

~^EY_1.jpg



<https://mail.google.com/mail/ca/u/0/#inbox/FMfcgvzLXBnkzPjkVWZRGtVBmskLk?projector=1&messagePartId=0.3>

Statement of Philosophy

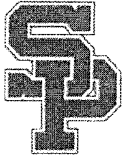
My philosophy of coaching is based on the idea that athletics is a very important part of our educational program. Many things not learned in the classroom can be taught through athletics. Participation in athletics prepares the young individual to meet the challenges of adult life.

Coaching is teaching. In the narrow sense, the coach teaches various skills. Like any other teacher he applies all the laws of learning. If this is all he teaches, no matter how competent, he is nothing more than a coach.

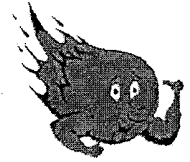
In a broader sense, the coach should be more to his players than just a coach. He should be a teacher of young men and woman. In this sense he is an educator, a leader, a guide and a counselor of young individuals. He is interested and concerned in the welfare of the athlete as well as in the winning of games. Without this concern, winning means nothing. A coach should always be concerned with the complete education of the athlete along with the education in athletics. A coach should measure up to the standards regarding personality, training, experience and ability demanded of the best teachers in other areas.

In closing, a coach must be a man of many facets. He must teach the athlete to win and how to lose with class and dignity. Most of all, he must show the young athlete how to be a respectable individual in the community.

My philosophy to coaching is best summarized in three important concepts: Respect, Hard Work, and Integrity which equals: Attitude is everything!



SOUTH PORTLAND ATHLETICS
Home of the Red Riots
RESPECT, EXCELLENCE, TRADITION



PARENT GUIDE

Thank you, parents, for allowing our athletic staff to coach your child. Many individuals contribute to the success of each individual student-athlete and program at South Portland High School. It is one of our goals to work together as partners to provide the best opportunities for our students. It is our hope that this guide will provide you with some tips to enhance your student's experience as a student-athlete.

• ***BE SUPPORTIVE OF THE COACH***

In front of your child, be supportive and positive of the coach's decision. If you have problems with what the coach is doing, it is best to talk directly with the coach.

• ***TEACH RESPECT FOR AUTHORITY***

There will be times when you disagree with a coach or official, but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

• ***LET THE COACH DO THE COACHING***

When your child is competing, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop your child's character and teach life skills that athletics brings to the forefront.

• ***LET YOUR CHILD CREATE THEIR OWN SPORTS MEMORIES***

Separate your sports life from theirs. Let your child discover their own sports successes. Help to calm the stormy waters, but let them handle the navigational problems. They will be their own person which will most likely be different than you.

• ***HELP YOUR CHILD LEARN THROUGH FAILURE***

The way your child handles failure can help them to face the certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way, then, at some later time they will be much more receptive to words of correction or advice from you.

• ***GET TO KNOW THE COACH***

Since the coach has a powerful influence on your child, take the time to attend the preseason parent meeting (Meet the Red Riots) and get to know the coach's philosophy, expectations and knowledge.

• ***FOCUS ON YOUR CHILD AS AN INDIVIDUAL***

Focus on what your child does well and where they need to improve. Forget about the progress or success of other athletes.

• ***LISTEN TO YOUR CHILD...BUT STAY RATIONAL***

Always listen to your child, but remember to stay rational until you have investigated the situation. Remember, students can exaggerate their woes and heroics.

• ***BE MINDFUL OF YOUR ROLE AS A ROLE MODEL***

Take a good, honest look at your actions and reactions in the athletic arena. These actions are a big cue to your child and to others around you.

- ***SHOW UNCONDITIONAL LOVE***

The most important thing – show your child you love them, win or lose.

Sportsmanship is Everyone's Responsibility

At its best, athletic competition can hold intrinsic value for the entire Red Riots community and society as a whole. It is a symbol of a great ideal: pursuing victory with integrity. Everyone (administrators, officials, coaches, parents, student-athletes and fans) involved in athletic competition has a duty to treat the traditions of the sport and other participants with respect. Disrespectful behavior involving verbal ill-treatment of opponents or officials, profane or belligerent trash-talking, taunting and unseemly celebrations do not have a place at high school competitions and will not be tolerated in the Red Riots athletic program. Your admission to a competition is not a license to practice poor sportsmanship.

