



**Mt. Lebanon High School Hockey Association
Player Commitment Expectations
2023-24 Season**

Attendance and tardiness

Players are expected to attend all team events and functions (including offseason weightlifting and conditioning) with the following exceptions:

1. Illness/family emergency
2. Conflict with a sport already in season
3. Vacation or work commitment (**offseason only**)

Other exceptions will be **considered** by the coaching staff on a case-by-case basis, if the coaches are notified at least 24 hours in advance.

When absences are determined to be unexcused, they will result in a reduction in playing time or potential suspension the next game.

Practice time is valuable. Unless prior notice is provided to the coaching staff, the team will be held accountable for players who arrive late to practice or team functions.

Uniforms and equipment

Players are required to wear and use only their required Mt. Lebanon HS equipment for all Mt. Lebanon HS practices and games, including shells, practice jerseys, practice socks, gloves (mandatory for varsity and JV1, encouraged but optional for JV2) and helmets (mandatory for varsity and JV1, encouraged but optional for JV2).

Players are required to wear neck guards and mouthpieces at all times.

All players must follow the approved dress code for games, as designated by the coaches and team captains.

Violations will result in a warning, followed by a reduction in playing time the next game, and escalating penalties for repeated violations.

Amateur conflicts

If an amateur practice time consistently conflicts with HS practice time, the coaches will work with the player and family to determine an equitable solution. However, the player will be expected to attend the HS practice at least 50 percent of the time in the case of repeated conflicts.

If travel time for an amateur tournament or game beginning on a Friday is longer than 4 hours **and** the start time for a game the next morning is 10 a.m. or earlier, then a player will be excused from HS obligations the evening before the amateur event begins **if the coaches are notified at least 48 hours in advance.**

***This DOES NOT APPLY to skipping Thursday night varsity games.**

Excused exceptions for missing a game **might be considered** in extreme circumstances if the coaches are made aware at least one week in advance.

Ice time

A roster position does not guarantee a player ice time. Playing time is earned.

Player/coach meetings

All player/coach meetings will take place in the presence of other coaches and/or MLHSHA board members.

Coaches will not discuss playing time decisions with parents.

Any request for a parent meeting with the coaches on subjects other than ice time should be made through the team's business manager.

The business manager will forward the request to the director of coaching, who will evaluate requests on a case-by-case basis.

I have read, understand, and agree to the conditions outlined above.

Signed (Player)_____

Date _____

Print name _____

Signed (Parent)_____

Date _____

Print name _____