

Superior Amateur Hockey  
Association  
Team Handbook



**CULTURE DRIVES EXPECTATIONS**  
**EXPECTATIONS DRIVE BEHAVIOR**

## SAHA PURPOSE

“To offer player recreation, enhance player development, and promote the sustainability and growth of Ice Hockey in Superior.”

## SAHA MISSION

“To assist young persons in becoming the best possible versions of themselves, both on and off the ice, through life lessons learned playing ice hockey.”

## SAHA VISION

“To be the highest quality youth hockey program in the State of Wisconsin.”



## **PRIDE, HEART, AND TRADITION (PHT)**

Every child in our SAHA program has the opportunity to be a SUPERIOR SPARTAN. At SAHA our expectation is that every family and child embraces this opportunity, and respects the responsibilities that come with being a member of the SUPERIOR SPARTAN TEAM.

We take PRIDE in our accomplishments, our efforts, and our successes in the classroom, on the ice, and in our everyday lives.

We compete with the HEART of a SPARTAN. We play not for ourselves, but for our team, our coaches, and our community. When playing with the HEART of a SPARTAN we cannot lose. As we pour our best efforts onto the ice, we will finish every game with our head held high, gracious in win and humble in defeat. We will show respect to all competitors we face and communities in which we play.

SUPERIOR SPARTAN HOCKEY is the richest of ice hockey TRADITION in the State of Wisconsin. Many great people and players have paved the way for the great TRADITION we have today. We must honor that work. We view this as an opportunity and privilege rather than a "right". We respect the TRADITION of SUPERIOR SPARTAN HOCKEY and honor of representing ourselves, teammates, coaches, families, and community. We will conduct ourselves on and off the ice in a manner that will enhance and preserve our TRADITION.

Now, when you see the letters PHT, you will know that it stands for PRIDE, HEART, AND TRADITION. These are not just words, they are the foundation of SUPERIOR SPARTAN HOCKEY!



## PLAYER DEVELOPMENT

**“GREAT PLAYERS ARE REWARDED IN PUBLIC  
FOR WHAT THEY HAVE DONE IN PRIVATE FOR YEARS”**

SAHA values the importance of skill development and aligns with the development policies of Wisconsin Amateur Hockey, Minnesota Hockey, and USA Hockey. The ADM (American Development Model) fosters and values “long term athlete development” or LTAD. The ADM Model is based on the ABC’s, agility, balance, and coordination required to be a successful athlete. There are a great many resources, materials and age appropriate training models available at [www.usahockey.com](http://www.usahockey.com) and [www.admkids.com](http://www.admkids.com).

SAHA coaches are all required to complete every expectation set forth by SAHA, WAHA and USA Hockey, including completion of applications, background screening, SafeSport certification, Coaching Education Program Training, age appropriate modules, and mandatory SAHA Coaches meetings. The demands of coaching youth hockey are extensive. We ask that you respect our coaches and show appreciation for their commitment. Our code of conduct for parents, spectators, coaches, and players can all be found within our SAHA Policies at [www.superiorpucksystems2.com](http://www.superiorpucksystems2.com).

SAHA believes that players should take responsibility for their own skill development. We hope that players of all ages use our indoor dryland facilities and outdoor ice opportunities. Please use these great resources within the rules and expectations that are set.



## **CHARACTER DEVELOPMENT**

### **“LIFE LESSONS THROUGH ATHLETICS”**

SAHA believes that “character development” is even more important than “skill development”. Character is not inherent, so each individual must build their own. Character is what our players will take forth into everyday life.

The game of hockey, and the game of life, come down to the “intangibles”. These are the “game changers” in life. SAHA believes that developing these traits in a positive manner will lead to greater results, both on and off the ice...

- Attitude
- Compete Level
- Enthusiasm
- Effort
- Heart
- Discipline
- Mental Toughness
- Body Language/Posture
- Focus
- Commitment
- Trust

As we develop these character traits, we are more easily able to overcome the inevitable negatives that make their way into our lives...

- Fear
- Doubt
- Loss
- Failure

**“THOSE THAT SAY THEY CAN, AND THOSE THAT SAY THEY CANNOT  
ARE USUALLY BOTH RIGHT”**

**“EMBRACE CIRCUMSTANCES” – COACH DON GRANATO**

## **WINNING**

Winning is important. Everyone enjoys winning more than losing. SAHA believes that a winning attitude and mentality is important. While winning is a consideration, it is not the only consideration, nor is it the most important consideration.

It is SAHA's expectation that teams value winning. It is also SAHA's expectation that coaches follow the "playing time for all participants" outlined in the SAHA Policy Manual.

## **EMBRACING YOUR ROLE ON THE TEAM**

Successful teams in ice hockey have players that are willing to accept and embrace a "role". In games, winning and losing almost always come down to the "little things". Everyone wants to be the player that scores the winning goal in the final seconds. The fact is, many times the most outstanding play and difference in a game is a blocked shot, a face-off won, a timely clear, or a single save by the goaltender. At SAHA we encourage coaches, players, and spectators to "embrace their role". Rewarding a young player and complimenting them for a unique skill or special play gives them a great sense of accomplishment and pride. It's a TEAM game, and every player has an important "role".

**"WINNING IS A BY-PRODUCT OF DEVELOPMENT"- COACH DON GRANATO**



## TEAM RULES

### **“DON’T WISH FOR IT, WORK FOR IT”**

SAHA Coaches have the right to incorporate their own team rules provided they align with SAHA and USA Hockey policies. The following are rules universal to all SAHA Teams

1. The “24 hour” rule is always in effect regarding parent to coach communication. Please refer to the SAHA Policy Manual for the Code of Conduct.
2. The SAHA locker room policy aligns directly with the USA Hockey. Locker Room Monitors are MANDATORY. Cell phones are not permitted in locker rooms. Players should leave them at home or with a parent. Coaches will not be responsible for cell phones. Infractions of this rule or not providing Locker Room Monitors will result in loss of privileges.
3. Locker rooms are expected to be clean after each use by teams. This applies to both our home rink and any rink that we visit. A locker room left messy represents your team, SAHA, and our community poorly.
4. Players are expected to attend and to be on time to all practices, games, dryland, and team activities. It is important players understand the commitment they have made to their team.
5. Players are not allowed on the ice without a SAHA approved coach on the ice.
6. There will be no leaning on the boards during practice. This type of action represents laziness and is unacceptable at any time.
7. The whistle stops play in practice. No pucks are to be shot after whistle.
8. Teammates are expected to encourage each other. Bullying, Hazing, and Threats will not be tolerated and will be addressed under Safe Sport Protocol. Working through conflict is a “life lesson”. Minor conduct infractions will be handled at a team level.
9. PLAYERS PLAY. COACHES COACH. REFS REF. PARENTS PARENT.



*This is an official SAHA document and cannot be edited or altered without the consent of the SAHA Board. However, it is SAHA's hope that Teams add pages to this document containing information specific to their team needs. These additions must align with the tenants and policies set forth by SAHA in the "SAHA Policy Manual" and "SAHA Bylaws".*

*Additional team rules, expectations, locker room monitor, concession, and outdoor rink flooding schedules, team activities, and systems/team concepts are examples of additions that can be made to this document. Please contact Chris Stenberg at [sahaicesuperior@gmail.com](mailto:sahaicesuperior@gmail.com) if you need copies of the "SAHA Team Handbook".*



