA has a ZERO TOLERANCE policy for abuse and misconduct.

There is no cost for the SafeSport training and there is no cost to register with USA Hockey for volunteers and ice managers.

SafeSport training is required every two years.

The following roles within FLHA are required to complete the SafeSport training: Board Members, Head and Assistant Coaches, Managers, and Locker Room attendants.

A link to the USA hockey SafeSport web page follows: <http://www.usahockey.com/page/show/908023-usa-hockey-safesport-program>



## **The Board of Directors**

The board of directors administers the business and property of the Forest Lake Hockey Association (FLHA). The FLHA board meets on the third Wednesday of each month at Vanelli's starting at 7:00 PM, unless specified by an association wide communication, and are open to the public. A member may request placing an item on the agenda by emailing the FLHA president 7 days or more prior to the meeting.

The election for board members is held during the annual general membership meeting typically held in January of each year. Any member may email the FLHA president or secretary to request placing their name on the ballot by January 1st. After January 1st, the president may nominate a person for any vacant board position. A board of directors vote must approve such nominations. The voting will take place at the annual board meeting by all present and will be facilitated and overseen by the ethics committee.

## **Board of Directors Responsibilities**

Each director shall hold office for a two year term or until a successor has been elected or appointed. If you have accepted a volunteer position, it is important that you fulfill your duties with the following consideration:

Serve the entire FLHA membership fairly and without prejudice for your own children or friends.

Understand and execute the responsibilities associated with your role.

Attend FLHA board meetings; directors may be relieved of their duties if two successive board meetings are missed without approval from the president.

## **President**

The President plays a large role in the governing of and business operations of FLHA. The President presides over board meetings, has general supervision over the affairs of the corporation, and oversees the board of directors. The President also oversees the coaches selection committee, tryout committee, and is part of the FLHA grievance committee.

## **Vice President**

The position of the Vice President will be assumed by one of the voting board members and will be appointed by the president or majority vote of elected voting members or a second vote of attending members. The Vice President's role is to assume the duties of the president if the president is unable to perform their role.

## **Secretary/Registrar**

The Secretary/Registrar attends board meetings and is responsible for taking and publishing meeting minutes. This role is also responsible for maintaining records, paper, and by laws of and for the association. Managing FLHA membership roster, team books including birth certificates, code of conduct forms, and consent to treat forms are just a few duties the Secretary/Registrar is responsible for.

## **Treasurer**

The Treasurer serves as the Chief Financial Officer for the association. This role includes but is not limited to the following: Managing all bank accounts and financial activities, safe keeping of all financial assets and investments, accurate and timely record keeping, creating an annual budget, recommending registration fees and ice time amount for all levels,

presenting financial data at board meetings, and oversee ice and dryland scheduling. The Treasurer also serves on the D2 audit committee.

### **Fundraising/Volunteer**

The Fundrasing/Volunteer Director oversees the development, implementation and coordination of all FLHA fundraising activities. This role oversees the fundraising/sponsorship committee and all mandatory volunteer requirements.

### **Bantam/Junior Gold**

The Bantam/Junior Gold Director is responsible for all aspects of this level in addition to coordinating the creation of a junior gold team, working with varsity and junior varsity coaches to coordinate systems. This level director oversees the tournament committee, aids in the function of this committee, and works with the fundraising director to solicit ads for tournament booklets. The Bantam/Junior Gold Director also assists with the recruitment and interview process of prospective Bantam Gold coaches.

### **PeeWee**

The PeeWee Director manages the activities of the teams at the peewee level. This role manages equipment and jersey purchases and distribution and may appoint an equipment coordinator with the approval of the board of directors. This level director also partners with the tournament committee in selecting tournament and coordinating hosted tournaments at this level.

### **Squirts**

The Squirt Director oversees the player development committee and goalie committee, in addition to the activities of the teams at the squirt level. They also partner with the tournament committee in selecting tournaments and coordinating hosted tournaments at this level.

### **Girls**

The Girls Director oversees all aspects of the 10U, 12U, and 14U levels. Additionally the Girls Director partners with the Mite Director to coordinate the 8U level within the Mite program. The position sometimes involves working with other associations and districts to form teams through co op agreements.

### **Mites/intro to Hockey**

The Mite Director oversees the activities at the mite and introduction to hockey level. This role oversees and coordinates the mite jamboree and the recruitment and retention coordinator. This director may appoint a new recruitment and retention coordinator with board approval.

