

GIRLS HOCKEY TEAM RULES

Team Philosophy: To develop a successful hockey player by working on the athlete's individual and team skills. The players will also be aware that all actions on and off the ice should positively reflect the pride of our team, school, and community. Because this program is centered around the philosophy of working hard, playing hard, and having fun, any player not able to follow through with these expectations will be asked to leave.

Team Selection: Teams will be selected within the first week of practice. However, movement between the varsity and junior varsity may occur at any time throughout the season.

Ice Time: Players will not always receive equal playing time in every game (especially at the varsity level).

Dress Code: Every player will wear the correct jersey and pair of socks for each game. On game days, every member of the team will show their pride by wearing their jerseys to school or dressing up. The players will be the only ones allowed to wear their jerseys at any time. No jewelry will be worn at practice or at games (MSHSL Rule).

Language: Inappropriate language will not be tolerated on or off the ice. A player may be benched for a period of time if they cannot control their language.

Attendance: Players will attend all practices for the duration of the season. Every player must call the coach and notify him/her of their absence before it occurs. The absence policy is as follows.

If a player is late to practice or absent from practice, for whatever reason, the player will have the option of making up the time missed with extra conditioning or sit for one period per infraction.

This program recognizes the importance of academics and religious commitments and will take these situations into account when consequences are administered. Repeated absences may result in the dismissal of a player from the team.

Academics: The same pride that is displayed on the ice should also be apparent in the classroom. If academic assistance is required, it should be planned in the morning or after school on the days of late practices. Progress reports will be turned in to the coach on the first and third Friday starting in November and ending on the first Friday in February. It is expected that all players will maintain a C average in every class.

Respect: Players, coaches, and parents are expected to respect each other, as well as the officials, and other teams (even in the heat of battle).

Curfew: It is a player's responsibility to her teammates to get a proper rest in order to compete at her maximum capacity at practice and games.

Coaches Availability: Should a problem arise between coach and a player or a parent it should be discussed on a one-to-one basis as soon as conveniently possible. If the problem does not get resolved, contact the head coach or athletic director. In an attempt to maintain team unity, please keep negative comments to yourself or voice your opinion to the coach personally.

Lettering Policy: A player must complete the season in good standing and have competed in at least 21 periods at the varsity level or have successfully completed three years in the program in order to earn a Girls Hockey Varsity Letter.

Captain Selection: The previous year's letter winners choose Captains.

Other MSHSL Rules: Players will abide by all other rules and regulations put forth by the state (substance use, eligibility, physicals, etc.).

We have read the above and understand compliance is required as a member of the Spring Lake Park/St. Anthony High School Girls Hockey Team.

Athlete _____

Parent/Guardian _____