



HOCKEY



Castle View Sabercat Hockey Program Handbook

Welcome to the Castle View High School Sabercat Hockey Program.

There are three essential parts to developing and improving your hockey skills. First, the players must have a training program that is challenging, covering all the fundamentals needed to improve on and off the ice. Second, players need coaches with the experience and enthusiasm to help each individual player develop to their potential. The third and most important part is you, the athlete, be willing and open to learning the skills presented to you.

For the athlete, we stress that the development of your character and life skills are equally as important as the development of your hockey skills. We promote to our athletes that a positive attitude, good work ethic, good academic standing, and strong character are very important towards succeeding in hockey and life. These are just a few of the characteristics that you will need to be successful in anything you do.

Welcome to the program. Good luck this season!

Michael Dubus

Castle View High School Hockey
Varsity Head Coach and Program Director

Team Philosophy

Varsity - The coaching staff will attempt to put the best team possible on the ice regardless of a player's age, grade, or school. Coaches will evaluate eligible players on a number of factors including, but not limited to, hockey skills, attitude, and commitment to the program. Highly skilled players that work hard, support their teammates, demonstrate full commitment to the team and demonstrate daily leadership will be prioritized.

Junior Varsity (JV) – The goal of the JV team will be to develop highly skilled, committed players by improving hockey skills and expanding the player's understanding of the game. Emphasis will be placed on the player's level of effort, support of teammates, commitment to the program and compliance with all codes of conduct. JV players may have an opportunity to play in Varsity games during the season depending upon the needs of the Varsity team.

Player Requirements

- Players are required to attend all scheduled practices, games, and other required team activities.
- Always provide maximum effort.
- Always provide positive support for your teammates.
- Always act in a manner that positively represents your team, your school, your teammates, and yourself.
- At all times, be respectful to coaches, teammates, trainers, opponents, officials, and facilities.
- Always be on time for all practices, games, and other required team activities. If a player will be late or unable to attend any required team event, the player is required to send a text message to the Head Coach as soon as the player is aware they will be late or not able to attend. The message needs to include the head coach, one assistant coach and one parent before the start of practice.
- Complete all required classroom assignments and maintain academic grades in accordance with the Colorado High School Activities Association (CHSAA) and Castle View High School Sports Eligibility requirements. Weekly grade eligibility reports will be provided to the Head Coaches each Thursday. If a student has 2 or more F's the student is not eligible to compete in any of the following week's games (Monday – Saturday).
- Deal with all conflicts with any teammates, coaches or team officials in an honest and sincere manner with the intent of resolving the issue and moving forward in a positive manner.
- Conduct oneself in a manner to minimize the chance of injury to yourself and to never intentionally inflict injury on others.
- At all times conform with the Douglas County School District Code of Conduct, Castle View High School Student Handbook, CPHL or CHSAA rules and codes of conduct, SafeSport regulations and USA Hockey rules and Code of conduct

Player Eligibility

Participation in interscholastic activities as a part of a school's education program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes.

Colorado High School Activities Association (CHSAA) Guidelines

A student may participate in CHSAA sanctioned activities only if she/he has fulfilled the following eligibility requirements as determined by the CHSAA & CVHS:

ACADEMICS:

- Students who are enrolled in 5 classes each semester in which they are registered for a sport.
- During the period of participation, the student must be enrolled in courses amounting to, in aggregate, a minimum of 2.5 Carnegie units (5 classes) of credit per semester and must pass a minimum of the equivalent of 2.5 Carnegie units of credit.
- Eligibility is checked weekly. The athletic secretary will provide a report to the sponsor each Thursday. If a student has more than one F or two D's and one F, that student may not compete from Monday through Saturday the following week.

Player Conduct

In addition to the DCSD rules and expectations for athletic participation, Castle View coaches reserve the right to enforce additional consequences on any athlete who does anything that is detrimental to themselves or the team.