### **District 2 Representative**

The District 2 representative's overall role is to be the liaison between the district and the FLHA. The representative is required to attend all district and association board meetings, which includes being a voting member of the district representing FLHA. The representative is also responsible for working with both organizations on bringing new ideas and initiatives for the betterment of the FLHA and District 2.

## **Committees**

FLHA is always looking to fill committee slots with qualified volunteers. This is memberships way of contributing to the continual improvement of the association. each committee shall have a chair member and shall report to a member of the board. The duties of the committees are as follows:

### **Tryout Committee**

The Tryout Committee consists of five members each serving two year terms. This committee reports to the president and some of its duties are as follows:  
Partner with the Board of Directors to prepare and accept tryout recommendations ultimately approved by the Board of Directors.  
Manage and coordinate all tryouts.  
Work with the Player Development Committee to determine tryout drills and scrimmages.  
Identify and recommend tryout evaluators for each season.

### **Fundraising/Sponsorship Committee**

The Fundraising/Sponsorship Committee consists of seven members and is directed by the Fundraising/Sponsorship Director. Some of this committee's duties are as follows:  
Plan and execute all FLHA fundraising events.  
Solicits FLHA sponsorship.

### **Goalie Committee**

The Goalie Committee consists of five members and are under the direction of the Squirt Director. Some of this committee's duties include:  
Develop and propose in-season goalie specific training programs, for all levels, approved by the board.  
Work with coaches at all levels to ensure each team has a goalie coach.  
Work directly with goalie coaches on development procedures for goalies at all levels.

### **Tournament Committee**

The Tournament committee consists of seven members and reports to the Bantam/Junior Gold Director. Some of this committee's duties include:  
Establish and assist with management of all in house tournaments. Including acquiring and coordinating every team's roster, locating and securing vendors, coordinating and educating all tournament volunteers, partnering with the fundraising committee to securing sponsors, acquiring donations, and publicly acknowledging sponsors.  
Secure and coordinate outside tournaments for all teams. Including arranging for lodging.

### **Coaches Selection Committee**

The Coaches Selection Committee consists of five members and is directed by the President. Some of this committee's duties include:  
Conducts head coach evaluations and appoints the head coach for each team.  
Shall hear and rule on all "letters of concern" dealing with coaching issues.

### **Equipment Manager**

The equipment manager is responsible for all aspects of buying, inventory control, season end returns, jersey condition issues, vendor relations surrounding some equipment and vendors, etc. This position ensures that all teams from intro to hockey to Jr. Gold have access

to various items from pucks to training aids. This role also oversees the goalie equipment lease program, and the purchasing of goalie equipment for eligible ages levels.

### **Rules/Ethics Committee**

The Rules/Ethics Committee consists of five members and is directed by the president. Some of this committee's duties include:

Administer and enforce rules of FLHA.

Amend and update Rules and By-Laws of FLHA as needed with the approval of the Board of Directors.

The Chairperson will be part of the FLHA Grievance Committee.

### **Grievance Committee**

The Grievance Committee is an ad-hoc committee consisting of three members, the President, The Rules/Ethics Committee Chairperson, and the Director of the level where the grievance originated. If a conflict of interest is realized for any of the members members will be replaced as dictated in By-Law.

### **Player Development Committee**

The Player Development Committee consists of five members and is overseen by the Squirt Director and chairmen nominated and voted in this position by the board. Some of this committees duties include:

Works directly with coaches and utilizes USA Hockey development procedures for players of all levels.

Documents and communicates to all coaches age appropriate skills.

Work with the Coaches Selection Committee and the Forest Lake High School coaching staff develop and prepare players for the high school level.

See below for additional player development information.

### **Player Development**

The FLHA.org website has a player development section managed and updated by the Player Development Committee. a link to their section follows and is a great resource for all developing hockey players. <http://www.flhockey.org/page/show/255548-player-development-committee-resources>



## **Association By-Laws**

Forest Lake Hockey Association is governed via by-law through which guide our associations structure, conduct, and ultimately regulate our association. A link to the FLHA bylaws follows: <http://www.flhockey.org/page/show/100577-bylaws>

## **Rules and Guidelines**

Forest Lake Hockey association has Rules and Guidelines by which the association and its membership are governed. A link to the Rules and Guidelines follows: [http://assets.ngin.com/attachments/document/0053/7952/FLHA\\_Rules\\_Revised\\_12.01.2014.pdf](http://assets.ngin.com/attachments/document/0053/7952/FLHA_Rules_Revised_12.01.2014.pdf)

If membership feels that a rule or guideline is unclear or they feel a rule or guideline should be amended, they must fill a “FLHA Rule/Bylaw Change Request” Form. A link to that document is as follows: <http://www.flhockey.org/page/show/100579-additional-flha-board-forms>

## **Grievance Remediation Policy**

Forest Lake Hockey has adopted a grievance policy when a dispute between individuals cannot be rectified at the team level. The FLHA rules and policy XV discusses this process and a link to the rules and policies follows and is what should be referenced if a dispute cannot be rectified: [http://assets.ngin.com/attachments/document/0053/7952/FLHA\\_Rules\\_Revised\\_12.01.2014.pdf](http://assets.ngin.com/attachments/document/0053/7952/FLHA_Rules_Revised_12.01.2014.pdf)

FLHA grievance policy is in accordance with USA Hockey.

