



## Glenview Stars Travel Player Commitment Letter

As a Glenview Stars Hockey player, I understand that travel hockey is a competitive team activity requiring participation in dry-land training, skills sessions, practices, games, and tournaments. Missing scheduled team events not only hurts the development of the player, but the whole team. If a player misses practices, games or tournaments for unexcused reasons, it can limit playing time.

I also understand that travel hockey is a competitive play situation and equal playing time is not guaranteed. Travel coaches have the right to limit a player's playing time due to lack of commitment to the team, which includes missing practices, games and team activities, due to unsportsmanlike conduct on or off the ice and due to player performance.

I understand that wanting to win on game day is worth nothing unless I have the will to prepare before the day of the game. So that I might be the best player and team member that I can be, **my parents and I** promise to do the following:

1. I promise to arrange my schedule so that I can come to practice regularly and on time, and to participate in scheduled games and tournaments. If I am going to be late or cannot attend I promise to call my coach personally.
2. I promise to work hard at practice to improve my hockey skills and my understanding of the game.
3. I promise that at dryland, skills sessions, practices, and games, I will give my coaches or trainer my full attention. When my coaches or trainer are talking, I will stop talking, keep my ears open, and my eyes on the coaches. I will not distract others during the practice session.
4. I promise that if I/My parents have an issue to discuss with my coach, we will discuss it in private with the coach - - not during or immediately following a game.
5. I promise to play the position selected by the coach to the best of my ability and for the good of the team.
6. I promise to always encourage, and never to criticize my teammates - - at practice, in the locker room or during games. I also promise to respect my teammates, coaches and opponents.
7. I promise to always hustle, and never quit, until the game is over.
8. I promise to come to each game, on time, well rested, and with a commitment to my coach and team. There is joy in winning, but pride develops in doing your best whether winning or losing.
9. I promise to adhere to all other rules and regulations set forth in the Player Handbook or as otherwise announced by the Glenview Stars Hockey Association.

**PLAYER (please print name):** \_\_\_\_\_ **TEAM:** \_\_\_\_\_

**PLAYER SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_