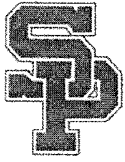
Tips for Practicing Good Sportsmanship

- Remember that South Portland High School and your sports programs will be held responsible for or receive the praise for YOUR individual conduct at games.
- Keep your emotions and attitudes balanced.
- Appreciate a good play, not matter who makes it.
- Fans may not remember the final score, however, they will remember the fan in section 3 who made a fool out of him or herself.
- You want others to treat you the way you want to be treated. How many of us want to be treated with disrespect?
- We believe that participation in sports is an extension of the classroom. Would it be OK to harass students in a math class for their performance on a math test?
- When you witness others practicing poor sportsmanship, help them to be more successful in the future by role modeling a positive attitude. All of our behaviors will collectively reflect upon the Red Riots athletic program and help to form our reputation in the community.
- Refrain from coaching or officiating from the sideline.
- Refrain from making derogatory comments directed towards officials, coaches or players from the other team.
- Sportsmanship begins with you!!

The Team Bench

The team bench is an athletic classroom. Student-athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Student-athletes may be asked to go in at any time. It is their responsibility to know what it is going on: offensive game plan and defensive adjustments, any adjustments already made, opponents defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and student-athletes the respect and courtesy that they would do teacher and student in the academic classroom. Most all of our playing arenas provide ample spectator viewing areas. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.



SOUTH PORTLAND ATHLETICS
Home of the Red Riots
RESPECT, EXCELLENCE, TRADITION



COMMUNICATION GUIDE

Athletic achievement requires a sincere commitment from all stakeholders. The ability to succeed requires effective communication. We work hard to continually improve communication between all stakeholders (student-athletes, parents, coaches and administrators). This communication guide provides a framework in which successful communication can take place.

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student-athletes and coaches.

It is reasonable, as a parent, to expect your child's coach to inform you....

1. When and where practices and contests are held.
2. About the coaches and program's philosophy.
3. About the expectations he/she has for all student-athletes, as well as your child.
4. What is required to be part of the team (commitment, special equipment, off-season conditioning, etc);
5. If your child is injured during participation in a practice or contest.
6. Whenever any disciplinary action results in your child being denied participation in a practice or contest.

Coaches often need parents to tell them....

1. Any specific health concerns about their child.
2. Notification of any schedule conflicts, well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Your commitment to the program, and support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence....Encourage your child to excel.

While your child is involved in athletics at South Portland High School, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches....

1. The treatment of your child, mentally or physically.
2. Ways to help your child improve or develop.
3. Concerns about your child's behavior.

Coaches make decision based on what they believe to be the best for the team and all the student-athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those listed below, should be left to the discretion of the coach.

There are aspects of our programs that are the responsibility of the coach and should not be part of any discussion, for example....

1. Playing time.
2. Team strategy or play calling.
3. Other student-athletes.
4. Team Selections.

Email/Social Media: it is preferable that email and social media be used as a tool for information sharing and not conversation. Often times, tone and meaning can be misunderstood. It is our goal to have clear, effective and meaningful communication between all stakeholders.

If you have a concern to discuss, we would like you to....

Step #1 = encourage your child to resolve his/her conflict with the coach; intervention by a parent should be a last resort.

Step #2 = make an appointment with the coach to discuss the concern. It is recommended that the student-athlete be present at this meeting. Please do not attempt to confront a coach before, during or immediately following a contest – this can be a busy and emotional time for both the parent and the coach, and does not promote objective analysis of the situation.

Step #3 = what should a parent do if the meeting with the coach does not result in satisfactory resolution to the issue? Inform the coach that you would like to continue the conversation with the athletic administrator and coach present, and the coach will set up a mutually agreeable time with all parties. This meeting will include all participants (student-athletes, parent/s, coach, etc).