General Team Rules

- All parents and player relatives are required to conduct themselves in a manner consistent with the Douglas County School District Code of Conduct, Castle View High School Student Handbook, SafeSport rules and regulations and any event regulations. Unruly parents may be subject to disciplinary action. All parents are expected to refrain from using profanity or negative cheering or any negative comments directed to the opponent's players, parents and all game officials.
- Cell phones are required to be turned off before entering any locker room and kept off until the player leaves the locker room. In the event of an emergency, the player will need to leave the locker room to use their cell phone.
- Music is acceptable in the locker room. The Head Coach may appoint the Captain or another player to use their cell phone in the locker room for the sole purpose of playing music. The Head Coach retains the right to set and enforce any additional rules regulating music in the locker room.

Dress Code

- Varsity and JV Head Coaches will determine the practice and game day dress code for players on their teams.
- Castle View team apparel is required to be worn for all required off-ice warmup and workout sessions.

Playing Time

Varsity

- All players ***will not*** play an equal amount during games and substitutions will occur based on many factors.
- Playing time in games is not a guarantee and is at the sole discretion of the Head Coach.
- Playing time is earned through demonstration of hockey skill, positive attitude and maximum effort during practices and team workouts.
- During games, coaches determine playing time based on a wide variety of factors present during the specific game circumstances.

- Penalties can have a significant effect on player ice time. Ice time during Power Play and Penalty Kill situations may affect overall ice time.
- Players are expected to handle a lack of playing time with a positive attitude and total support to the success of the team.
- Starting goalies will be determined solely by the Head Coach or coaching staff and whenever possible, goalies will receive advance notice from the coaches for the games they will start. All eligible goalies should be prepared and ready to play at any time on game days.
- The coaches will not participate in any discussions about ice time at the rink before or after games. Any questions about player ice time should be handled through the TEAM COMMUNICATION / ISSUE RESOLUTION POLICY defined below.

Junior Varsity (JV)

- All players ***will not*** play an equal amount during games and substitutions will occur based on many factors.
- Playing time in games is not a guarantee and is at the sole discretion of the Head Coach.
- Playing time is earned through demonstration of hockey skill, positive attitude and maximum effort during practices and team workouts.
- During games, coaches determine playing time based on a wide variety of factors present during the specific game circumstances.
- Penalties can have a significant effect on player ice time. Ice time during Power Play and Penalty Kill situations may affect overall ice time.
- The overall approach is to roll lines throughout the games. Ice time may change based on the situation of the game, player attitude, player readiness, etc.
- Coaches will endeavor to provide as many opportunities for players to gain experience with as many hockey situations as possible provided the player has properly demonstrated commitment to growing their skills, support of their teammates, maximum effort, and dedication to the success of the team.
- Players are expected to handle a lack of playing time with a positive attitude and total support to the success of the team.
- Starting goalies will be determined solely by the Head Coach or coaching staff and whenever possible, goalies will receive advance notice from the coaches for the games they will start. All eligible goalies should be prepared and ready to play at any time on game days.
- The coaches will not participate in any discussions about ice time at the rink before or after games. Any questions about player ice time should be handled through the TEAM COMMUNICATION / ISSUE RESOLUTION POLICY defined below.

Excused Absences and Tardiness

- Excused absences are at the sole discretion of the Head Coach and are limited to the following: illness, injury, or religious event.
- The Head Coach must be notified in advance, and as soon as the player is aware they will be late or will not be able to attend a practice, game, or mandatory team event.
- An absence is not considered excused until the Head Coach acknowledges and approves the absence.
- The coaches understand that weather conditions may affect the players ability to get to practice on time. Players should always prioritize safety and are encouraged to allow for substantial additional drive time to arrive on time when driving conditions require. If a player will be late due to driving conditions, the

player should notify the Head Coach they will be late when safe to do so. Players must never text while driving.

- Please notify the head coach, assistant coach and one parent by either text or email regarding delayed arrival to help us avoid any concerns for player's safety.

