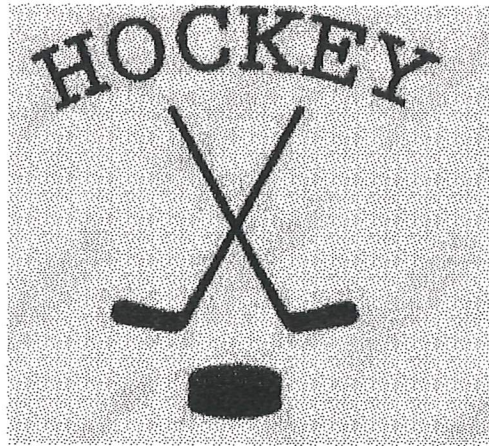


# Two Rivers



## Players expectations Manual



### **Two Rivers Hockey Vision**

Two Rivers hockey vision is to create a safe athletic environment where our student athletes can not only strive to do their best in sport but also the classroom and community.

### **Two Rivers Hockey Mission**

Two Rivers hockey student athletes will demonstrate a positive team environment that leads them to understand the importance of discipline, Character and Respect.





*Expectations for Two Rivers hockey players  
On Ice*

1. Play every shift and drill like it's your last.
2. Make others better.
3. Strive for no turnovers.
4. Have the Attitude to win every shift.
5. Approach every practice as a chance to improve as a team and as an individual.
6. Accept your role on the team and do it well.
7. Stay positive.
8. Learn from your mistakes.
9. Prepare for practice and games, skate sharpened, equipment ready, extra laces, sticks taped, proper apparel, warm ups, mindset, etc.
10. Present yourself with class, never slap your stick or show negative behavior, never speak or argue with the referee.





## **EXPECTATIONS FOR Two Rivers HOCKEY PLAYERS OFF ICE**

1. Be on time if you are late you must notify your coach.
2. Treat others with respect, coaches, teammates, managers, rink staff, teachers, lunch ladies, parents.
3. Have a winner's attitude in school and the community.
4. Look presentable at school and in the community, this means dress and appearance.
5. Maintain and strive for quality grades.
6. Be coachable and teachable.
7. Listen.
8. Take care of yourself.
9. Be leaders.
10. Take ownership of your mistakes in sports and life.



Hockey Locker room  
Rules

Nothing on floor

Always wear skate Guards

Throw all trash away

Organize equipment the same way everyday

Use Stick rack

Keep your clothes and equipment clean

Clean Shoes before entering locker room

At the back entrance, put on slides

Respect our locker room

And others that we use!!



## SIGNIFICANT QUOTES

“Take ownership of mistakes and problems”

“When individuals and team take ownership of mistakes and problems the mistakes get solved”

“The best can make everyone around them better”

“Today I will bring out the best in others”

“Today I will overcome my fear”

“The best know what they want”

“Success happens by focusing on the process not the outcome”

“Unity is the difference between a great and average team”

“If you’re fearful of failure you will never be the success you strive to be”

“Good enough is on the bench tomorrow”

“A champion is afraid of losing, everyone else is afraid of winning”

**Pick your favorites put them in your locker or somewhere you can see them!!**



## Two Rivers DISCIPLINE

**Examples of not being a good teammate and the consequences:**

- Calling your teammates names
- Taking bad penalties
- Not taking care or protecting your teammates
- Not helping with your teammate's confidence
- Bringing your teammates down
- Being a click within a team
- Not complimenting your teammates
- Not making others better around you
- Being selfish and putting yourself before the team
- Do not show poor body language

*If the coaches observe, hear or find out that you are demonstrating the listed behavior or attitude, you will be given two choices and that is to change and be better or don't and you won't play.*

The coach has the right to remove any player that doesn't represent a good teammate,  
Coach Ferraro

## **Two Rivers Hockey Positive Team Pledge**

I pledge to be a positive leader who sets the example for my  
teammates  
through my positive attitudes and actions.

I will be a good teammate by helping others and supporting my  
teammates

I will protect and encourage my teammates

I will cheer and want the best for the team and my teammates

I will expect my role on this team because I know it will help us have  
success

I promise to share positive energy and encouragement with my team.

I will do my best to make my teammates feel a part of the team

When I make a mistake, I will own it and work to improve.

Today and every day I will be positive and strive to make a positive  
impact on this  
Team.

As a player if I don't represent the positive culture  
that we are striving for on and off the ice. I understand that  
the coach has the right to remove me or other players from the team.  
Signing this you agree with the expectations and fully understand  
the consequences.