It is the intent that disputes be handled at the lowest level.

In brief the following must happen in order to file a grievance and to request a formal meeting of the grievance committee”

A 24 hour cooling off period must be adhered to before filing a formal grievance.

Any dispute should be brought to the coach’s attention, if the coach is part of the grievance then the team manager should be informed.

If the dispute cannot be rectified at the team level the proper level director should be involved and the parties in dispute will have to complete the “Code Violation/Corrective Action” form. A link to the document follows: <http://www.flhockey.org/page/show/100579-additional-flha-board-forms>

If the dispute cannot be resolved then an informal meeting will be conducted including the level director, the parties involved, and a member of the rules and ethics committee.

If the dispute still is not rectified the grievance committee will be formed and will hear and rule on the grievance.

## Hockey Association Hierarchy

### District Two

District President is Dave Hursh

Forest Lake Hockey Association's Representative to District 2 is Kelly Roberts

To visit their websites - <http://www.d2hockey.org/>

District 2 Rulebook - <http://assets.ngin.com/attachments/document/0050/4771/>

District\_2\_Governing\_Rules\_2014-2015.pdf

### Minnesota Hockey

President: Dave Margenau

Website: <http://www.minnesotahockey.org/>

Link to Handbook - <http://www.minnesotahockey.org/page/show/711375-handbook>

USA Hockey

Executive Director: Dave Ogreaan

Website [www.usahockey.org](http://www.usahockey.org)

Like to Handbook - <http://read.uberflip.com/i/277639-2014-usa-hockey-parents-guide>

## Local Area Hockey

### Forest Lake High School Hockey

The Forest Lake High School Boys and Girls teams are the premier local amateur hockey team. It is the goal of the Forest Lake Hockey association to develop young players to compete at this level. Attending these games can be a great opportunity to see the older siblings of team mates playing a fast passed hockey game. Every varsity game is preceded by a junior varsity game.

The Forest Lake High School Girls team recently participated in the State High School Hockey Tournament.

### Forest Lake Lakers

The MNJHL (Minnesota Junior Hockey League) team relocated from Edina Minnesota to Forest Lake prior to the commencement of the 2014-2015 season. This year the Lakers will join the United States Premier Hockey League. If you'd like to watch our local Junior hockey team in action visit [www.lakershockey.com](http://www.lakershockey.com)

### Minnesota Wild

Our state's NHL team is The Minnesota Wild. The Wild call the Excel Energy Center in St Paul their home ice. Their Inaugural season was in 2000-2001. This venue will be hosting the 2016 Figure Skating Championships and the 2018 NCAA Men's Frozen Four. If you're interested in watching a game of the top profession players in the world visit [www.wild.com](http://www.wild.com) call (800) 745-300 for tickets.

## Sponsors

Following is a list of sponsors that have graciously supported our skaters. We encourage all to patronize these local businesses and be sure to thank them for their support of Forest Lake Youth Hockey.



### Land O'Frost

Visit Website

With more than 50 years of experience, Land O'Frost offers high quality lunchmeat, sausage and franks in retailers, including supermarkets and mass merchandisers.



### Don Julios Authentic Mexican

Visit Website

Three Locations: Forest Lake -- North Branch -- White Bear Lake



### Papa Murphy's

Visit Website

Papa Murphy's Take 'n' Bake Pizza is the freshest pizza in Forest Lake! Located at 2009 West Broadway Avenue, Papa Murphy's pizzas start with dough made in our store daily and are topped with 100% real mozzarella, hand-sliced veggies and butcher-quality meats. Take home a fresh pizza tonight and experience the Best Pizza Chain in America as rated by Zagat 2012, 2011, and 2010 National Restaurant Chains Survey.



### JN Johnson Fire and Safety

Visit Website

J.N. Johnson Fire & Safety offers a full range of modern fire extinguishers, fire extinguishing systems, suppression and detection systems, and related products. Service is provided throughout the Twin Cities and the state of Minnesota and neighboring states by 15 service trucks.





