

Council Rock North Ice Hockey Club

ICE HOCKEY-CODE OF CONDUCT: 2017-2018 SEASON

CLUB MANAGEMENT/COACHING STAFF CONTACT INFORMATION

CLUB PRESIDENT: Andy Zemzik: 215-629-6090 andyzemzik@verizon.net

CLUB TREASURER: Andy Simmonds: 267-241-5166 d2dfloors@aol.com

CLUB SECRETARY: Jeffrey Borden: 215-964-3986 borden66@yahoo.com

COACHING STAFF:

VARSITY HEAD COACH: Chris Gallagher christophermgallagher2020@yahoo.com

VARSITY ASSISTANT COACHES: Tristan Wieczorek tristan.wieczorek17@gmail.com

MS HEAD COACH: Michael L. Epstein: mlepstein@mmwr.com

MS ASSISTANT COACHES: Steve Keil: skeil@jademed.com

TEAM RULES:

DRESS CODE:

Khaki pants with either a dress shirt and tie or Council Rock North Warm up jacket over any shirt are to be worn to all games. We are a **TEAM** and we will look like a team. Jeans are not acceptable. If it is too warm for a jacket, you may substitute a Council Rock North Ice Hockey T- shirt. Any modifications to the dress code must be agreed upon by the coaching staff and team captains.

LOCKER ROOM

Appropriate behavior is expected at all times. There will be no tolerance for any verbal abuse, physical abuse or hazing of **ANY** kind. (This includes any social networking sites...ex: Facebook, SnapChat, Twitter, etc.) Locker room horseplay is **NOT** allowed. You are all expected to support each other, on **and** off the ice. No cell phones in the locker rooms.

For game days, you are expected to be completely dressed 15 minutes prior to game time. All cell phones and music players are to be powered down and put away when the coaching staff is ready for the pre-game and post-game talks. This means STOP dressing prior to pre-game talk and STOP undressing after the game when the coaching staff is addressing the team. **Captains will be in control of the locker room in the absence of the coaching staff.** If any player has an unexcused lateness for a game, they will be benched for part of or the entire first period.

CONDUCT

Disrespect towards members of management, coaches, teammates, officials or opponents WILL NOT BE TOLERATED. Any behavior or actions deemed to be detrimental to the team will result in disciplinary actions. Penalties will include game suspensions and possible dismissal from the team.

NO SHOWS / TARDINESS

If you are going to miss or be late for a game or practice, your respective head coach **MUST BE CALLED or sent a text message.** Email is acceptable if notification is more than 24 hours in advance

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of the practice or game you are going to miss. Telling another player is **NOT** acceptable! If you cannot contact the head coach, you must contact an assistant coach.

Please arrive for practice at least ½ hour prior to the start time. You are expected to be out of the locker room dressed and stretching before the practice starts. **Captains will be responsible for making sure that players are ready for practice.** ICE TIME IS LIMITED, so, BE PREPARED to work once we are on the ice! The coaching staff may add Chalk Talk and/or off-ice conditioning after practices

GAMES

Please arrive 45 minutes prior to game time. You are expected to be dressed, stretched, and be ready for the pre-game talk 15 minutes prior to game time. IF YOU CANNOT BE READY IN THAT TIMEFRAME, ARRIVE EARLIER. Do not arrive at the rink on game day expecting to get your skates sharpened. Take care of skates and all equipment maintenance prior to game day.

POST GAME

No one leaves the locker room until the coaching staff has addressed the team. They will ALWAYS speak, regardless of whether it was a good or bad game. If the coaches do not get to the locker room immediately after the game, **WAIT**, one of them will be there to address the team.

FULL EQUIPMENT WILL BE WORN AT ALL PRACTICES-NO EXCEPTIONS. VARSITY LEVEL HOCKEY IS VERY COMPETITIVE

It is the belief of the Varsity Coaching Staff to treat it as such. While we will strive to provide adequate playing time to each and every player, it will ultimately be at the discretion of the coaching staff.

ON-ICE CONDUCT

Each and every player is expected to conduct themselves appropriately while on the ice for practice and games. Hockey can be a very physical and intense sport. At times, emotions can get the better of us. We must have self-control and discipline to prevent that from happening. Fighting in the SHSHL comes with a minimum 1 game suspension. **Upon a review by the CRN Coaching Staff, it is possible that the Council Rock North Ice Hockey Club will levy an additional game suspension.** Other infractions such as blatant hits from behind or any action deemed to be a deliberate attempt to injure will be seriously dealt with. Repeat offenders will be dismissed from the club. The only players allowed to speak to referees are captains! Players should refrain from verbally abusing referees. We've never seen a referee reverse a call...and they do not plan on changing that this year!

HEALTH

If a player is forced to miss time due to injury on or off the ice a “medical clearance to play” note from the player’s doctor **MUST** be presented to the coaching staff clearing the player to participate in hockey again.

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We do not condone the use of energy drinks. They are counter-productive and may cause your body harm. Acceptable liquids include water, Gatorade, and Powerade.

NO DRUGS, ALCOHOL, SMOKING OR CHEWING TOBACCO. THIS RULE IS ZERO TOLERANCE.

I have read and thoroughly understand the Council Rock North Ice Hockey Club 2016 - 2017 Code of Conduct.

I will abide by these rules and be a positive representative of the Council Rock North Ice Hockey Club.

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I have read and thoroughly understand the Council Rock North Ice Hockey Club 2016 - 2017 Code of Conduct.

I will abide by these rules and be a positive representative of the Council Rock North Ice Hockey Club.

Date: _____

Player Name, Print: _____

Parent Signature: _____

Player Signature: _____