Unexcused Absences and Tardiness

- An unexcused absence or unexcused tardy occurs when a player is absent or late to any practice, game, or mandatory team event for any non-excused reason or where the player has not sought or received prior approval from the Head Coach.
- Players who miss practice, game, or mandatory team event for any of the following may be deemed unexcused: Players dual rostered during CHSAA season who are absent to attend a different team's event, family events in conflict with a published schedule, optional school events, extracurricular events, or any other unplanned event.
 - 1st offense – The player will miss game shifts, or a goalie start.
 - 2nd offense – The player will sit out one (1) period of the next game.
 - 3rd offense – The player will sit out the next full game.
- Once a player reaches three unexcused absences or three tardy, a meeting will be scheduled with the Head Coach, Assistant Coaches, player and at least one parent to discuss the situation to help identify the cause of the consistent delinquencies and to work to resolve the issue.
- After 3 offenses, the player will continue to sit out a full game for each subsequent absence.
- Continued unexcused absences or tardiness may result in the player being dropped from the program.

Game Day Procedures

- All players are required to be ready for a film review and/or a pregame, dryland warm up at the ice arena one (1) hour before game time start. This means that players should arrive at each game MORE than one hour before puck drop.
- All players must arrive at the ice rink wearing the required game day apparel.
- Team warmups will start no later than 45 minutes prior to game time. All players are required to be ready to fully participate in pre-game warmups wearing the appropriate team dryland apparel.
- Players are to proceed to the team locker room after warmups and prepare for the game start.
- All players are required to be fully dressed in the appropriate uniform, ready to play and ready for the coaches' pre-game talk 15 minutes before game start.

Game and Event Transportation

Games or events at local facilities

- Players are expected to arrange and provide their own transportation to local practices, games, and mandatory team events.

Games or events where a team bus is being provided

- The bus will depart from the front of Castle View High School parking lot.
- The time of departure will be communicated to players in advance of the game or event date.
- The team bus will depart promptly at the designated departure time and will not wait for late players.

- If a player misses the team bus, the player will be required to provide their own transportation to that game or event. The player may ride the bus back home after the game or event.
- All players are required to take the team bus whenever one has been provided.

Uniform Policy

- Players must only use team-provided Castle View Hockey Bags for practices and games.
- Players will be provided with multiple sets of game uniforms.
- Supplied uniforms will consist of game jerseys, socks, and pant shells.
- The supplied uniforms will be loaned to the team members, and the Sabercat Hockey Program will retain ownership of the uniforms.
- The supplied game jerseys and pant shells are to be returned to the team at the end of each season. If the game jerseys and pant shells are not returned, the team member will be required to purchase a replacement at the current cost required to purchase a new uniform set.
- Team members are expected to provide a high level of care for the uniforms to ensure they remain in an acceptable condition for future use.
- Coaches will inspect the jerseys as they deem necessary. If the condition of the jersey is not acceptable, the team in its sole discretion may; 1) require a member to purchase a replacement at current replacement cost or 2) assign the player an alternate jersey from the available jersey stock. The newly supplied jersey may be a different number.
- Game jerseys should only be worn during games or other events approved by the Head Coach.
- Jerseys may not be altered in any way. First or Last Names will not be allowed to be placed on any game jersey.
- The team will allow for the addition of a "C" or "A" captain's letters for selected players. The team will provide instructions on how to apply the captain's letters.
- Jersey numbers will be determined/assigned in seniority order from class and by age within the class level.

Game Day Uniform

- Players are required to wear Black Helmets with Castle View provided Helmet Decals, Black gloves with white lettering, the appropriate team provided game Jersey, team provided game socks, and team provided pant shells.
- If a player is missing any part of their required safety equipment, skates or required uniform, the player will be ineligible to play in that game.

Practice Uniform

- Players are required to wear Black Helmets with Castle View provided Helmet Decals, Black gloves with white lettering, the appropriate team provided practice jersey and solid color practice socks.
- Practice socks are to be provided by the player. Acceptable sock colors are: Black, Red, White, Purple, or Vegas Gold.
- If a player is missing any part of their required safety equipment, skates or required practice uniform they may not be allowed to practice with the team and/or be subject to supplementary discipline.

Team Communication / Issue Resolution Policy

Parents are an important part of this program and positive participation is encouraged for a successful season. Clear expectations and communications are key in identifying and resolving issues quickly and effectively. With that in mind, high school sports are an excellent opportunity for players to learn important conflict resolution skills.

