1. **Attendance:**
2. Players/Parents are to contact coaches prior to missing practice. Communication is very important. Please email or text Head Coach in addition to updating our team page.
3. Consequences for unexcused absences from practice may result in loss of playing time.
4. Discuss potential conflicts with Head Coach.

What determines an excused absence?

1. Family emergency
2. Transportation issues (know who lives by you and call other teammates if you know in advance that you need help to get to the rink)
3. Medical excuse by a doctor
4. Attending a game or practice for your amateur team as long as it has been approved by the Head Coach. **We ask that you try to balance the conflicts as evenly as possible.**
5. **Games:**
6. You should attend all games for the season whether you are playing or not playing.
7. If you missed school you cannot play in a game.
8. Players will dress up for each game (Shirt, Tie and dress slack/khaki’s). Always have a warmup suit to change into for warming up and stretching.
9. Please arrive 45 minutes prior to the start of the game.
10. Players will be fully dressed 10 minutes before the start of a game.
11. If you are injured you should be on the bench with your tracksuit with a helmet. (Injuries where safety on bench is an issue will be discussed with the head coach)
12. Players playing time will be at the discretion of the coaching staff. We intend on having equal playing time but may make in-game modifications if necessary.
13. **Practices:**
14. Be on time for practice
15. Stretch **before** coming on the ice
16. Bring 2 sticks on the ice to prevent having to leave the ice if one breaks.
17. No talking while the coaching staff is talking
18. Provide input when appropriate…..you’re a member of this team and you opinion is important.
19. If you don’t understand a concept or drill…please ask for help.
20. Be observers. Watch your teammates in drills and don’t have side conversations unrelated to practice.
21. HIGH tempo and energy at all times
22. Positive communication with your teammates at all times
23. **Do not shoot pucks before or after a drill ends**. Come to drill boards immediately once a drill ends and help set up the next drill. Get to a designated area quickly and fill lines evenly and accordingly.
24. **School:**
25. If you miss school you must get your make-up work in as soon as possible.
26. You must maintain a 2.0 GPA to be eligible to play games.
27. If you become ineligible you must report to the athletic office and ask to get all required paperwork that you need to complete and return.
28. **Equipment:**
29. Bring both jerseys and socks for all games. PIHL rules may require us to switch game jerseys.
30. Check your bag before coming to the rink and make sure you have all required equipment. (players must use their SV equipment bag if available)
31. Neck guards and mouth pieces are a must for games (This includes goalies).

\*Each player should have 2 sticks available for practice and games.

1. **Drug/alcohol policy:**
2. If you fail a drug test at school you must adhere to Seneca Valley School Districts policy regarding suspension and/or consequences.
3. SV Hockey is having a zero tolerance for athletes failing drug tests and you will be required to have a meeting with the coaching staff to discuss consequences and safety plan for return to play.
4. **Parents:**
5. Please abide by the **24 hour** waiting period after games to discuss any potential problems or issues. Emotions should be tempered before we have an adult-like conversation.
6. Please let us coach from the bench and exhibit appropriate game behaviors. You are representing SVHA and we adhere to USA Hockey standards.
7. Yelling instructions to your son/daughter from the stands is unacceptable.
8. **Injuries:**
9. If you are injured at a non-SVHA activity-please report the injury to the coaching staff as soon as possible.
10. If you are injured in a game, the EMT will determine if you are able to return to play.
11. If you are injured during practice, coaches will determine the appropriate course of action.
12. Concussions- Any blow to the head or whip lash type incident will require proper concussion protocol. This includes medical evaluation and doctor approval for return to play.
13. **SVHA Locker room Policy**

**\*Posted on website- (please read)**