



Mound Westonka White Hawks

PLAYER/PARENT HANDBOOK

Expectations

1. Don't do anything that's detrimental to yourself. If it's detrimental to you, it'll be detrimental to our program and to Mound Westonka High School.
2. We will conduct ourselves with class both on and off the ice.
3. As a staff we are looking for the following attributes in our hockey players:
 - Character & Attitude
 - Competitiveness & Work Ethic
 - Hockey Skills

Our goal is to be fair. This does not necessarily mean everything is equal. We will follow guidelines but reserve the right to deal with situations on an individual basis.

Tryouts

- Tryouts will last four days with the decision given on the fourth day.
- We will keep between 35-40 players (33-36 skaters, 3-4 goalies), based on the aforementioned attributes. Any more than this will not provide the necessary amount of practice and game time for the selected players.
- Players will be selected on their projected ability to help at the varsity level by the time they become a senior. A senior must be projected to play on the top 4 forward lines or as a top 6 defenseman, as they will not exclusively play junior varsity.
- All personnel decisions will be the result of evaluation by the coaching staff. Players will be given a letter with the result of the tryout process- varsity, junior varsity, or dismissal. Players that are not selected to the high school team will be able to meet with the coaching staff. They may choose to meet right after the tryouts or set up an appointment the following day.
- Individual feedback will be given to all players at the conclusion of the tryout process.
- Any player cut from the high school team will be given the opportunity to play Junior Gold hockey. Arrangements have been made with neighboring associations to field a team for the upcoming season.

Grades

- School is first priority. Players must be able to schedule their time in order to accommodate school and hockey.
- Players must meet grade requirements as they are outlined in school policies. The basic requirement is that a student may not fail more than 1 class in any quarter. A student that does not meet this requirement is ineligible for 2 weeks or 2 contests, whichever is greater. Participation and attendance at practice during week 1 of the suspension is flexible and during week 2 is expected. More detail is available in the district athletic requirements.
- Players will be given progress/behavior reports 3 times throughout the season that must be completed by teachers and returned to the coaching staff. The coaching staff will review these reports and discuss any issues with the player.

- If an unsatisfactory progress report is turned in a student must do another progress report the following week and show improvement.
- A second unsatisfactory report will lead to a meeting between the player, a coach, and the teacher.
- The main grade check-in times will be during the beginning of the season, shortly after winter break from school, and prior to playoffs.

Alcohol/Substance Abuse

- Chemical/substance use will not be tolerated. The policy regarding chemical/substance use for athletes participating in hockey is outlined below:

➤ **In-Season Chemical/Substance Use**

If the violation is the player's first overall violation, the player shall be suspended for a period of six games. The player must earn their playing time back when the suspension is lifted.

If the violation is the player's second (or more) violation (including off-season violations), the player shall be suspended for the remainder of the season.

➤ **Off-Season Chemical/Substance Use**

The off-season policy follows what is outlined in the Athletic Department handbook. A couple of aspects to note:

1. All suspensions begin when an incident is reported to the athletic director.
2. Players may not go out for a different sport for the sole purpose of regaining eligibility. Certain requirements must be met to ensure that players are not participating in a new sport just for this reason.

Attendance & Tardiness

- No player will be absent or tardy the day after a game including long away games.
 - Consequence- will not play 1-3 periods of next game. Exception: player that is sick and has contacted a coach about the illness before 8am that day.
- If a player is absent or tardy to school, he may not practice that day.
 - Consequence- special practice session with a coach must be completed before the next game or will not play in the game.

Practice

- If a player misses a practice for an unexcused reason (vacation, not ill, no show), it will affect their playing time in a game. The number of practices missed will equal the number of games missed. If there are any major events or issues please contact a member of the coaching staff ahead of time. The schedule will be given out well in advance for players to adjust plans.
 - A varsity player that misses a practice will be ineligible to play in the next varsity game. They will only be eligible to play in the JV game.
 - A junior varsity player that misses a practice will have restricted playing time in the next game.

- A player that misses a practice due to illness will not be able to play a game that is on the next day unless they are able to make up a practice or prove that they are healthy enough to play the game prior to taking the ice. This is to ensure that players are healthy prior to games.
- Players that are sick must call the coaching staff by 8:00 am on the day that they are sick. The number to call is 952-457-6272 (Emahiser). The player must be the person making the call.