RIOTS Ice Hockey Schedule 2018-2019

Date	Day	Practice / Game / Time	Arena	Bus
11/19/18	Monday	Practice (5:30 a.m. - 6:30 a.m.)	BIA	4:30 a.m.
11/20/18	Tuesday	Practice (5:30 a.m. - 6:30 a.m.)	BIA	4:30 a.m.
11/21/18	Wednesday	Practice (8:20 a.m. - 9:20 a.m.)	BIA	7:20 a.m.
11/22/18	Thursday	Happy Thanksgiving!!!		
11/23/18	Friday	Practice (8:00 a.m - 9:00 a.m)	CIA	7:00 a.m.
11/24/18	Saturday	Scrimmage vs Mt. Ararat @ 11:40 Scrimmage vs TA @ 2:20	BIA	10:00 a.m
11/26/18	Monday	Practice (4:40 - 5:40)	CIA	3:30
11/27/18	Tuesday	Practice (4:40 - 5:40)	CIA	3:30
11/28/18	Wednesday	Day Off		
11/29/18	Thursday	Practice (4:40 - 5:40)	CIA	3:30
11/30/18	Friday	Practice (5:30 a.m. - 6:30 a.m.)	BIA	4:30 a.m.
12/01/18	Saturday	Scrimmage vs Gorham 1:00	CIA	11:45 a.m.
12/03/18	Monday	Practice (8:10 - 9:10)	CIA	7:00
12/04/18	Tuesday	Practice (4:40 - 5:40)	CIA	3:30
12/05/18	Wednesday	Practice (7:00 - 8:00)	CIA	6:00
12/06/18	Thursday	Practice (4:40 - 5:40)	CIA	3:30
12/07/18	Friday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.

12/08/18	Saturday	@ Lake Region/Fryburg 4:00	Bridgton Academy	1:30
12/10/18	Monday	Day Off		
12/11/18	Tuesday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
12/12/18	Wednesday	Practice (4:40 - 5:40)	CIA	3:30
12/13/18	Thursday	vs York 4:00	Troubh	2:45
12/14/18	Friday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m..
12/15/18	Saturday	vs Portland/Deering 8:00	Troubh	6:45
12/17/18	Monday	Day Off		
12/18/18	Tuesday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
12/19/18	Wednesday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
12/20/18	Thursday	vs Massabesic/BE/OOB 6:00	Troubh	4:45
12/21/18	Friday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
12/22/18	Saturday	@ Thornton Academy 7:30	BIA	6:00
12/24/18	Monday	Happy Holidays!!!		
12/25/18	Tuesday	Merry Christmas!!!		
12/26/18	Wednesday	Practice (9:50 - 10:50 a.m.)	BIA	
12/27/18	Thursday	Practice (9:50 - 10:50 a.m.)	BIA	
12/28/18	Friday	Scrimmage vs CT	USM	
12/29/18	Saturday	vs Falmouth 12:00	Troubh	10:45 a.m.

12/31/18	Monday	Happy New Year!!!		
01/01/19	Tuesday	Day Off		
01/02/19	Wednesday	Practice (4:40 - 5:40)	CIA	3:30
01/03/19	Thursday	@ Portland/Deering	Troubh	4:15
01/04/19	Friday	Day Off		
01/05/19	Saturday	Day Off		
01/07/19	Monday	Day Off		
01/08/19	Tuesday	Practice (7:00 - 8:00)	CIA	6:00
01/09/19	Wednesday	Practice (4:40 - 5:40)	CIA	3:30
01/10/19	Thursday	Practice (4:40 - 5:40)	CIA	3:30
01/11/19	Friday	Practice (4:40 - 5:40)	CIA	3:30
01/12/19	Saturday	vs Windham/Westbrook 8:00	Troubh	6:45
01/14/19	Monday	Practice (4:40 - 5:40)	CIA	3:30
01/15/19	Tuesday	Practice (4:40 - 5:40)	CIA	3:30
01/16/19	Wednesday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
01/17/19	Thursday	@ Cape Elizabeth 5:40	Troubh	4:15
01/18/19	Friday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
01/19/19	Saturday	vs Thornton 8:00	Troubh	6:45
01/21/19	Monday	Practice (4:40 - 5:40)	CIA	3:30
01/22/19	Tuesday	Practice (5:50 - 6:50)	CIA	4:30
01/23/19	Wednesday	Practice (7:00 - 8:00)	CIA	6:00

