

**South St. Paul High School  
Boys' Hockey Policy Handbook**



### Team Member Expectations

Team members must attend all scheduled practices. Only if arrangements are made with Coach Macho 2 days in advance, may an athlete have an excused absence from practice. Please do not schedule non injury or illness appointments during practice. Situations occurring that are outstanding circumstances will be excused. An unexcused absence will result in being suspended for the next competition. – Detention is an unexcused absence.

- B. Team members in other school related activities (Debate, Speech, Chess, Student Council, Math Team, Band, etc.) during the hockey season must submit a schedule that indicates conflict dates and times.
- C. If you leave school during the day and will not be at practice, please leave me a message at (w) 651-208-3180.
- D. If you are injured you must immediately report to Coach Macho or the appropriate JV coaches. You should not miss practice because of an injury, unless special circumstances prohibit it. You may miss practice for doctor's appointments concerning your injury. Do not miss practice because you feel you are injured. Lea Aaberg – Select Therapy  
E: [laaberg@selecttherapymn.com](mailto:laaberg@selecttherapymn.com)  
C: 701-570-0378
- E. All team members are expected to follow the training guidelines set up by the MSHSL.

F. If an individual cannot meet the expectations set out for the 2018-19 season, there are a number of steps that will be followed to help the student/athlete meet the expectations and help the program maintain a level of excellence and pride. (In other words, if you think your son has a problem.)

1. Conference with captain(s) to solve conflict.
2. Conference with Coach Macho and captain(s) to solve conflict.
3. Conference with Coach Macho, student/athlete and Parents.
4. Conference with Coach Macho, student/athlete, Parents, and Athletic Director to evaluate the athlete's situation to determine if athlete should remain on the team.

**\*Have your son come talk to me first.** As a parent, your first reaction to a possible conflict, should not be calling the coach. Coaches will talk with parents concerning their son, but their son must be present or the meeting will NOT occur. It must be a scheduled meeting, during school hours, before or after a game is not an appropriate time. It must also take place 24 hours after the situation occurred.

- G. It is a privilege to be part of this hockey team, not a right. Your son **DOES NOT** reserve the right to equal playing time. Playing time is not guaranteed to be equal at either the Varsity or JV level. Playing time must be earned. This is NOT a club team; our goal is to be very competitive within the MSHSL. **If the coaches see a need that can be fulfilled by an athlete on a different team, there may be movement to a different team (Varsity/JV) as the season progresses. This could occur either up or down.**
- H. Each player is responsible for lost or damaged equipment. Damaged equipment is any equipment that shows abuse above and beyond the normal wear of a seasons use. Equipment is not to be altered in any way...it is not yours to keep. A fine will be enforced to replace the cost of the lost or damaged equipment.
- I. Varsity and JV members must attend a minimum of 10 hours of SSPYHA practices/games throughout the season (Coach Vesper will help organize).
- J. I understand that my son's mental health will not be seriously impacted by any disappointments associated with high school hockey.

**“If you miss one practice, your teammates notice. If you miss two practices, your coach notices. If you miss three practices, your competition notices.”**

We understand the expectations and consequences that are set for the 2018-19 South St. Paul High School Boys Hockey Team and agree to support and follow the above mentioned.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

## Lettering Policy

For the student/athlete to earn an athletic letter in SSP Varsity Hockey they must meet a list of important criteria. It is important to understand that an athletic letter stands for more than just being on the roster. It shows a sense of commitment, talent, and attitude which is demanded at the highest caliber of play in our program. Listed below are the requirements which must be met.

1. Must participate in (on the rink or on the bench) in at least 16 of the Varsity team's 25 regular season games.
2. Varsity and JV members must attend a minimum of 10 hours of SSYPHA practices/games throughout the season (Coach Vesper will help organize).
3. You may letter by playing or being on the varsity only during the playoffs, **but** this is up to the discretion of the coaching staff.
4. Players must complete the entire season, with the exception of season ending injuries. (These players will still be expected to participate in all team functions.)
5. Must have followed any and all rules set by the MSHSL as well as those policies set by our program.
6. Must display an attitude of good sportsmanship on the rink and good citizenship off of it. This includes having pride in your team, your school and yourself.
7. Players must be making academic progress towards graduation.
8. If there is any special situation which cannot be handled by the above guidelines it will be up to the coaching staff to reach a decision.

