

EAST RIDGE GIRLS HOCKEY HANDBOOK 2018-2019



COACHES

Varsity Head Coach:

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PURPOSE, PHILOSOPHY, VALUES

EAST RIDGE ACTIVITIES:

PURPOSE STATEMENT: We choose to lead students to be people of empathy who serve others while developing skills as a student, teammate, and person of character.

COACH McCLINTICK:

PURPOSE STATEMENT: To create a meaningful experience and a culture committed to hard work, growth, and a team-first mentality that will prepare athletes for life beyond hockey.

PHILOSOPHY: I use an athlete-centered approach by getting to know each player and showing that I genuinely care about them while creating a fun and optimal learning environment in which athletes feel confident and comfortable with risking failure.

TEAM CORE VALUES:

1. RESPECT – demonstrate a genuine regard for self, others, and the game of hockey
2. DISCIPLINE – control emotions on and off the ice; no whining; no excuses
3. GROWTH – work hard always to get better every day
4. TEAM-FIRST – commit to the team; compete for each other; “we before me”
5. PASSION – nurture love and enthusiasm for competing and the game of hockey

ROLE EXPECTATIONS

COACH:

- Develop the team as a whole throughout the season
- Help players individually improve their hockey skills and life skills
- Provide an enriching and positive high school athletic experience
- Treat all players and their families, referees, and opposing teams with respect

PLAYERS:

- Think of the team first
- Demonstrate a strong work ethic and positive attitude at every team function
- Accept their role on the team
- Make hockey a priority while at hockey
- Refer directly to the coaching staff with any questions or concerns
- Serve as a positive role model for youth players
- Represent East Ridge Girls Hockey in a positive manner when in the community
- Display good sportsmanship respecting referees, opponents, coaching staff, other parents and spectators
- Be the BEST TEAMMATE

PARENTS:

- Encourage and support their daughter(s)
- Display good sportsmanship and team first attitude – respecting referees, opponents, coaching staff, other parents and spectators
- Play the role of the parent, not the coach
- Encourage their daughter(s) to communicate with the coaching staff

ELIGIBILITY/REQUIREMENTS**REGISTRATION:**

- All athletes must be registered with ERHS and pay the activity fee

PHYSICALS:

- No student athlete may practice, train, or play without having a current MSHSL Student Eligibility Form on file and a complete physical within the last three years

EQUIPMENT:

- All players must provide their own BLACK breezers, helmet, and gloves

TRYOUTS

- After the initial tryout period, girls will be separated based on ability and positional needs. As the season goes on, if someone is not meeting expectations, changes can be made. Therefore, tryouts will continue throughout the year until the playoff roster is required two weeks prior to the beginning of playoffs.

GAME PLAYING TIME

- Players will be continually evaluated upon their work ethic, attitude, and individual skills
- Playing time is not equal and is earned
- There will be players that dress for both games
- Will not be discussed with anyone outside of the player and coaching staff

ATTENDANCE POLICY

- Attendance at ALL practices, dryland, meetings, film sessions, and games is mandatory
- If an absence is to occur, the coaching staff must be notified prior to the start of the team activity through verbal communication in person or on the phone from the player
- Excused absences:
 - o Family emergency
 - o Funeral

- Illness: call the Coach to inform at least 1 hour prior to practice. If a player is continually ill and not at practice, she may not be prepared for game situation and ice time may decrease
- Injury: if a player is late to practice due to a doctor appointment or trainer appointment, the player must call the Coach beforehand and bring a note to practice
- School: makeup test or work after school will only be excused if the player brings a note from the teacher stating that after school practice time was the teacher's only option for the makeup work. Players must attend the remainder of practice. Players are expected to be organized and accountable to efficiently balance academics and athletics.
- East Ridge High School Band or Choir concerts: notify Coach prior
- Church/Religion: notify Coach prior
- Military duties/functions: notify Coach prior.