Players are expected and highly encouraged to make any coach aware of questions, issues or concerns they have during the season. Parents should not be contacting the coaches before the player has brought an issue to the attention of the coaches and has followed the Player Issue Resolution Process detailed below.

Parents are encouraged to bring any issues to the coaches where they feel their player is not able to raise an issue themselves or are involved in any situation that may put their health or safety at risk. Coaches will work in a positive manner to quickly and effectively resolve issues brought to their attention.

Player Issue Resolution Process

Players and parents are expected to participate in the following process to resolve any issues they have during the season.

1. All parties will follow the 24 hour, no contact rule after an issue occurs unless the issue involves player safety.
2. The Player will set up a time to meet with the Head Coach of THEIR team to discuss and attempt to resolve the issue.
3. If the issue is not resolved, there will be a twenty-four (24) hour cooling off period after the initial meeting. The Player will set up a meeting with the Program Director to discuss and attempt to resolve the issue.
4. If the issue is not resolved, there will be a twenty-four (24) hour cooling off period after the meeting with the Program Director. The Player will set up a meeting with their parent/guardian and the Head Coach of THEIR team to discuss and attempt to resolve the issue.
5. If the issue is not resolved, there will be a twenty-four (24) hour cooling off period after the meeting with the Player, Parents and Head Coach. The Player will set up a meeting with their parent/guardian and the Hockey Director.

All parents and coaches are required to comply with a mandatory twenty-four (24) hour cooling off period from the end of any practice or game before a parent can contact any coach and before any coach will address questions or concerns from a parent. The only exceptions are for communications related to player injuries, player safety, situations that would result in a player not playing in a game scheduled in the next twenty-four (24) hours, or situations where school officials or law enforcement may be involved. If there is a game scheduled within twenty-four (24) hours after a game has ended, it will be at the sole discretion of the team Head Coach to participate in meetings dealing with player issues.

Team Rosters

- Active player rosters will consist of 15-18 skaters and 2-3 goaltenders.
- After tryouts and at the sole discretion of the Head Coach, players who do not make the active roster may be designated as Practice Squad players and will be offered a Practice Squad Agreement.

- Practice Squad players will be allowed to participate in CV Dryland Workouts and team on-ice practices. The player will be required to follow all team rules as outlined in the CV Hockey Team Handbook. There is no commitment from the team to the player for any playing time in CV Hockey games. If there is a team need, the Player may be allowed to play in a game. Playing time in games is based solely on the discretion of the Head Coach of the Team. The Head Coach will notify the Player if there is an opportunity to play in a game. The Player will not need to contact the Head Coach to determine if playing time is available.

CHSAA Season Game Count Requirements

- Varsity players must be rostered and dressed on the bench for a minimum of 13 games to qualify for playoffs.
- Varsity teams will play a maximum of 19 games. Varsity rostered players can compete in 72 total periods or 24 games (combined Varsity/JV) during the regular season. *Example: Varsity players could play in 19 regular season Varsity games and 5 regular season JV games totaling 24 games.*
- JV teams will play a maximum of 15 games. JV players can compete in 72 total periods or 24 games (combined JV/Varsity) during the regular season. *Example: JV players could play in 15 regular season JV games and 9 regular season Varsity games totaling 24 games.*

Varsity Letter Criteria

The Head Coach of the Varsity team has the sole discretion to give any player a varsity letter at the end of the CHSAA season or to deny any player a varsity letter.

Junior Varsity Letter Criteria

The Head Coach of the Varsity team has the sole discretion to give any player a varsity letter at the end of the CHSAA season or to deny any player a varsity letter.

Winter Vacation Practice / Competition Prohibition

There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27, and January 1. Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays) but may not compete in interscholastic scrimmages or competition. (Bylaw 2310.4)

No faculty member or coach may have contact with any of his/her school's athletes from December 24 through December 27, and January 1. Beginning December 28, winter sports programs may have practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition.

Sunday Contact

No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned sport from the student's school shall take place on Sundays during the school year. The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

EXCEPTION 1 – A coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non participatory activity.