Community Service Requirements

- Players must understand that they are looked upon as role models by all the youth players in our association and are expected to act accordingly.
- In order to earn a varsity letter, a player must complete at least 3 different community service events that are at least one hour in duration. These can be accomplished through Skate with the Mites, Monday Skills Clinics, Shirley Hills Outdoor Rink, or assisting with various youth teams.
 - Players need to fill out a community service card with the date, duration, and a signature of a coach, supervisor, or a parent if need be. These forms will be available to all players.
 - All players are encouraged to participate, even if they don't meet other varsity letter requirements.
 - It is suggested that one event should be done in each month: December, January, and February.

Role of Parents

- Main role is to support and encourage your player and the White Hawk hockey team.
- Keep feed back positive. Allow coaches to coach and players to play.
- There will be a 24 hour policy in which to contact a coach after a game. If there is an issue that needs to be addressed, **the player will be in charge of setting up a meeting** between the player, parents and coaching staff. This allows for an open line of communication between the people involved. The process is as follows:
 - Player to Coaches
 - Player and Parent to Coaches
 - Player, Parent and Coaches to AD
- If this line of communication is not followed, players will not be allowed to practice or play until the proper steps have been taken
- Any meetings between players, parents, and coaches will focus on answering how and what, not why. The discussion will center on ways to help players improve or understand what is being asked of them. Playing time will not be discussed.
- Parents are asked to respect coaches by not interfering with coaching duties on game days.

Nutrition

- In order to reach their full potential and stay healthy, players are expected to make steps towards proper nutrition and sleep. Information will be made available to players that give some guidelines for nutrition.

Curfew

- Parents are asked to outline a curfew agreement with their player for appropriate times during the week and the night before games. Once this agreement is made it should be sent to the coaching staff.

Mistakes

- Mistakes are inevitable and must occur in order for learning to happen. The most important part is how players respond to mistakes. The coaching staff will work to help players learn from mistakes and move forward as a hockey player.
- Blame and excuses are not a part of learning from mistakes and are detrimental to the development of players. We will work to move past these natural reactions in order to learn and improve from mistakes.

Injury

- All players will need clearance to play from a doctor or an athletic trainer to let coaches know of any restrictions or limitations. This includes absences for illness as well.
- Players that are injured or not dressing are expected to show up to the games and assist with the game management.

Stealing

- Stealing from teammates in the locker room or in any team affiliated functions will not be tolerated.
 - Minor Offense - Kicked out of locker room. Player must take and bring his equipment every day.
 - Major Offense - Kicked off the team.

Locker Room Cleanliness

- As a team we have the benefit of playing in a beautiful arena with an outstanding locker room. We will keep our locker room clean at all times.
 - 1st Offense - Kicked out of locker room 1-3 days
 - 2nd Offense - Kicked out of locker room for 1-2 weeks
 - 3rd Offense - Kicked out of locker room for rest of season

Cell Phones

- Must be turned off at all times in locker room. This is a MSHSL rule that must be followed. A violation of this will be the confiscation of the phone.
- Players may only use their cell phones on the bus for the last 30 minutes of the ride in order to contact parents. The rest of the time cell phones should be turned off and be out of sight.
- During overnight trips the coaching staff will collect all cell phones at curfew time. Players will have their phones returned in the morning.

Lettering Criteria

- A player must play in at least as many periods as there are games. For example, if there are 25 games in a season a player must play in at least 25 periods to earn a letter. In addition, the player must successfully complete the entire season and meet the requirements outlined in the player handbook concerning community service.

- The coaching staff reserves the right to letter athletes that do not meet this standard due to certain circumstances such as injury.

Captain Selection

- All returning players will have the option of applying for captaincy at the beginning of the season. The players must complete an application that will be reviewed by the coaching staff.
- After the team is selected, all players will vote on the candidates that have successfully completed the application. The results will be used to determine the players asked to fulfill the role of captain.
- Players that are voted as captains must meet with the coaching staff to review expectations and then may determine if they are willing to accept captaincy.

Websites:

www.mnhockeyhub.com – schedule, handbook, stats, roster, etc

www.webcast50.com – web casts of home games available to watch or purchase

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