In the case of unexcused absences:

- Sit 1 period minimum:
 - Late for practice or game without giving the Coach notification at least 1 hour prior with an excused reason
 - Missing equipment for a practice or a game
- Sit 1 game minimum:
 - Missing practice or a game without notification
 - Missing due to another sport – although we encourage multi-sport athletes, this is hockey season and commitment within season is expected. Missing at least 3 games due to another sport may result in dismissal from the team
 - Appointments during team functions (non-emergency)
 - Vacations
 - Family reunion/party
 - Spectator at another hockey game

DISTRICT 833 ATTENDANCE POLICY:

Students that participate in athletics and/or activities in District 833 MUST:

- Be present in school for 50% of the school day in order to be eligible to participate in a practice or contest on that given day.
- Have no UNEXCUSED absences during a school day in order to be eligible to participate in a practice or contest on that given day.
- Be present in school 1st Hour on the day following a contest in order to be eligible to participate in a practice or contest on that given day (or have written confirmation of a doctors' appointment).

Eligibility for practices or contests on a Saturday will NOT be affected by a student's attendance on Friday, with the exception being an UNEXCUSED absence on Friday.

ACADEMICS

- Grades will be checked at random – players will either bring their current grades to the rink before practice, or school staff will supply to the Coach
 - o Any player with a “C” or lower will have to turn in a weekly progress report to the Coach
 - If the report does not show improvement from the prior week, the player will not dress for any games that week
 - Progress reports will need to be delivered every Monday to the Coach until they no longer have a grade below a “C”

ALCOHOL/DRUGS

- A player cannot be a Captain if a chemical violation occurs
- 1st offense (out of season or in season):
 - o No games for 3 weeks once games begin
- 2nd offense (out of season or in season):
 - o Will be dismissed from team

PROCEDURE FOR RESOLVING ISSUES/COMPLAINTS

- The 24-hour rule will be used. A player or parent may not contact the Coach within 24 hours of the event or issue to be discussed. The Coach will not respond to a parent until after completing 1st attempt to resolve below:
 - o 1st attempt to resolve: the player will arrange to meet face-to-face with the Coach and an Assistant Coach to discuss the issue
 - o If still unresolved: the player will arrange to meet face-to-face with their parent(s), with the Coach, and an Assistant Coach to further discuss the issue
 - o If still unresolved: the player and Coach will arrange to meet with the Athletic Director to figure out a final solution

LOCKER ROOM RULES

1. No parents are allowed inside the locker room without permission from the Coach
2. Players are responsible for keeping the locker room clean
3. No jerseys should be on the floor of the locker room
4. Discussions, actions, and language inside the locker room must be appropriate
5. No use of cell phone cameras/videos inside the locker room

AWAY GAMES

- All JV and Varsity players will ride the bus to and from all away games together
- The guest locker rooms must be clean when leaving the arena and the bus must be clean when the team arrives back to Woodbury

- If players are leaving with their parents, they must have their parents talk with the JV or Varsity Coach AND have a written note from their parents that states they are taking the player with them for our records
 - o Note: This is a highlight of the MSHSL so parents are aware. If parents are bringing a player home following a game, this is not covered travel by the Minnesota State High School League or your participating school. Any travel that is being provided by the parents or student, away from the organized travel of team, is the responsibility of that family and not covered by either school insurance or the MSHSL insurance policies.

SOCIAL MEDIA AND BULLYING/HAZING

- Using social media in a manner that negatively reflects East Ridge Girls Hockey, or contains bullying or hazing of any sort is taken very seriously and will not be tolerated
- Anyone who knows that bullying or hazing is taking place is expected to report the incident to the Coach and/or Athletic Director as soon as possible. The person who reports the incident will be supported and no consequences will result for coming forward.
- The Coach reserves the right to take disciplinary action against a player that engages in bullying, hazing, or inappropriate behavior towards teammates and/or opponents through social media

SPORTSMANSHIP

- Players are to be respectful of the referees, opposing players, fans, and the opposing team's coaches. Following each game, players will shake hands with opposing players and coaches in a friendly manner. There is zero tolerance for unsportsmanlike conduct. Any inappropriate behavior will result in lost playing time.
- If a player is ejected from a game, they will immediately be withheld from participating in the next game. If a second ejection occurs, the player will be withheld from participating in the next four games. Coaches reserve the right for further action.

LETTERING

- A varsity letter will be earned when a player is in good academic standing and dresses for at least 13 varsity games
- A varsity letter can also be earned at the Coach's discretion to an individual that made a significant contribution to the team