Castle View High School Code of Conduct for Student Athletes

Athletic Information Source

CVHS athletic program information, including individual sports, coaches, schedules, and directions to participating school locations are available at www.castleviewhs.com at the Castle View Calendar of Events tab. It is also available at sabercatsports.org.

Douglas County School District Athletic Requirements

Participation in extracurricular activities is encouraged as a part of Castle View High School's total educational programming. In order to enjoy the privilege of extracurricular involvement, students must meet the eligibility requirements established by the Colorado High School Activities Association (CHSAA), as well as standards of personal behavior, attendance, and academic performance. This includes all athletics and any other organization that represents or competes at the high school level, as well as any activity that is scored, ranked, or rated.

It is the responsibility of each coach or sponsor to submit a list of participants to the activities director prior to student participation.

Athletic Participation Requirements

No athlete may practice or compete on any team (athletic, spirit, or sport club) at Castle View High School until he/she has completed and submitted the following items online:

- CHSAA account for both student athlete and parent
- Emergency Information Card
- Interscholastic Participant Form
- Athletic Medical Information
- Transportation Consent and Release
- Training Rules and Expectations
- Sporting Behavior Acknowledgement Form
- \$185 Participation Fee

Forms are available in the CVHS main office throughout the summer or on the district website under Parent/Student Central – Services – Athletics and Activities

General Information

The following is general information that applies to all athletics, including sports, spirit teams, and club sports:

- Physicals are current for 365 days or one year from the date of the physical
- Athletics will refund fees any time a coach determines the athlete lacks the athletic ability to make the team. It will refund on a prorated basis if the student moves from the school's attendance area or from the district; the fee **will not** be refunded if a student quits a sport or is dropped from the team for disciplinary and academic reasons.
- Athletes will ride the bus, when provided, both to and from all athletic events unless he/she makes arrangements with the coach no less than 24 hours in advance. In case of emergency or extreme

situations, a student may leave with his or her own parent only if that parent speaks directly to the coach at the time the player leaves.

- Athletes may not join another sport in the same season in which he/she is removed from participation for disciplinary reasons.
- Athletes may not join another CV sport in the same season he/she quits a different CV sport.
- Athletes are required to attend at least ½ of a school day in order to participate in an evening's after-school athletic event unless otherwise approved by an administrator. This includes practice, scrimmage, and competition. If the absence occurs on a Friday, the student may not participate in weekend athletics.
- Athletes are to inform the coach prior to leaving school on the day of practice.
- Athletes must arrive at practice on time and remain until it is over, unless excused by the coach in the case of a special circumstance.
- Athletes may lose the privilege to participate in a sport for the rest of the season if he/she violates Sections 1 (a, b, c,) of the District Interscholastic Athletic Regulations.
- Athletes will lose the privilege to participate in a sport for the rest of the season for intentional equipment or facility abuse and will be responsible to pay for damages before he/she may participate in any further athletic program at CVHS.
- Athletes are responsible for securing all items in a locked locker in the designated locker room.
- Student athletes must comply with the Student Athlete Attendance policy.
- The above code is a minimum Code of Conduct. Any sponsor or coach may use a stricter set of rules.
- Athletes shall participate in summer strength and conditioning programs.

Athletic Training Rules and Expectations

Castle View High School believes that participation in athletics is a privilege. In accordance with district policies, each student will be required to sign and turn in a District Training Rules and Expectations form before they may participate in any activities or events. All participants should understand the following:

- It is a privilege and honor to wear my school colors.
- I am a leader in and out of uniform.
- My actions are a reflection upon me, my family, my school, and my community.
- I am accountable for my performance in the classroom and my conduct in the community.

Scope of Rules

From the day a student first participates in a DCSD high-school activity until that student graduates from high school, these rules remain in effect, throughout the school year, including weekends, vacations, and holidays, and whether or not the conduct occurs when the student is on DCSD property or when the student is participating in an activity.

The consequences outlined here are in addition to, not instead of, those the student may receive under the DCSD's Code of Conduct, the Colorado High School Activities Association By-laws, coaches' team rules, or other sources. They represent minimum sanctions; the principal or designee may increase or modify these consequences in particular cases or in general as he or she deems appropriate.