01/24/19	Thursday	vs Marshwood/Noble 6:00	Troubh	4:45
01/25/19	Friday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
01/26/19	Saturday	vs Cheverus 8:00	Troubh	6:45
01/28/19	Monday	Practice (5:50 - 6:50)	CIA	4:30
01/29/19	Tuesday	Practice (4:40 - 5:40)	CIA	3:30
01/30/19	Wednesday	@ Windham/Westbrook 8:30	USM	7:00
01/31/19	Thursday	Practice (4:40 - 5:40)	CIA	3:30
02/01/19	Friday	Practice (7:00 - 8:00)	CIA	6:00
02/02/19	Saturday	vs Scarborough 4:10	Troubh	2:45
02/04/19	Monday	Practice (4:40 - 5:40)	CIA	3:30
02/05/19	Tuesday	Practice (7:00 - 8:00)	CIA	6:00
02/06/19	Wednesday	@ Lewiston 6:15	Colisee	4:15
02/07/19	Thursday	Practice (7:00 - 8:00)	CIA	6:00
02/08/19	Friday	Day Off		
02/09/19	Saturday	Day Off		
02/11/19	Monday	Practice (8:10 - 9:10)	CIA	7:00
02/12/19	Tuesday	Practice (4:40 - 5:40)	CIA	3:30
02/13/19	Wednesday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
02/14/19	Thursday	vs Biddeford 8:00	Troubh	6:45
02/15/19	Friday	Practice (5:30 - 6:30 a.m.)	BIA	4:30 a.m.
02/16/19	Saturday	@ Scarborough 7:30	USM	6:00

02/18/19	Monday			
02/19/19	Tuesday			
02/20/19	Wednesday			
02/21/19	Thursday	@ Massabesic/BE/OOB	USM	
02/22/19	Friday			
02/23/19	Saturday			
02/25/19	Monday			
02/26/19	Tuesday			
02/27/19	Wednesday			
02/28/19	Thursday			
03/01/19	Friday			
03/02/19	Saturday			
03/04/19	Monday			
03/05/19	Tuesday			
03/06/19	Wednesday			
		All dates and times are subject to change		

Rink Key:

BIA – Biddeford Ice Arena
CIA – Cross Insurance Arena
COL - Colisee
BA – Bridgeton Academy
DOV – Dover Ice Arena, NH
PIA – Portland Ice Arena
ROCH – Rochester Ice Arena,
TRA – Travis Roy Arena
USM – USM Ice Arena Gorham
WAT – Watson Arena Bowdoin
FIA - Falmouth Family Ice Arena

**2018/2019
SOUTH PORTLAND HIGH SCHOOL - ICE HOCKEY (M) - VARSITY
RED RIOTS GAME SCHEDULE**

Date Time	Opponent	Sport / Level	Type/Location	Score/Summary
11/24/2018 11:40 AM	Mount Ararat	Ice Hockey (M) Varsity	Away Biddeford Ice Arena	Summary Bus Details
11/24/2018 2:20 PM	Thornton Academy	Ice Hockey (M) Varsity	Away Biddeford Ice Arena	Summary Bus Details
12/1/2018 1:00 PM	Gorham	Ice Hockey (M) Varsity	Home Cross Insurance Arena	Summary Bus Details
12/8/2018 4:00 PM	Lake Region/Fryeburg/Oxford Hills	Ice Hockey (M) Varsity	Away Bridgton Academy	Summary Bus Details
12/13/2018 4:00 PM	York	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
12/15/2018 8:00 PM	Portland/Deering	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
12/20/2018 6:00 PM	Bonny Eagle/Massabesic/Old Orchard	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
12/22/2018 7:30 PM	Thornton Academy	Ice Hockey (M) Varsity	Away Biddeford Ice Arena	Summary Bus Details
12/29/2018 12:00 PM	Falmouth	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
1/3/2019 7:50 PM	Portland/Deering	Ice Hockey (M) Varsity	Away Trough Ice Arena	Summary Bus Details
1/12/2019 8:00 PM	Windham/Westbrook	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
1/17/2019 5:40 PM	Cape Elizabeth	Ice Hockey (M) Varsity	Away Trough Ice Arena	Summary Bus Details
1/19/2019 8:00 PM	Thornton Academy	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
1/24/2019 6:00 PM	Marshwood	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
1/26/2019 8:00 PM	Cheverus	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary Bus Details
1/30/2019 8:30 PM	Windham/Westbrook	Ice Hockey (M) Varsity	Away USM Ice Arena	Summary Bus Details

