

TEAM RULES & EXPECTATIONS

1. Attendance: We strongly encourage players to try other activities outside of hockey. Mariners' players will not be penalized for missing hockey to honor commitments to Fall sports teams, or other similar commitments. Once Fall sports end and the hockey season begins, full team attendance at practices and games is imperative. The expectation is that Mariners hockey takes precedence over middle school hockey and other winter sport activities. Spartans players are expected to put their Spartans teams before other Fall sports and similar commitments. While some flexibility does exist with regards to practices and league games (post parity), Spartans players are expected to be at all parity tournament games.

We recognize there will be unavoidable conflicts, such as pre planned family vacations, illness, etc. We do ask you to do your best to plan accordingly and make all reasonable efforts to attend all team events. We need the full roster to run effective practices and compete at the highest level in our games. Please communicate foreseen absences to the coaches.

2. Practices: Have your player at the rink and fully dressed 10 minutes before each practice to review the practice plan.

3. Games: Have your player at the rink at least 45 minutes (60 minutes preferred) prior to each game. Players are expected to be dressed and ready to play 15 minutes before game time to review the game plan. We also will often run the kids through a dryland warm up before putting on gear, especially before road games where the kids have been stationary in the car for an extended time.

4. Hockey Etiquette: A single, isolated event can cause a sports program to get a bad reputation. Coarse, impolite or negative language should never be used at the rink or in front of players at any time for any reason. It is important to respect our players, opponents, referees, other parents and the game of hockey. These expectations apply to players, coaches, and parents/fans. Selfish behavior on or off the ice will not be tolerated.

5. Player Interactions: Players will treat each other like best friends. Mean or insulting behavior will not be tolerated at any time. This includes any interactions on social media and outside of team activities.

6. Effort/Attention: The expectation is each player will provide full effort during each practice and game, and full attention when a coach is speaking.

Physical mistakes will be tolerated (actually encouraged in practice), but a lack of attention or effort will not. When a coach blows the whistle, players will be expected to skate full speed to the coach (without shooting pucks) to learn about the next drill – ice time is limited so we want to make the best use of it by staying focused. Players are expected to remain still and quiet when a coach is speaking, both on the ice and in the locker room. Players will be asked not to remove any equipment beyond their helmets and gloves after games until the coaches have provided appropriate post-game feedback.

7. Positions and Playing Time: Travel hockey is competitive by nature. While not the primary or only goal, winning hockey games is one of our objectives. We expect players and parents to support all our objectives. Playing time will be at the discretion of the coaches considering effort, attitude, commitment, and performance. Similarly, playing positions will be determined by the coaching staff considering the interests and development of the individual, and the best interests of the team. While we welcome feedback from the players regarding preferences, we expect the players and parents to accept the coaches' decisions and give maximum effort with a "team first" mentality.

8. Uniforms: Players are responsible for the care of team issued uniforms, including game jerseys/socks and practice jerseys. We do not have extras of these items, so if a player forgets to bring appropriate parts of his uniform to the rink, the player will go without and may not be able to participate. Practice jerseys are different colors and will be distributed according to a player's position and line, and therefore may change from time to time. Game socks and jerseys are to be worn only for games, and should be cared for. A jersey or garment bag is strongly encouraged. Players are expected to wear their warmup coats/pants or team coat to all games.

9. Equipment: Players are responsible for being properly equipped per USA Hockey rules. All players shall have black helmets and pants. Black shells will be available for purchase during the uniform ordering process. Players are not required to purchase CB shells if they already have black pants.

10. Music: Music will be allowed in the locker room while players are dressing. The coaching staff reserves the right to change this policy at any time.

11. Electronic Devices: Other than for emergencies, there is no need for cellular phones or other electronic devices to be used in the locker room. Audio and video recording devices will not be used in locker rooms or during other team functions without approval from the Head Coach.

12. Post-Game: After each practice and game, we ask parents to please allow five minutes for the coaches and players to have a team meeting and allow us to provide positive feedback. Our goal is to treat the players as serious athletes and to foster a sense of belonging on a team. It is extremely difficult to talk to the players if the locker room is full of parents and siblings. The five-minute rule is not intended to be a "secret meeting." We merely want to foster a team feeling and seek to keep the locker room distractions to a minimum.

13. Coaches Rules: Coaches will have team-specific rules that must be followed at all times.

Thank you for choosing Casco Bay Hockey, and your commitment to the travel program! Please remember that Casco Bay is a not-for-profit organization run by volunteers, including coaches. There is a lot of work behind the scenes, but we do it for the love of the game and the kids. We will do our best to teach this great game in a positive environment that fosters growth on and off the ice.