



Team Expectations

Welcome to the 12UA Team! In addition to the OYHA Player Code of Conduct, the following expectations have been communicated and are in place:

Locker Room

- No cell phones in the locker room except to play music
- Keep music at a respectful level, no explicit lyrics
- If assistance is needed with equipment, exit the locker room and ask a parent or coach for help

Practice

- Review practice plan/drills in advance
- Arrive at least 30 minutes before practice
- Wear athletic shoes for off-ice activities post on-ice practice
- Be fully dressed and ready to skate (helmets on) 5 minutes before practice time - coaches will enter the locker room to discuss the practice plan
- Participate together as team in the off-ice conditioning and team building after practice

Games

- Arrive at least 45 minutes before game time
- Team warm ups will be lead by a designated team member and begin 30 minutes before game time (dressed in partial gear)
- Be fully dressed and ready to skate 10 minutes before game time - coaches will enter locker room for game preparation discussions

Personal Training At Home

- Focus on strengthening your core (see Dryland Fitness Training)