

**MAYO HOCKEY 2025–2026**  
**PARENT/PLAYER And COACH MEETING**  
**PAC**

“ALL IN – 1% Better Every Day”



# AD-PAC MEETING HIGHLIGHTS

## GENERAL

- We have high standards for our student-athletes.
- Participation is a privilege offered only to students in good standing.
- A student must be fully enrolled and in good standing.
- A student is required to attend school and compete in the attendance area in which their parents reside.
- Our priority is to keep students in class!
- Students are expected to be in class and follow all school rules for attendance, behavior, and academics.
- We hope that our participants learn to be role models on and off the playing surface.

# PAC MEETING HIGHLIGHTS

## STUDENT CODE

- I will respect the rights and beliefs of others and treat others with courtesy and consideration.
- I will be fully responsible for my actions and the consequences of my actions.
- I will respect the property of others.
- I will be responsible for the equipment and return it at the end of the season.
- I will respect and obey the rules of my school and the laws of my community, state, and country.
- I will show respect to those who are responsible for enforcing the rules of my school, laws of my community, state, and country.
- A student whose character or conduct violates the code is not in good standing and is ineligible for a period of time determined by the Administration.

# PAC MEETING HIGHLIGHTS

## MOOD ALTERING CHEMICALS

- REGARDLESS OF QUANTITY, A STUDENT SHALL NOT;
- USE OR HAVE IN POSSESSION A BEVERAGE CONTAINING ALCOHOL;
- USE OR HAVE IN POSSESSION TOBACCO; OR.
- USE OR CONSUME, HAVE IN POSSESSION, BUY/SELL, OR GIVE AWAY ANY OTHER CONTROLLED SUBSTANCE, OTHER INTOXICATING SUBSTANCES, LOOK ALIKE SUBSTANCES OR DRUG PARAPHERNALIA.
- THE RULE APPLIES DURING THE ENTIRE YEAR, INCLUDING THE SUMMER MONTHS.
- Police reports, pictures, videos and written statements can be used as evidence when investigating a chemical or behavior violation. Teachers and coaches are reliable reporters.

# PAC MEETING HIGHLIGHTS

## MOOD ALTERING CHEMICALS

### CONSEQUENCES

- FIRST VIOLATION USE/CONSUMPTION and POSSESSION: The student will lose eligibility for 2 weeks or 2 events, whichever is greater.
- SECOND VIOLATION USE/CONSUMPTION and POSSESSION: The student will lose eligibility for 3 weeks or 6 events, whichever is greater.
- THIRD OR SUBSEQUENT VIOLATION(S) USE/CONSUMPTION: The student shall lose eligibility for 4 weeks or 12 events, whichever is greater.
- If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks.

# Our Mission & Mindset

- The most important ingredient in our program isn't talent—**it's desire**. The hunger to improve, the joy in the grind, willingness to experiment, try new ways and the commitment to show up with purpose. Being ALL IN means showing up every day ready to be 1% better than yesterday.
- THIS IS FUN, MAKE IT ABOUT THE FUN, EVERY DAY!



# Summer-to-Fall Development

We built a strong foundation this offseason—habits, awareness, pace. Now we raise the standard: faster, sharper, more accountable. We're not starting from scratch—we're building on progress.



# The Vision of a Team- Who are We?

- **Compete with integrity** — We play the right way, win or lose.
- **Outwork everyone** — Effort and attitude are our identity.
- **Support each other** — One team, one standard.
- **Lead with respect** — On the ice, in the classroom and in the community.
- **Handle adversity** — No excuses, no blame, only solutions.
- **Take pride in the jersey** — Representing Mayo with class and purpose.



# The Vision of a Team- How We Play

- We play killer Defense
  - We DEFEND, to get our team the puck
  - We DEFEND, with maximum effort and nastiness to win the small battles
  - We DEFEND, as a part of a unit
  - If we DEFEND WELL TOGETHER, we DEFEND less
  - THEN WE PLAY OFFENSE, THAT IS THE FUN PART!
  - GOOD DEFENSE=LESS DEFENSE = MORE FUN!!!

# Program Standards & Code

## It is about 'COMMITMENT'!

- We have high standards for academics, attendance, and conduct.
  - Must be present for last 4 hrs of class-SHOULD BE 100%, EVERYDAY
  - No unexcused, 1 warning, then 'no practice'
    - Commit to being 'Trustworthy'
  - We will get to all 1<sup>st</sup> period classes morning after games.
    - Miss/late, miss next game. NO ROOM FOR MISTAKES!
- Participation is a privilege.
- Players must be role models on and off the ice..
  - CLASS and RESPECT
    - Travel conduct
      - On time, clean, representative of MBH
    - Dress Code
      - Home game- Shirt and Tie
        - THIS IS ALL DAY.
      - Team Apparel
    - Respect, accountability, and effort define who we are, COMMIT TO IT!
      - When people see clowns, they think circus.
      - What makes a hockey team look like committed professionals?