Some prohibited behaviors listed below refer to DCSD's Code of Conduct. However, these training rules are in effect at times and in places when the Code of Conduct may not be. Students who participate in activities are held to higher behavioral expectations than other students, and the Principal or designee may determine that a

student's conduct constitutes grounds for imposition of an activity penalty under these rules even when that conduct does not result in suspension or expulsion under the Code of Conduct.

Prohibited Behaviors

- Violating DCSD's policies regarding drugs & alcohol (JICH) and tobacco use (JICG)
- Violating DCSD's weapons policy (JICI)
- Violating DCSD's gang-related behaviors and dress policy (JICF)
- Violating any criminal law
- Continued willful disobedience or open and persistent defiance of proper authority
- Willful destruction or defacing of school property
- Behavior detrimental to students, other students', or school personnel's welfare, health, or safety
- Any other conduct that would constitute grounds for suspension under DCSD policy JKD/JKE.

Consequences

The following minimum consequences will result whenever the principal or designee concludes that a student has engaged in any of the prohibited behaviors listed above:

- **First offense:** For activities with 11 or fewer regular-season contests, the student is suspended for the next contest; for those with more than 11 regular-season contests, the student is suspended for the next two contests. These suspensions occur regardless of whether the next contest or contests are regular-season contests or are special events, tournaments, or qualifiers.
- **Second offense:** Activities student is suspended from participation in the activity for the remainder of the season.
 - If, however, a student initiates contact with school authorities to voluntarily report his or her involvement in conduct prohibited by these rules, then the student will receive the following, lesser second offense penalty:
 - The student is suspended for the remainder of the season of the activity in which he or she is participating at the time of the conduct. Upon proof that the student has successfully completed an intervention class chosen by the school activities director, the student will only remain suspended for the first 50% of the regularly scheduled contests in which the student participates for an entire season.
- **Third offense:** The student is suspended from all activities throughout DCSD for one full year from the date of the infraction. If a second offense suspension is still in effect, the date of the third offense suspension will not begin on the date of the infraction, but rather on the day after the second offense suspension ends.

A Note on Consequences

Nothing in these rules prohibits the Principal, designee, or individual coaches from establishing and enforcing additional rules applicable to activities. These could include lesser or different penalties for failing to exercise good sportsmanship at practices or competitions or for failing to demonstrate good citizenship at school or school-sponsored events.

Any student who is involved in activities and is suspended or expelled from school is required to sign the Training Rule and Contract Violation Form. This document will remain on file for the remainder of the student's attendance at Castle View High School.

Colorado High School Activities Association (CHSAA) Guidelines

A student may participate in athletics only if she/he has fulfilled the following eligibility requirements as determined by the CHSAA & CVHS:

RESIDENCY:

- Students who live in the CVHS attendance area and start the school year at CVHS are eligible to participate provided they meet other eligibility requirements.
- All freshmen begin the school year as eligible athletes.
- Open enrolled students who participated in athletics at their previous school may be ineligible for varsity competition. See Athletic Director for clarification of your eligibility status.
- Meet all eligibility rules of the Colorado High School Activities Association (CHSAA) and of Douglas County School District.

ACADEMICS:

- Students who are enrolled in three classes each term are registered for the equivalent of 1.5 Carnegie units of credit.
- During the period of participation, the student must be enrolled in amounting to, in aggregate, a minimum of 1.5 Carnegie units of credit per term and must pass a minimum of the equivalent of 1.5 Carnegie units of credit. An Incomplete grade is not a passing grade.
- During the period of participation, the student must be enrolled in amounting to, in aggregate, a minimum of 2.5 Carnegie units of credit per semester and must pass a minimum of the equivalent of 2.5 Carnegie units of credit.
- Eligibility is checked each week. The Athletics Secretary will provide a report to the coach each Thursday. If an athlete has more than one F, that athlete may not compete from Monday through Saturday the following week.

OTHER:

- Age Limit: A student is ineligible to compete in athletics upon reaching age 19 except if his/her 19th birthday occurs on or after August 1st.
- Outside Competition: A member of a school athletic team may compete for a non-school team in the same sport, pending permission from the athletic director or principal.