



Tiger Hockey

Relentless, Compete, Attitude, Brotherhood
2015-2016 Parent & Player Meeting
November 17, 2015 – 7:00pm



1. Welcome
 - a. Coaching Staff Introductions
 - i. Coach van Bergen: I coach to develop young men that love and respect their teammates, competition, learning and the game of hockey while committing to honesty and perseverance as a means to lifelong success.
 - ii. Assistant Coaches: Morgan Impola, Brad Musta, Chad Wagner
2. Team Mentality
 - a. Priorities vs Goals
 - i. Priority #1 – a positive experience for every player to build pride and ownership in Tiger Hockey
 - ii. Goal #1 – MSHSL Class A State Championship
 - b. Varsity vs JV – one team with two game times, expect change throughout the season
 - c. Playing Time – never equal, team success vs player success
3. Schedule & Attendance Expectations
 - a. www.mnhockeyhub.com, use team finder, search Delano, 2015-2016 season
 - b. Composite Google Calendar – games, team events, practices, dryland, bus-times, etc.
 - i. Links are provided to setup electronic calendars
 - c. Duluth Tourney Brackets & Itinerary links
 - d. Team Events are mandatory
 - i. Players call or text when conflicts arise – 651.335.0298
 - ii. Unexcused absences will influence a player's playing time & position on the team
4. Injuries
 - a. Communication is step one (player, coach, parent(s), trainer, doctor)
 - b. Athletic Trainer (Adam Gifford, Ridgeview Medical, adam.gifford@ridgeviewmedical.org)
 - i. Present at all home games, school office hours (Tues & Thurs 2:40-4:40pm)
 - ii. Concussions – baseline testing, prevention and proper recovery
5. Eligibility – Governed by the MSHSL and Delano Athletic Department
 - a. Academic Ineligibility – prior awareness & player communication to parents and coaches is needed
6. Game Day Routine
 - a. Nutrition – see attached handout
 - b. Home Games
 - i. JV players arrive 1 hour prior to JV game time (team stretch & preparation)
 - ii. Varsity players arrive 2 hours prior to Varsity game time
 - iii. All team members are to watch and support each other
 1. JV players are responsible for varsity game stat collection & filming
 - c. Away Games
 - i. The team bus will leave at the posted time on Hockey Hub Google Calendar
 - ii. All players are to ride the team bus to and from games
 - iii. Appropriate language and conduct is expected in opposing arena
 - d. Booster Club:
 - i. Very important component supporting the High School program, please get involved
 - ii. Thank you to all participants in Booster Club activities.
 - iii.

7. Officials
 - a. We will have good officiating and bad officiating, this is outside of anyone's control
 - i. Players will... Coaches will... Parents are asked to...

8. Each Person's Role
 - a. Players
 - i. Achieve academically
 - ii. Work hard every day to help the team improve
 - iii. Enjoy being a high school hockey player
 - iv. Love and respect your teammates and opponents
 - v. Compete every chance you get
 - vi. Value the team above yourself
 - vii. Live by the team values of: Relentless, Compete, Attitude and Brotherhood
 - b. Coaches
 - i. Prepare for every meeting, practice and game
 - ii. Communicate honestly and fairly with all players
 - iii. Challenge each other and every player on the team
 - iv. Provide the team with the tools to compete successfully
 - v. Foster a culture rooted in our values of: Relentless, Compete, Attitude and Brotherhood
 - c. Parents
 - i. Support & believe in every player on the team
 - ii. Speak positively about all aspects of the team throughout the season
 - iii. Enjoy watching your son be a high school hockey player

9. Parental Influence on Success:
 - a. What you do is contagious:
 - i. The power of positive word and action
 - ii. Enjoy every aspect of this season
 - b. Reduce pressure on the team
 - i. "I believe that the biggest role of the parent is to be a silent source of encouragement. I think if you ask most boys what they would want their parents to do during the game; they would say "NOTHING". Once again, this is ALL about the boys. I believe that a [hockey] parent feels that they must participate with loud cheering and "Come on, let's go, you can do it", which just adds more pressure to the kids. I will be putting plenty of pressure on these boys to play the game the right way with class, and respect, and they will put too much pressure on themselves and each other already." Mike Matheny, St. Louis Cardinals Manager, *Matheny Manifesto*
 - c. What your sons said they want...

10. The 24 Hour Rule: If you are angry or frustrated by something, we ask that you wait 24 hours then contact coaches to discuss the issue. During that time, ask your son about the event to gain perspective. When a parent contacts a coach about a concern, the first step will be for the coaches and player to meet. If a second meeting is needed, the player, parents, coach(es) and Mike Lindquist will gather together.

The content and expectations listed above and explained during the Boys' Tiger Hockey player and parent(s) meeting on November 17, 2015 are understood and accepted by those signed below:

(student-athlete's printed name)

(student-athlete's signature)

(parent/guardian's signature)

(date)

This form is due to coach van Bergen on or before November 19th – A copy of this can be found on our Hockey Hub site