



JUNIOR LANCERS PLAYER MANUAL





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#	Name
2	Lucas Parr
3	Paul Spence
5	Josiah Roby
6	Davis Mardesen
7	Rocco Dispirito
8	Gavin Moffett
9	Trey Carlson
11	Zach Farnsworth
13	Ben Parsons
14	Hudson Dilworth
16	Brady Ridnour
19	Eli Troshynski
22	Michael Chase
29	Karl Grafelman
32	Jaden Salado
33	Nolan Eikerman
34	Simon Johnson
36	Easton Schram
41	Maksim Buldyk
47	Jack Jorgensen
50	Ben Barnes
51	Gabe Chubb
53	Rhett Werner
55	Tim Johnson
62	Brody Banaszak
63	Will Volenec
64	Connor Szolek
71	Nolan Fitzpatrick
74	Tyler Trimborn
76	Ian Leiviska
77	Jackson Lundgren
80	Brandon Waldow
83	Victor Knapp
87	Carson Coleman
91	Lachlan Wilmers
93	Nate Sinnett
94	Josh Bedore



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Coaches Information

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High School Program Administrators

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All activities will be performed with the Omaha Hockey Club COVID policies in mind (see the covid policy at the end of this document).



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Attendance Expectations

Players are expected to be on time for all practices, games, dry land (includes XEdge), curfews, and team events.

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| • Practice | Varsity – Ready to hit ice 15 minutes before. JV when zam doors close |
| • Games | Minimum of 60 minutes early |
| • Off Ice Workouts | XEdge has policy. Team conditioning for every player that is late. |
| • Road Trip Curfews | Time to be set by head coach after the last game of the day |
| • Team Events | Coaches will set a time to be there. Do not be late. |
| • Varsity will show up 10 minutes before all home scheduled JV Games | During a game you are not playing in, players will sit in the stands in that weekends attire and watch their JV or Varsity teammates. Not walking around, going to concessions, or hanging out with other friends. You will follow the agenda and sit as a team and cheer on your teammates. |

**Give yourself extra time for traffic, road closings, bad directions, and other unexpected events that may delay your arrival.*

- If a player is going to be tardy or absent he must notify the **head coach**; this is not mom or dad's job. Call or text the head coach as soon as you know you are going to miss or be late. Practices and games are planned around who is going to be there and coaches expect everyone to be present.

Violations:

The following consequences will apply to players who violate the above guidelines. Please note, all punishments are at the coach's discretion.

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| • Practice | <u>Unexcused</u> Absence– Miss next game |
| • Games | Sitting additional games, community service, additional workouts |
| • Off Ice | <u>Unexcused</u> Absence – Miss next game |
| • Road Trip Curfews | Sitting the next game. |
| • Team Events | Conditioning skating and / or additional workouts. |
| • Team Rules | Sitting games/weekends missing road trips etc |

Practice

- Practice Jerseys – You will be provided a practice jersey at the beginning of the season. This jersey belongs to the Junior Lancer program and should be respected as such. You will be rotating jerseys with teammates on a routine basis. Make sure to wash your jersey every couple of practices. Hang up practice jerseys on your hanger after each practice.
- Dress Code – As soon as you step foot in the ice arena you are representing yourself, your family, your teammates, your coaching staff, your organization, and even your city / state. Because of this, you are required to look respectable.