### Madsen Fixture & Millwork Inc.

Visit Website

Started in January 1998 with the strong commitment to manufacturing excellent products for complete customer satisfaction in producing these high quality fixtures. Our employees have a great place to work and take pride in the craftsmanship they put into all levels of manufacturing.



### Forest Lake Family Dental

Visit Website

Forest Lake Family Dental is dedicated to comprehensive care for all ages; we have the latest technology to aid in prevention and diagnosis of dental disease with the final goal of providing the dental care and oral health you deserve.



### Dan's Towing

Visit Website

Dan's Towing & Recovery has over 50 years of towing experience with uniformed drivers. Services Include: Cars, Trucks, Motorcycles, RV's, Trailers, Air Cushion Recovery

Call Dan's Towing & Recovery today at 651-464-5551.



### Olsons Sewer Service Excavating Service

Visit Website

Olson's Sewer Service and Olson's Excavation Services, Twin Cities leaders in sewer and septic services, site development, excavation and more. 651-464-2082



### Commercial Plumbing and Heating

Visit Website

Commercial Plumbing and Heating is a full-service contractor that can meet all your needs.

24428 Greenway Ave, Forest Lake  
(651) 464-2988



### Knife River

Visit Website

Knife River Corp provides aggregate, asphalt, building materials, cement, construction services, liquid asphalt, ready-mix concrete and many more construction-related products and services.



### Forest Lake Printing

Visit Website

Family Owned Since 1964, full service printer that offers printing and related services. Products include business cards, letterhead, envelopes, business forms, booklets and brochures that are manufactured and delivered on a timely and cost effective basis.



### Bill's Auto Body

Visit Website

Auto repair services include both collision repair and hail damage repair. You will receive the highest quality collision repair services performed by highly trained technicians in a state-of-the-art facility. The preferred choice for collision repair and auto body work among customers Auto Body has provided Forest Lake auto repair for over 30 years.



### Collin's Law

Visit Website

Collins Law in Forest Lake. 651-464-7400

- Business Law
- Estate Planning
- Real Estate Law



### Jesse Johnson Insurance Agency

Visit Website

State Farm Insurance Agent providing Auto, Home, Life, Health, Renters Insurance and more. Locally owned and 2nd generation in our community and surrounding areas.

Stop in an tell him thanks for his continued support and see what he can do for your insurance rates and coverage.



### Carney Insurance Services

Visit Website

Family owned and operated company, doing business in the community for a combined 60+ years! We take pride in knowing our customers and meeting their needs at a local level. Carney Insurance compares rates from numerous MN, IA and WI auto insurance carriers allowing them to provide you a cost effective and/or comprehensive insurance package tailored to wards your specific needs.



### North Lakes Insurance Agency

Visit Website

Family owned and operated independent agency, and Partner of Atlas Insurance Brokers with more than 30 years of insurance experience along with having access to over 50 highly rated insurance carriers, our partners, to offer you a choice of insurance plans and competitive rates to meet your changing needs.

North Lakes Insurance Agency is prepared to provide you with a no-cost, no obligation review and comparison of your insurance.



### Running Aces Harness Park

Visit Website

Running Aces Harness Park, in Columbus, Minnesota, features a harness racetrack and card room with poker, casino games and blackjack tournaments.



### Chevrolet

Visit Website



### Brinkman's Trailer Super Stores

Visit Website

Brinkman's is the Midwest's Largest Trailer Dealership.



### Yamaha

Visit Website



### Winnick Supply

Visit Website

We are a family owned company in Minnesota for over 90 years. Currently owned by Ben Winnick. We supply many quality products to contractors and home owners in the Forest Lake area. If you don't see what you are looking for, please contact us and we will do our best to either find it for you or send you to some place that does.



### Waldoch Sports

Visit Website

Let the experts at Waldoch Sports help get you ready for the season ahead. They offer a Full line of Yamaha Products and we have some great close out pricing available on all last year Yamaha Products! They also offer more than just Yamaha toys however, check out our complete line of John Deere Tractors as well as a full line of Stihl products.



### Tracker Boating Center

Visit Website

Full-service Marine Five Star Certified Dealer offering TRACKER® aluminum fishing, SUN TRACKER® pontoon, NITRO® performance fishing, TAHOE®, and MAKO® inshore fishing boats. Get everything you need in one great location!



### Wilcox Chevrolet Cadillac

Visit Website



### K1 Sportswear

Visit Website

Hockey jerseys, socks, shells, bags and more. Custom made right here in Minnesota.