Players Name \_\_\_\_\_

Two Rivers



*Things that require zero talent*

*Being on time*

*Work ethic*

*Effort*

*Body Language*

*Energy*

*Positive Attitude*

*Passion*

*Coachability*

*Manners*

*Preparation*

*Think about it , be the best we can in all we  
do!!!*



## ***10 Commandments of Winning Teammates***

**Have Fun and be Positive**

**Know your expectations**

**Share appreciation for your teammates**

**Stay Coachable**

**Encourage teammates**

**Do more than expected**

**Respect the time**

**Know your role**

**Team Goals before individual**

**Ownership of yourself and play**

**Two Rivers**





## *Building a culture with in schools*

<b>Discipline in all we do</b>	<b>Build Confidence</b>	<b>Teach what it means to be a good Team mate</b>	<b>Teach that doing your best is always Good enough</b>	<b>Community Building</b>	<b>Learn to improve in sport and life</b>	<b>Being a part of a Team</b>
Class room	Positive reinforcement	Positive with Team mates	Always Try to Improve	Help Others	Training	Proud
Letter to all Teachers	Improvement	Family concept	Classroom	Work with Youth	Take Ownership	Sense of Belonging
Community	Allow For mistakes	Know your Role & accept it	Home	Charity Projects	Maximize Potential	Expectations
Home	Books	Communication	Appearance	Be Kind To all	Family	Network of Positive relationships
On ice	Set goals	Help Each Other	Attitude	Respectful in Community	Manners	Confidence
Off ice	Success	Win together	Sport	Within School	Preparation	Common goal



Pick three that you like for our team and circle  
This will be our Why  
This year!!!

- Volunteer
- Give back
- State tournament
- No jealousy
- Do our best
- Make other better
- Find a way
- Build character
- Be positive
- Win together
- No excuses
- Accept your role
- Improve everyday
- Help others
- Not about me but we

Add others if you would like and vote on them.



**Books to read**

Training Camp  
Energy Bus  
Captains Class  
Hard Hat  
The Positive Dog  
Way of the warrior kid  
The no complaining rule  
Win in the locker room first  
Americas coach  
The Seed  
Leadership playbook  
The 4 agreements  
Rich Kids  
7 habits of high successful teens  
Leader within you  
The Power of a positive team

*Books can teach you things and lessons that  
You may never learn or experience, please consider some of these books !!!*

*It is ok to skip chapters, it's your book and the meaning you get out of it.*



## Warm-up

*All exercises done for 30 seconds 2 times*

*Followed by Stretch*

1. Rope Jump
2. High knees
3. But Kicks
4. Arm swings - forward back sideways
5. Push-ups 2x 15
6. Hip Swings
7. Leg swings. Front to back
8. 2 sets of 10 jump squats, not to high
9. Short sprints 3x
10. Jumping jacks, clap every 3rd one

### Stretch

Hips      Hamstrings  
Groin      Calf's

*Hacky sack small groups/Rock Paper  
Scissors*



## Pre-Game Preparation

Nutrition

Eat well as in handbook

Mindset

Focus for the game at least 2 hours before

Read

Music

Hockey visual

Preparation

Sticks ready

Equipment ready

Uniform ready

Skates ready

Extra laces

Skate guards

Proper issued warm-ups

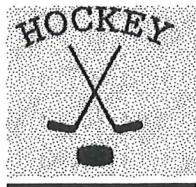
Dynamic warm – up

Will be taught

Passive Warm -up

Will be taught

This preparation will help not only you but also the team!!!



# Two Rivers Volunteer Hour check list

Name \_\_\_\_\_ . Grade \_\_\_\_\_

You must Complete 10 Hours

Team	Hours	Date	Coach
Example			
Pee Wee	1	11-4	



Total Hours \_\_\_\_\_ Completed Date \_\_\_\_\_

Parent / Coach Signature \_\_\_\_\_



## **Goals**

### ***Team and individual***

**Name** \_\_\_\_\_

### **Team Goals**

*After looking at the schedule, What would you like to be a goal for our Team this year and why?*

*How many games can we and should we win?*

*As individuals at this time if we can become a true team  
Do you believe we can have a chance to make it to the state?  
Why?*

*Do you understand the importance of not taking bad penalties? Why?*

*Do you understand the importance of plus and minus? Why?*

*Do you understand the importance of playing for your teammates?  
Why?*

## TWO RIVERS



Name \_\_\_\_\_

### *Individual Goals*

What are 5 Individual goals you have?

- 1.
- 2.
- 3.
- 4.
- 5.

How will you meet these above goals? Please be specific?

- 1.
- 2.
- 3.
- 4.
- 5.