

Examples of How a Traveling Players Exemplify the RAHA Hockey Award Values

The RAHA Hockey Award is given to a player who consistently demonstrates key characteristics on and off the ice. Below are examples of how a youth hockey player might embody these values:

PURSUIT OF EXCELLENCE – ALWAYS TRYING YOUR BEST ON AND OFF THE ICE

- Giving your best at practice and games.
- Asking questions when you don't understand a play.

SPORTSMANSHIP – RESPECTING THE GAME, TEAMMATES, OPPONENTS, & OFFICIALS

- Helping an opponent up after they fall, even if they're on the other team.
- Respects referees and opponents, never retaliates after a bad hit or missed call, and shakes hands with class after a game—win or lose.
- Represents RAHA positively at tournaments, congratulates other teams, and supports younger players in the association.

RESPECT FOR THE INDIVIDUAL – TREATING EVERYONE THE WAY YOU WANT TO BE TREATED

- Listening when coaches, captains, or teammates are talking.
- Including every teammate in locker room conversations, even the quieter kids.
- Avoiding negative comments about mistakes, instead saying, "You'll get it next time."
- Speaking up if someone is being teased, saying "That's not cool" or changing the subject.

INTEGRITY – PLAYING WITH HONESTY AND DOING THE RIGHT THING, EVEN WHEN NO ONE'S WATCHING

- Not cheating in conditioning drills to finish first.
- Not taking "cheap shots" even in a chippy game.
- Following team rules in the locker room, even if the coach isn't there.
- Calling your own penalty in practice if you know you tripped or hooked someone

ENJOYMENT – KEEPING HOCKEY FUN FOR EVERYONE

- Smiling, laughing, and keeping the mood light after a tough loss.
- Starting a fun warm-up game in the locker room before practice.
- Cheering for a teammate's big play, even if it wasn't you who scored.
- Maintains a positive attitude even during tough stretches in the season.

LOYALTY – BEING COMMITTED TO YOUR TEAM AND RAHA

- Showing up on time for practices and games, ready to go.
- Wearing RAHA gear proudly at school or in the community.
- Supporting your team even when you're injured or not playing much.

TEAMWORK – WORKING TOGETHER, PUTTING THE TEAM FIRST, HELPING OTHERS SUCCEED

- Encouraging a goalie after a goal goes in.
- Passing to an open teammate instead of trying to score on your own.
- Helping a teammate fix a helmet strap or tie a skate before they get on the ice.
- Builds friendships within the team, includes everyone in activities, and helps new players feel welcome.
- Encourages teammates after a tough shift, passes the puck instead of playing selfishly, helps teammates understand plays, and celebrates teammates' successes.
- Helps with equipment, shares encouragement with struggling teammates, and puts the team's success before personal stats.