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- At no time is it acceptable to be outside of the locker room and dressed inappropriately. This means no jock straps, underwear, towels, etc.
- Player expectations are the following:
 - All players **will** hold the door open for anyone entering or leaving the buildings.
 - Respect your parents and those around you – be polite and courteous young men
 - Profanity in public will not be tolerated
 - Always address adults properly such as Coach, Sir, Ma'am, Ms., Mr. or Mrs. – **NEVER** by the first name or just last name.
- Training Materials - Pucks, water bottles, cones and all other training materials are property of the Junior Lancers High School program. Theft or destruction of these items will result in repayment of items, conditioning skating, sitting shifts/periods/games, extra workouts and even team termination. The players will take responsibility and rotate the puck and water bottle duties for practices.
- Home Locker Room – We are privileged to have our own dedicated locker room. It is everyone's duty to ensure our room is left spotless before the last guy leaves the room for the night. This means tape balls, towels; broken sticks, etc. are put away or thrown away. Sticks belong in the stick rack – your gear belongs in your dressing area – and the floor is to be left open and tidy. The coaches will detail out exactly how your pads are to be set up after each skate. Taking pictures in the locker room is **prohibited** – should a coach witness such media the player(s) will be dealt with, it is USA Hockey's policy that cell phones and media devices are not to be used in the locker room.
- Other Locker Rooms – It is everyone's duty to ensure that locker rooms are left as clean as or cleaner than they were before we entered. Respect the opponent's home as you would your own. Nobody will leave the locker room at an opposing rink to board bus until coach approval after cleaning the locker room. The arena staff should never have to clean up after us.
- Theft and vandalism – The theft or vandalism of your teammates, other teams, coaches, or any property of the rink is grounds for team **termination**.
- On The Ice – You may get to the rink an hour early, but still be late to practice. Practice officially starts as soon as the Zamboni doors shut or when the coach steps on the ice. Players are expected to be fully dressed and ready to go prior to the rink being ready. Players **must** wait for the Zamboni doors to close before entering the ice.
- Back Up Stick – Always bring two sticks to the rink and keep your back up on the bench.
- Double Duty – Every now and then players will be asked to skate with both the JV and Varsity teams. This is not a punishment and in many instances is actually an opportunity. If you are instructed to skate with both teams, realize that it is not optional or up for discussion. We do not have set rosters; you can move between JV and Varsity or both all season long. There are no guarantees or promises for which roster you will be on. We are one team and we will win together and play hard with whichever team you are skating with.
- Injured and Sick – Injured player(s) are expected to come to every practice and game unless excused by the coach. If you are unsure whether or not you are supposed to be there, contact your coach immediately for clarification. Sick players (flu etc) are not required to come to the rink and are encouraged to stay at home but must contact the head coach to inform them of the absence.
- Workout Gear – Players are to always be prepared for off ice workouts at the arena. This means that players need workout clothing and proper shoes at all times. Each player will be provide shorts and shirt at the beginning of the season.

**When you are not practicing at 100%, remember that someone somewhere is.
When you meet him, he will probably win.**



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Games

- Jerseys – You will have three Junior Lancer game jerseys (Home, Away and Alternate). Take pride in your jersey, there are a lot of players that wished they could wear it. When your jersey is not on your body or in the washing machine it belongs on a hanger.
- Dress Code when entering the arena
 - Home Games – Dress shoes, pants, belt, button up, tie, suit jacket. No exceptions. No sweaters, no quarter zips, etc. OJL stocking caps allowed, no other hats allowed.
 - Away Games – Will vary. Coaches will let you know the week of practice on road weekends. Some games will be khaki and polo, some will be suits and some will have themes. OJL stocking caps allowed, no other hats allowed.
 - Everyone must wear team warm up gear for warm ups (t-shirt and short that will be provided)
 - Failure to follow dress code in all aspects can result in missed shifts, periods or games.
- Pre-Game Meal – Players should eat a well-balanced meal 2 hours before game time. Avoid items with large contents of sugar, including high energy drinks.
- Pre-Game Jog / Stretch – 40 minutes before the game, one of the coaches and/or captains will lead the team on a 20 minute jog and stretch. This is not 'goof around time.' Players are expected to use this time to loosen their bodies up, focus on the game ahead and visualize their performance. **Tennis shoes, shorts and a t-shirt (or your track suit) should be with you for all games. Players are not allowed to jog / stretch in their dress shoes or dress clothes.
- Gear – All Jr. Lancer players are required to have black helmets, black cage or bubble, team breezer covers, team gloves and white laces. If you do not have a black helmet, cage, gloves or pants get with your coach immediately to discuss. If your player choose to wear a bubble, it is their responsibility to bring a towel and cleaner to the bench and remember it.
- Ice Time – Game situations will determine how much on-ice time each player receives. Decisions are made to benefit the team. As a high school student and young adult you are expected to express any dissatisfaction with your role on the team directly with the coach and not your parent(s). Again, parents we will not discuss ice time or JV/Varsity with you.
- Sportsmanship – 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. Only captains are permitted to speak with the officials. At the end of each game, players are expected to line up and shake hands without incident. Should a player take a 10 minute misconduct unnecessarily it will be up to the coaches to decide if that player will continue in that game.

“Individuals play the game, but teams win championships.”