We understand the expectations and consequences that are set for the 2018-19 South St. Paul High School Boys Hockey Team and agree to support and follow the above mentioned.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

## TEN COMMANDMENTS

### FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your children know that win or loss, scared or heroic; you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive enforcement.
2. Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the rink, pool, or track or on the way back or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within their hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under this leadership.
9. Always remember that the children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky, in this."

# South St. Paul Hockey

## Character, Commitment, & Chemistry

South St. Paul Hockey Players,

Welcome to the South St. Paul High School Hockey Program. For our program to be successful and gain mutual respect throughout the hockey community, we must first reflect on some basic principles of life in our actions.

First, our **attitude** will determine whom we are regardless of the circumstances that lay ahead. Attitude is a significant indicator of success. It defines who a person is and how they react to situations they may encounter in life. Within a structured group or team, it is essential that coaches and players possess the energy and enthusiasm to accomplish the goals set for the season. Combined with an enthusiastic approach, a positive attitude will produce overachievers in life.

Secondly, we show **respect**. On and off the ice, we treat people with dignity and respect. Within a team, there are many different personalities that need to be recognized by the team members. Every player has a role in the team's success and needs to be respected for their efforts and opinions. They need to be treated on an equal basis both as a person and as an athlete. We intend to show respect first, in order to gain respect from others. We believe that this is the best way to interact within a structured organization.

Third, our actions reflect **discipline**. A structured lifestyle emphasizing academics and athletics will determine the personality that a team emits. Our actions in competition are direct reflections of the discipline that we present off the ice.

Finally, we are a **family**. We will thrive off our chemistry and commitment to each other. We have a feeling of togetherness and determination to be adverse in difficult circumstances. This is often times the most important characteristic in becoming a champion.

Again, welcome to the South St. Paul High School Hockey Program – I am proud to be a part of this program and welcome you to the family!

Sincerely,

Scott Macho  
Head Hockey Coach

# South St. Paul Hockey

## Character, Commitment, & Chemistry

### SSP Hockey Team Goals:

1. Become competitive in the Classic Suburban Conference
2. Regular season Champion in Classic Suburban Conference
3. Consistent Section 4 Champion
4. State Tournament Competitor

### Priorities:

1. Family
2. Education
3. Hockey
4. Social Life

### Team Expectations:

1. **Character** – This defines who a person is and what they believe in. People with a strong character will make sacrifices to become successful. This is who you really are!!
2. **Commitment** – Making priorities to the team and the individual.
3. **Chemistry** – The combination of similar goals and interests in a group to achieve a goal.
4. **Discipline** – The willingness to work and sacrifice individual gain for the best interest of the team.
5. **Respect** – We believe in showing respect first, in order to gain respect by our teammates.
6. **Class** – How an individual acts both on and off the ice. This defines who a person is in the face of adversity.

### Team Rules:

1. Drugs, Tobacco, Alcohol – Will follow SSP and MSHSL Policies.  
Zero toleration.

Bylaw 206 - The MSHSL specifically recognizes that certain conduct requires penalties that may exceed those penalties typically imposed for first violations. – Meaning coaches can enforce further penalties.

2. Behavior –
  - A. Remember, you represent your family, community, teammates, coaching staff, and SSP High School with your actions. Be a solid contributor to the community you live in - act with class!
  - B. Negative comments, actions, or attitudes towards teammates, coaches, officials, parents and other teams could result in loss of playing time or dismissal from the team.
  - C. Hazing or any type of harassment of another team member will not be tolerated in any form. Confirmed behavior of this nature will result in dismissal from the team. (see MSHSL website)

We understand the expectations and consequences that are set for the 2018-19 South St. Paul High School Boys Hockey Team and agree to support and follow the above mentioned.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Player Name** \_\_\_\_\_

## **Checklist**

The following items must be turned in or your son will not be able to participate. All documents must be signed/dated by the player and the parent/guardian. All items must be turned in to Kris in the Athletic Office.

- Player Registration Completed Into Athletic Office
- Team Member Expectation Sheet
- Lettering Policy
- SSP Hockey – Character, Commitment, & Chemistry