# Rules & Accountability

- Be on time.
- Communicate early.
- Respect every space you enter.
- Dress like a winner.
- Play with class.
- Represent Mayo the right way.
- No shortcuts—your habits are your identity.
- Discipline/bad penalties
  - 1 warning, then sit 10min
    - If not ‘fixed’, repeat.
      - If any player becomes ‘not usable/available’ or ‘not trustworthy’, another person will get an opportunity



# EQUIPMENT

- CHECK IT EVERY DAY
- Jerseys
  - Never put a clean jersey in your bag
  - Practice Jersey, every day, clean it once in awhile
    - No excuses, be prepared.
- 2 sticks, in good condition
- All gear is in working condition
- Workout apparel/shoes every day
  - Warmup or after practice workouts

# Evaluation & Expectations

- We evaluate the whole player:
  - Academics
  - Attendance
  - Behavior
  - Character
  - Coachability
  - Skill
  - Teamwork
- The best teams are built on all-around commitment.
- Standard for Varsity lettering
  - Minimum of 1 period in 3 different games.



# Communication Flow

- **Primary communication**- *Player and Coaches.*
  - This is purposeful. Scholastic sports are a safe setting for young people to learn to advocate for themselves.
  - Intentionally, some communication is required from players to parents, ASK THE BOYS, they should know.
- **Secondary communication I**- *Coach to Parents.*
  - These are reminders, updates, cancellations
- **Secondary communication II**- *Parent to Coach/Coach to Parent.*
  - These are concerns/illness/family matters, and academic issues
  - Coach Notermann email: [manotermann@rochesterschools.org](mailto:manotermann@rochesterschools.org)
- **Secondary communication III**- *Season updates from Coach Notermann/coaches.*



# Communication Meetings

- ***When addressing concerns or issues:***
  - **Player/Coach Meeting**
  - **Player/Coaching staff/Parent meeting**
  - **Player/Coaching staff/Parent/Athletic Director**

**\* NO MEETING WILL BE HELD WITHOUT THE PLAYER PRESENT.**

# Meet the Coaches and managers

- Matt Notermann – Head Coach
- Nate Markus – Assistant Varsity
- Shawn Leimbek – Assistant Coach
- Will Fish – Assistant Coach
- Ron Moffit – Goalies (retiring)
- Lee Masters – Goalies
- Will Weick – JV Coach
- Kory Dunnigan – JV Coach
- Justin Strunk – Volunteer Assistant
- Reggie Lutz – Volunteer Assistant
- Shannon Weick – Program Coordinator



## **2025-2026 Managers:**

Preslie Ashton, Paige Myhre, Annabelle Notermann, Aubrey Danielson

# Important times, dates, and occasions

- Varsity Practice: 3:30–4:45 G1
- JV Practice: 3:15–4:15 G2
- Strength & Agility follow practice.
  - Luke Corey M/W/F
  - Video T/Th or as needed.
    - All players have after-practice training or a video classroom
    - **PLAYERS ARE RELEASED AT 5:45 pm**
- Mandatory attendance applies to all team sessions.
- Holiday special notes/practices
  - 11/28-Day after Thanksgiving practice-Normal time
  - 12/27 Practice, normal times
  - 1/1/26-Off day, Game 1/2/26, Morning skate, breakfast?
    - Commitment, not uniformity
- ODR GAMES-Dress Warm
  - 12/30/25 vs Fargo North
  - 1/17/25 Vs Century HS



# Parent Involvement

- Support academics first/Show up
- Encourage healthy habits
- Rest
- Nutrition
- Let coaches coach
- Be positive role models in the stands
- Volunteer and engage—our program thrives on community
- HAVE FUN



# Growth Beyond the Ice

- Our mission extends beyond hockey. We're building maturity, accountability, and resilience.
- Every practice, every game, every challenge is an opportunity to grow as young men.
- We're proud to walk this path with you.



# Team Fees & Boosters

- Estimate costs and importance of fundraising efforts
  - 2025-26 estimated team cost- ISD 535 PAID
    - estimate total per player \$1200, Registration fee \$295
  - Additional team expenses, the extras:
    - Fargo-Hotel/meals, video(stratcast), equipment(pucks, tape, skate sharpener, stickers), food(after games and nutrition), JV end of year game, busing-scrimmages, home uniform/name plated (seniors keep, then are replaced, new)
  - Approximately \$725-800 per player
    - Mayo hockey booster-501c3
      - asked to find a \$100 sponsorships and raffle item
      - Team fee \$475
        - » MHBoosters donation per year, per player \$250-325
        - » One time purchase of helmet, gloves \$280-300
        - » MHBoosters total gift to MBH players 1,000-1200/3yr career

Another example of how lucky we are to play in MSHSL!



# Team Fees & Boosters

- Team Fee: \$475 (Mayo Hockey Boosters)
- Venmo: @MHboosters
- Your support powers our players' growth—thank you for being ALL IN.



# Team Events

- ALWAYS check the website first! (use of Sports Engine)
- Schedule- notice a discrepancy, email Shannon
- Parent volunteer opportunities
  - Scrimmages
  - Social coordinator- 1 more
  - Shannon O'Hara Night
  - Varsity photographer
  - Banquet- 1 more
- Special events
  - Senior Night- January 31st
  - Youth Night/Shannon O'Hara Night- December 11th
  - Pasta Nights
- Jimmy Johns- away games
- Team volunteering- Salvation Army & work with youth
- Apparel
- Schedule posters
- Car decals- \$10



# Closing Message

- Typical hockey program is 40 players
  - 43 registered
- November 10th is Day #1. Every day after that is a chance to get better.
- We don't chase perfection—we chase progress.
- This is going to be a difficult team to make, there is a lot of competition!
  - BE A COMMITTED COMPETITOR!
- Go Sparty!