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Off Ice

- Season – We will begin off ice training at the end of August. XPlosive Edge is our official training partner; coach Diane Banderas and her coaches are an extension of our on-ice coaching staff. The season begins at the first team workout, not at the first official on-ice practice. You are expected to be at every off-ice practice unless excused by the program ice hockey coach. Attendance will be monitored.

Hotels

- Only one gaming console will be allowed to travel with the team – if anyone is found to violate this rule the system will be confiscated for the trip and the owner will be punished.
- Curfew – The coach will set the team curfew after the last game of the day. If 11:00 PM is the curfew that means every player is in his room ready for bed by 11:00 PM. It does not mean mom or dad is asking the server to bring the check at 11:00 PM, you drive back from the restaurant by 11:15, and you are finally in your bed by 11:30. We hold the players responsible for getting back to their rooms on time...not your parents. If you have to call the coach to come get you at 10:45 then that's what you have to do.
- Pools / Hot Tubs – Players are not permitted to go into the pool, hot tub, or pool area on road trips; unless the coach states otherwise. Pack swim gear on the outside chance the coach decides to run exercises in the pool area.
- Behavior – When we stay in other cities we are representing ourselves, our teammates, our program and Omaha. All players are expected to be on their best behavior.
- Coaches will designate 1 hour of required study time while on road trips (this will occur either on the bus ride or at the hotel). Failure to bring school materials or failure to cooperate and do work will result in missing a game.
- There may be a team meeting 30 minutes prior to curfew on all road trips.

Miscellaneous

- Alcohol, illegal drugs, vapes or any paraphernalia. e-cigs and any form of tobacco are not permitted. If any player is caught at the rink, hotel, team bus, etc with any of the above, the player will be punished and suspended for four (4) games. Actions could result in being terminated from the team. Even if player is 18 years old, these items are not allowed during any Jr. Lancer event, function, practice, game, etc.
- Watch your language at the rink and in hotels. There are often young children and parents who hang around rink and hotel lobbies. Be respectful when you're out in public.
- Community Service – Each player will be expected to be involved within the community, the team Community Service Coordinator will be assigning events to all players, if you are unable to make the event you are assigned to it will be your responsibility to find a replacement for your assignment. Many students need "service hours" to graduate high school, this is a great way to give back and get your hours.
- Varsity players will assist coaches and mentor mite players (be a positive role model)
- Once every other month we will try to conduct a team activity (ie: movie, bowling, sauce toss etc).
- Your social media accounts will be closely monitored. Any tweets, posts, likes, retweets, favorites, etc. with foul language, racist remarks, indecent pictures or anything obscene is up to the coach's discretion on consequence. You are creating a digital footprint and your future employers will look at this type of information. BE SMART.



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Omaha Junior Lancer High School Academic Requirements

The league policy on academics is, "To participate in the League, players must be eligible to participate in their local school's interscholastic athletic programs." However, to participate in this program each player must maintain a minimum GPA of 2.5. Coaches reserve the right to at any time contact parents or request progress notes.

- The first practice of each new month, each player will be **REQUIRED** to open their school application, or website portal and show Coach Harrahill or Coach Johnson, grade by grade, and the coaching staff will write it down and calculate GPA's
- If the student does not have an app or ability to check online portal, we ask that the parents do give their son access, or we ask the parents to show us the grades themselves
- Coach Harrahill will use a GPA calculator that uses normal classes, AP and IB into consideration.
- Each player must maintain a 2.5 GPA or higher; if you are under a 2.5 GPA you will miss practices and games until new grade reports are provided.
- Any possible grey area can be discussed with the coaching staff individually, but we will stick to missing all hockey related activities until grades are pulled up
- If you are below a 2.5 and you are suspended, you may then show us updated grades at any time to get yourself off suspension.
- Gentlemen, it is easy, turn in your homework and you will not fall below a 2.5 GPA. Study for test, and you will not fall below a 2.5 GPA
- Suspensions at school also result in suspensions with the hockey team. Each act will be dealt among the coaching staff individually
- **SCHOOL COMES FIRST. TAKE PRIDE IN REPRESENTING OJL IN YOUR CLASSROOM!!**
- In the last two seasons the Junior Lancers High School program set a league record with 90% of the team earning All-Academic Award winners all having over a 3.0 GPA. Let's keep this tradition rich in the classroom as well as exceling on the ice!