Rank One Schedules

2/2/2019 4:10 PM	Scarborough	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary	Bus Details
2/6/2019 6:15 PM	Lewiston	Ice Hockey (M) Varsity	Away Androscoggin Bank Colisee	Summary	Bus Details
2/14/2019 8:00 PM	Biddeford	Ice Hockey (M) Varsity	Home Trough Ice Arena	Summary	Bus Details
2/16/2019 7:30 PM	Scarborough	Ice Hockey (M) Varsity	Away USM Ice Arena	Summary	Bus Details
2/21/2019 1:00 PM	Bonny Eagle/Massabesic/Old Orchrd	Ice Hockey (M) Varsity	Away USM Ice Arena	Summary	Bus Details

RIOTS ICE HOCKEY

Team Covenant

2018-2019 Season

Academics

- a) You are always expected to do the absolute best you can possibly do. This is the #1 reason why you are in school.
- b) Do not expect any favors because you play hockey.
- c) Coaches should be informed at all times of any problems you are having in class.
- d) Establish goals and work to attain them.
- e) Your Priorities should be: 1. Family 2. Academics 3. Hockey 4. Social

"I like to see a man proud of the place in which he lives. I like to see a man live so his place will be proud of him." -Abraham Lincoln

Appearance

- a) **Clean Shaven!**
- b) No Jewelry during practice or games.
- c) **Game day** – Wear a shirt and tie to school and to the game. NO sneakers, NO baseball hats, or NO jeans. Tuck your dress shirts into your pants. If you wear boots your pants are to be pulled over the boot.
- d) Practice and game uniform worn appropriately.
- e) This means the practice jersey you are given, is the one you wear.

Conduct

- a) Coaches must be notified of any problem that arises at school, in the classroom, or with the police. Failure to notify will be dealt with severely. The South Portland Hockey Player is expected to follow the rules within the school, the law, the M.P.A., and within the team. Failure to comply will be dealt appropriately.
- b) No smoking or chewing tobacco at practice, games, locker room, buses, etc. No vaping of any sort at any time. South Portland rules are in effect.
- c) Drug use and Alcoholic beverages are prohibited. South Portland rules are in effect.
- d) Unexcused tardy, late for class, disrespect of a staff member, and detention will result in missed playing time or suspension.
- e) **No Swearing!! No Hazing of any kind whatsoever!!!**
- f) No Excuses – Losers make excuses, Winners find a way.
- g) When in doubt, always do the right thing!!!

"Form good habits then become slaves unto them. Then they will evolve into your commitment and purpose for existing." - Herb Brooks

Practice

- a) Be on Time. **At least 10 minutes before the bus is scheduled to leave.**
- b) If you are sick or dismissed from school, contact one of the Captains to let them now you will not be at practice
- c) Inclement weather – You will be notified if there is no practice. **Always assume that there is going to be practice!**
- d) Hustle and concentrate when you are on or off the ice. Practice is what improves you as a player. Not games! Practice as if you are in a game.
- e) Eyes on the coaches when being talked to. Be receptive to Coaching.

- f) Address all coaches in the appropriate manner. (Coach or Mr.)
- g) Always come to practice mentally prepared. When you are on the ice, you should only be focused on the game of hockey.
- h) When we have a morning practice, we must make every attempt to be on time at school. Do not be tardy!!!!

Be the best version of yourself that you can be.

“Set a goal that seems unattainable and when you reach that goal set another one even higher.” - Herb Brooks

Games

- a) Make sure you listen to when you have to be at the rink or the school. Be on Time! **(This means be early!! At least 15 min. before bus leaves.) Captains 25 Minutes before the bus leaves**
- b) Bring Warm-ups, Sneakers, etc. so we can go for a run and stretch before the game. (Do not wear the same clothing you came in)
- c) You are not to discuss any calls with the referees.
- d) We do not direct any negative words to our opponents, refs or negative words to our teammates. **Be positive!**
- e) Absolutely **NO Swearing** on the ice, bus, bench, or locker room.
- f) Play hard, hustle at all times, and always pay attention to the game.
- g) Always play to WIN the game, do not be afraid of failing.
- h) No cell phone use on the bus on the way to games. Can be used for music only
- i) No cell phones in the locker room for both games and practice. This is a time to get prepared.
- j) All players in attendance at games, that are not dressed for the game, need to sit together and cheer on the team. Both Varsity and JV.

