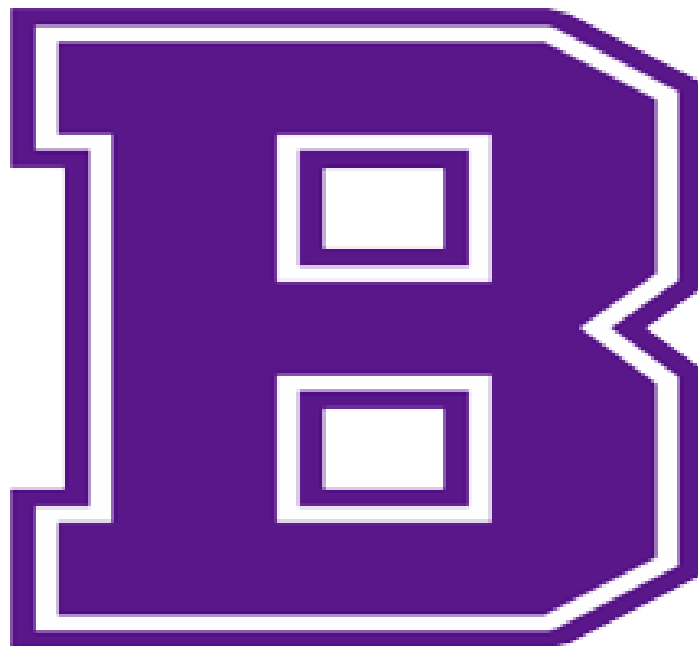


# 2023-2024 BUFFALO U12 B1 HOCKEY RULES & EXPECTATIONS

Head Coach: Erik Forsberg

Team Manager: Lena Gawtry



## CONTACT INFORMATION:

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\*\* If you have direct concerns please contact Erik or Lena.

## SEASON GOALS: On and Off the ice (Life Lessons)

1. Respect
2. Accountability
3. Leadership
4. Team Play
5. Attitude
6. Being one together

## LOCKER ROOM

1. Leave other players equipment and sticks alone. **Period.**
2. Whether Home or Away - keep the room as clean as possible. It is not the Coaches job to pick up tape balls, pop cans, wrappers, sunflower seeds, etc., that is **your** job.
3. Any poor decisions, i.e. vandalism, bullying, etc. – Player could lose playing time.
4. No cell phones in the locker room. (Designate one phone for music)

## PRACTICE BEHAVIOR

1. Make sure ALL your equipment is with you. It's not your mom or dad's fault for leaving equipment at home. Take responsibility!
2. Please have your practice jersey in your bag for practice. No switching jersey's without coaches approval.
3. Be on the ice, ready to begin practice on time.
4. Have an extra stick ready on the bench.
5. If you will not be at practice, or will be late, let the coach know in **advance**.
6. Practice is important. Be ready mentally to give it your best effort. Don't waste your teammate's time with horseplay. Practice drills are chosen for a specific purpose. It is your job to perform the drills to the best of your ability.

## OFF ICE BEHAVIOR

1. Many successful teams spend a good deal of off-ice time hanging around together. This is an excellent idea. Teams get close this way, and it affects the way they play.
2. Good nutrition is essential. Lots of Carbohydrates (and Proteins) will give you a good fuel supply. Don't eat junk (you know what I mean, if you don't, come and ask). You can't play a demanding sport like hockey on chips, cookies and other garbage.
3. Get a good night sleep before games...even with sleepovers. Please get good rest.

## GAME BEHAVIOR

1. Be at the arena 45 minutes before game time (or sooner). Times may vary per coach's discretion.
2. Have your skates sharpened before you get there, like after practice the day before a game. Prepare sticks, etc., in advance. Have two sticks ready for each game. One to play with and one on the bench.
3. Be ready to go when it's time to hit the ice. Coaches will meet with the team 15 minutes before game time. No music during this time, no parents, and no cell phones (please leave cell phones with your parents or in a pocket at all times when in the locker room).
4. Do NOT beg for shifts or change positions during the game. You play when and where the coaches assign you.
5. We will specifically discuss game behavior as a group before our first game, but in general, **show respect for teammates, opponents, referees and coaches. Poor sportsmanship will not be tolerated.** All players must express a positive attitude from the time you get to the arena to the time you leave.

## PLAYING TIME

1. As coaches, we respect and recognize that we all paid to play and will do our best to provide playing time that is equitable to all players. I will do my best to balance your pay-to-play, with meeting team goals.

**DISCIPLINE:**

Conduct detrimental to the team, excessive penalties, unsportsmanlike conduct, or off-ice behavior, are all actions the coaches will discipline your daughter for. Disciplinary actions may include:

- a. Verbal warning
- b. Missed playing time

If behavior is found to be malicious by the coach, hockey official or the association, the player may be disqualified from play. If this behavior is an issue, a meeting with player, parents, coach, and Director of Hockey will be scheduled.

(More information in BYHA handbook).

**PARENTS RESPONSIBILITY**

1. DON'T CAR COACH...let the coaches do their job and be supportive of the team. Those conversations only confuse your daughter and makes them choose between the team and family. Remember, conduct detrimental to the team will only hurt your daughter's hockey experience and playing time.
2. Know the BYHA Handbook as it relates to conduct and follow the code of conduct for parents established by the association.

**Please sign and date the below stating that you have read through this document with your child and that you both understand it.**

**Player Signature & Date:**

X

**Parent Signature & Date:**

X

**Parent Signature & Date:**

X