



“The West Allegheny Way”

2021-22 West Allegheny Hockey Handbook

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The Higher Purpose

We approach every season, every practice, game, and team event with the goal to win hockey games. However, it's important to understand, appreciate, and play for the "higher purpose". Teams and programs that play for a higher purpose are the most focused, disciplined and consistent. They maximize their potential every season, and ultimately are the most successful. Our higher purpose is "The West Allegheny Way". In this section, I will outline what it means to play for West Allegheny Hockey, the responsibilities that come with it, and the goals we strive for above the game results:

Unity. Members of the Varsity team must understand that success is based on the strength of the unit. No single player is ever above the team, and no single player can ever be successful without the team. Every action we take, and every decision we make, we must first ask ourselves "is this best for the team?"

Pursuit of Excellence. No player is a "finished product". We should never stop striving to better ourselves in any facet of life, whether that be as a hockey player, as a student, or as a young adult. Challenge yourself, go outside of your comfort-zone, and never be afraid to try something new.

Work Ethic. We must consistently put in the work. We must never take a rep off in practice, or a shift off in a game. You truly get out what you put in each day.

Family. Understanding that being part of a team goes beyond the rink. We are a family. When a teammate is down, it's our responsibility to lift them back up. Encourage each other to be better, and always have each other's back.

Pay It Forward. We are responsible for giving back to the program, mentoring the youth, and ensuring this legacy lasts after you graduate. Seniors should always provide guidance and reinforce "The West Allegheny Way" with the first year Varsity players. All Varsity players should spend time working with the Middle School and Developmental teams. Alumni should always feel welcome to return.

These core values will provide a roadmap to success, a success that's ultimately more meaningful than the season record. The big wins, the tough losses, the outstanding saves and big goals will all eventually fade away with time. But you'll always remember the values of "The West Allegheny Way".

HIGH SCHOOL TEAM RULES, POLICIES & CODE OF CONDUCT

GENERAL TEAM RULES

- Harassment, hazing, and bullying are off-limits in our program.
- Respect of teammates, coaches, adults, and officials regardless of the situation is mandatory.
- All players will adhere to the USA Hockey Zero Tolerance and Code of Conduct Policies.
- All players will adhere to the SafeSport Policies.

ATTENDANCE POLICY

- A player will be excused if he/she gives 48-hour notice before missing practice, and 1-week notice before missing a game. Exceptions to this would be illness, injury, or family emergency. If followed, the player will not be penalized. If a player violates the policy for practice, it will result in loss of playing time. If a player violates the policy for a game, it will result in a 1-game suspension. Please consistently update your availability on SportsEngine.

DRESS CODE

- All players must be in appropriate workout clothes for warmups. (Running shoes, t-shirt, shorts/sweatpants)
- For all league games (season & playoffs), players will be dressed in dress clothes to the game, unless otherwise told by the coaching staff. (Dress shirt, dress pants, tie are required).
- Dress code violations will result in a loss of playing time.

ELECTRONIC COMMUNICATION

- Players are not permitted to text or email the coach directly. A parent/guardian **must** be copied on all electronic communications to coaches/managers.
- If a player messages a coach without copying his/her parent or guardian, the coach will only respond to the parent/guardian.

LOCKER ROOM RULES

The locker room is an important part of a hockey program. It is here that important coaching, socializing, and team building takes place. These are some of the guidelines you must follow to maintain the privilege of the locker room.

- Locker rooms must be cleaned before players are permitted to leave.
- Be respectful of rink employees.
- Game Jerseys should always be placed on hangers and never be placed in your hockey bag.
- All equipment must be cared for.
- Horseplay and destructive behavior are strictly prohibited.
- No one besides teammates, coaches, and properly certified team or league personnel are permitted in the locker room. Please ensure any violations are reported.
- All electronic devices are not permitted when in the locker room. Please leave with a parent/guardian.

PRACTICE PROTOCOL

- Practice includes off-ice conditioning and video/chalk talk as well as on-ice.
- Full and/or proper equipment is required.
- No player is permitted on the ice without a coach present.
- Maximum effort is expected.
- While the coach is talking, players will listen.
- Water breaks will be offered during instructional periods between drills.
- All coaches will be available after practices to speak individually with parents and/or players as needed.
- Respect for the facilities and related staff will always be shown.
- Be on the ice on time.
- Make sure immediate equipment/health needs are on the ice (back-up stick, water bottle, inhaler, etc.).
- Off-ice activities and meetings are held to the same standards.