Locker room

- a) No swearing, bullying and NO roughhousing. **No hazing of any kind!**
- b) You are responsible for your own equipment and trash. *Don't expect to borrow any other players gear or jersey on game day if you forget yours.*
- c) Locker room at the school needs to be clean at all times – Captains patrol
- d) When leaving the rinks make sure locker room is clean. No tape, trash, etc. on the floor. Showers turned off. If it is in bad shape when we get there let a coach know so we can talk to the rink about it.

“If you'll not settle for anything less than your best, you'll be amazed at what you can accomplish in your lives.” – Vince Lombardi

A Few Final Notes:

Games as well as practices are mandatory. Each player is expected to be at every practice and game.

Do not plan vacations, work or social events that may come in conflict with the varsity ice hockey schedule. When one makes the commitment to a varsity program, the program takes precedence over personal choices. We are part of a team and we rely on each other for success. It wouldn't be fair to the team to give special favors or time off to any one player for personal situations such as vacations, trips, dances, parties, etc. Obviously, sickness and death are an exception.

If any player misses practices or games for unexcused absences, i.e. personal leisure, detention, they will miss game time when they return to the team.

For any player who misses practice or game time, the expectation and policy will be that the number of days missed will equal the number of days needed to practice in order to return to play in a game.

This is designed to get the player back in shape and back to understanding team systems and game type situations that they may have missed during the time they took off. It is only fair when the rest of the team comes every day to work hard for the team. It would not be fair to allow a player who has taken time off for leisure to return to an active role immediately. Extended absences will result in further consequences such as removing of captains' status, or reduction of significant playing time. It is my expectation that all players will make all games this year (league sanctioned or expedition) If you can't make all games, you should reflect on the importance of being on this varsity team and reconsider your role on this team.

For detentions the Player will miss game time regardless of how many days are in between the practice you missed and the next game

1st detention- sit the first period of the next game

2nd detention- sit two periods of the next game.

3rd detention- sit for an entire game

The fourth detention may result in expulsion from the team.

Late for bus or getting on the ice for practice

1st time- rest of team skates

2nd time- rest of team skates, sit 1st period of next game

3rd time- rest of team skates, sit 2 periods of next game

4th time and on- rest of team skates, sit for entire game

Early is On Time, On Time is Late, and Late is Unacceptable!

Any Captain who is disciplined for any of the school or local law enforcement rules/laws will be subject to being stripped of their captainship. Any captain caught using or in possession of drugs, alcohol or any tobacco product will lose their captainship immediately. Remember, as captains you are the leaders of this team. You are expected to display good character and behavior at all times.

Playing time in a varsity program is earned through hard work, attitude, behavior (on and off the ice), discipline, and talent level. Unfortunately for some this last attribute is not equal. Some players are more talented than others. In a varsity program it is a must to play the most talented players which puts the team in a position to win. There is no entitlement in a varsity program. Grade level, who your parent is, or what they do does not earn a starting position on this team. A players playing time is based on their individual effort and talent. However, if a player is talented but has a poor attitude, work ethic or display of behavior, their playing time will suffer also. As we all know winning isn't everything. Even if you played on the varsity program the previous year does not guarantee you a spot on the varsity roster the next year. This is why it is imperative that each player brings all of the above stated attributes to the team.

This will give our program a team full of well-rounded individuals. If any player has a question as to their playing time or lack thereof please feel free to have them meet with the coaching staff. We will gladly sit down with any player to discuss what you can do to become a better player. We will not meet with parents or have secret e-mail/phone conversations with parents about playing time. If a parent wants to meet I request that the player of concern be present as well as the athletic director. Players should approach the coaching staff if playing time is a concern. Furthermore, the coaching staff will not discuss other players and their playing time with other parents. This would be completely unprofessional and inappropriate.

"Your future is not going to depend on economic conditions or outside influences over which you have no control. Yours will revolve around your commitment in life."

- Herb Brooks

Please sign and return to Coach Robinson prior to the first day of practice on November 19

Thank you. Coach Robinson, Coach Clark, Coach Wohl, Coach Pascale, Coach Goldberg

We have read and understand the expectations for the 2018-19 season

Player Name: _____

Player Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____