GAMEDAY PROTOCOL

- Be at the rink at least one hour before on-ice warm-ups.
- Captains will conduct a coach approved pre-game off-ice warm up.
- All players will be half dressed 30 minutes prior to the game and fully dressed 15 minutes prior to the game.
- All electronic devices are not permitted when in the locker room. Please leave with parent/guardian.
- When coaches are speaking, players are to listen.
- If you forget any equipment or part of your uniform, you may get a replacement before the game starts.
- On-ice warmups are led by captains.
- Penalties deemed by the coaching staff as undisciplined can result in punishment.
- You are expected to maintain a positive attitude for the teams' sake. Any player causing distractions will be asked to leave the bench for the remainder of the game.
- During the game, good sportsmanship will be the driving force for the team. Players will be disciplined by the coaching staff for demonstrating poor sportsmanship, taking selfish penalties, and showing disrespect to other opponents, coaches, officials, or teammates.
- Positive reinforcement for one another is expected. A player criticizing another teammate will not be accepted or tolerated.
- Only captains, alternate captains, and coaches will speak with officials. Contact with referees and linesman by players and or parents is forbidden by USA Hockey.
- At the conclusion of each game, all players are expected to line up and shake hands of the opposing team (or stick tap – pending the league rules).

CAPTAINS AND ALTERNATES-SELECTION CRITERIA

CAPTAINS WILL BE Chosen by the JV Coaching Staff based on the following criteria

- Should be a player that works hard during all ice time.
- Inspires the team.
- Knows the rules of hockey.
- Leads by example.
- Can communicate with referees in a mature, polite manner.
- Pushes the team to be the absolute best.
- Continuously reinforces positive effort.
- Communicates with the coaching staff in a mature manner.
- Obeys all team, school, community, and parental rules and guidelines.

ELIGIBILITY STANDARDS

The following standards must be met to be eligible for practice and game participation. These are standards that work in conjunction with the West Allegheny school district's athletic participation rules. Hockey is a game you have earned the privilege to play; it is granted to you by your parents or guardians, coaches, and school district officials. Academics are not a game – they will assist you the rest of your life. We expect each player to work hard on and off the ice. Your schoolwork is just as important to us as the work on the ice.

GRADES

Step 1: A student on the weekly eligibility list that has an 'F' grade reported for any subject shall be formally informed with a 'warning' and shall have one week to bring it up to 'passing', defined as a 'D' or higher. The appropriate head coach/director shall notify parents expeditiously.

Step 2: If the student appears on the eligibility list for the first two consecutive weeks in the same subject there will be a continuation of the first week status. There is no penalty for practice or competing/performing. The appropriate head coach/director shall notify parents expeditiously.

Step 3: If a student does not bring that subject's grade up to at least 'passing' as indicated by a second 'F' grade reported in any subsequent week, the student shall be suspended from competing/performing but shall be permitted to practice. The appropriate head coach/director shall notify parents expeditiously.

Step 4: If a student does not bring that subject's grade up to at least 'passing' as indicated by a third 'F' grade reported in any subsequent week, the student shall be suspended from both practicing/rehearsing and competing/performing. The appropriate head coach/director shall notify parents expeditiously.

Step 5: If a student does not bring that subject's grade up to at least 'passing' as indicated by a fourth 'F' grade reported the subsequent week, the student shall be suspended from participating for the balance of that team/activity/organization's season. The appropriate head coach/director shall notify parents expeditiously followed by written confirmation from the Principal.

- This five-step sequence shall be applied to each initial 'F' grade reported.
- A student who receives an 'F' grade as the final grade for a course at the end of second Semester shall be placed on 'Step 2' until completing a week of school in session without an 'f' grade reported for any other course.
- An 'F' grade shall be cumulative for each subject for each season. A student receiving a second 'F' grade in the same subject at any subsequent point during that season shall be placed on the next step from which the last 'f' grade was raised to eligible status.

Note: If a player is retaking a class that they failed last year, they will start out on Step 2.

ATTENDANCE

- The existing high school and middle school attendance policies shall apply.
- A student that has been absent for more than 20 days in each semester shall be ineligible to participate until he/she has attended school for a total of 45 days documented from the first day in attendance in the subsequent semester. Four unexcused tardies shall be the equivalent of one unexcused absence. This policy also applies from the second semester to the next year's first semester. Days spent on 'out of school' suspension are counted as 'absent'. (Based on PIAA policy applied at WA to all extra-curricular athletic, arts or other activities and organizations.)
- If a player is absent from school, he/she may not participate in team activities for that day.

Call Up Policy

- Call ups to Varsity Practices and games will be at as needed basis
- Players being called up will be determined by JV Coaches as well as Varsity Head Coach based on performance in practices and games, effort, attitude, and attendance.
- Missing JV Practices and/or games will make you unavailable to be called up until you have attended a JV event

PLAYER QUESTIONNAIRE

Name –

What does it mean to you to play for West Allegheny Hockey?

One thing I wish my coaches knew about me that would help them coach me better is...



Player Statement/Acceptance

I understand that by signing this document I accept my position on the team and will follow the principles, standards and regulations as set forth in this player agreement as well as the intent and purpose of the policies of the West Allegheny School District and the West Allegheny Hockey Association. I do hereby agree to abide by the policies in this document and agree to the standards set forth by the association. I understand that non-compliance may negatively affect my participation as a player during the 2021-22 season.

Print name: _____

Player Signature: _____

Date: _____

Parent Signature: _____

Date: _____