



## JON HANNAM

**Athletic Director**

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(262) 376-6261

## HEATHER PARKINSON

**Athletics/Activities Director**

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### Girls Hockey

#### *Program Goals, Philosophies, and Procedures*

<b>Head Coach:</b>	Megan Bailey	<b>Email:</b>	mbailey@cedarburg.k12.wi.us
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PROGRAM PHILOSOPHIES	PROGRAM VISION	PROGRAM GOALS
Being part of a competitive team develops pride and loyalty as well as self confidence and a sense of accomplishment. Our goal is to establish an exclusive environment where individuals can come together and share a common goal. Coaches will develop sportsmanship, physical skills and conditioning of all athletes at the Varsity and Junior Varsity levels. Athletes will also be provided with the opportunity to set goals, strive to achieve them and serve as role models for youth athletes. We will help create an experience that is something they want to	Have one of the most competitive Varsity & Junior Varsity programs in the state by developing individual hockey skills & IQ  Be a consistent leader in student development for academics, athletics and personal achievement.	Regular Season Record above .500  Finish in the top half of the Eastern Shores Conference  Appear in Sectional Final game  Ongoing student-athlete development and successful team performance



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be a part of long after they are done playing  
for the Lakeshore Lightning.

### TEAM PHILOSOPHIES

VARSITY	JV1	JV2
Varsity teams are intended to be competitive. Coaches of varsity teams will select players who can compete/contribute at the varsity level. Not all players will have the opportunity to play in every competitive event. When considering underclass students for the varsity level, player readiness and development should be considered along with the potential for team success.	Junior Varsity will place a greater emphasis on ensuring adequate playing time for all student-athletes. Winning is still a goal, but developing the skills and knowledge student-athletes will need to be successful at the varsity level is also a goal. Playing time/participation may not be equal among players for each event, but most student-athletes should participate in most of the competitive events. At the JV level, promoting skills and positive attitudes is critically important.	JV2 will even further emphasize ensuring adequate playing time for all student-athletes. Playing/participation time at the JV2 level may not be equal among players at each event, but almost all student-athletes should compete at almost all events. At the JV2 level, developing interest in the sport and promoting skills and positive attitudes are critically important.



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### TEAM SELECTION

The four criteria below are the main areas upon which decisions are made when selecting team members.

*Skills & Talent*

*Attitude & Work Ethic*

*Potential*

*Team & Program Needs*

### PLAYER RESPONSIBILITIES

“Student” in Student-Athlete.

- Become familiar with your school's academic policy.

Practice:

- Players must attend all on & off ice practices to be eligible for games.
- Off Ice workout attire is required.

Games:

- Players are to arrive on time for home & away games in Lightning Warm Up & Tennis Shoes.
- Players are not to leave the locker room or bench area without permission.

Personal Conduct:

- Players are to represent our program, schools & themselves by conducting themselves in a positive manner, ie

### PARENT RESPONSIBILITIES

- Support your child, coaches and other parents with positive encouragement.
- Reinforce the program's goals, mission, rules, terms and teachings to your athlete.
- Display positive sportsmanship towards opposing teams and especially officials.
- Volunteer within our program.
  - Parents volunteering for game day positions, ie penalty box, scorers table will be held to the highest standards. Parents who are not conducting themselves to these standards may be removed from their position.

### COACH RESPONSIBILITIES

- Coaches will be role models by displaying good sportsmanship, appropriate language, professional appearance and respectful behavior at all times.
- Coaches will provide timely and accurate information regarding team requirements, fees, special equipment, off-season opportunities, and the location and time of all practices and contests. This includes expectations and consequences related to excused/unexcused absences for practice and games/competitions.
- Coaches will plan well structured practices that promote individual skill development while also emphasizing teamwork and strategies geared



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<p>language, appearance, better than you left it.</p> <p>Locker Room:</p> <ul style="list-style-type: none"> <li>• The locker room is a privilege and not a right. It will be kept clean and respected.</li> <li>• All players will feel accepted, welcomed and treated as such.</li> <li>• Music will be appropriate and free of bad language.</li> </ul> <p>Equipment:</p> <ul style="list-style-type: none"> <li>• Players will wear a black helmet, black gloves, team issued socks &amp; breezer covers.</li> <li>• Equipment should comply with all WIAA &amp; HECC guidelines.</li> </ul> <p>Communication:</p> <ul style="list-style-type: none"> <li>• It is the players responsibility to communicate with coaches if they are to miss practices, games, or team functions. To communicate injuries or playing time concerns. It is also their responsibility to talk to the coaching staff first about issues before having a parent contact our staff.</li> </ul>	<p>Lines of communication will be open for parents but only if it is a team concern. Attempting to meet with a Coach immediately after a contest is strongly discouraged and Coaches have been instructed to not do so. Waiting at least a day is encouraged.</p> <p><b>24 Hour Rule:</b> If a parent/guardian has something they would like to talk to the coaches about after a game they must wait 24 hours to request a meeting with the coach.</p> <p><i>*Coaches ask that parents have a conversation with their player prior to requesting a meeting with the coach. Oftentimes, this will lead to the player being able to converse with the coach. Reinforce self-advocacy!</i></p> <ul style="list-style-type: none"> <li>• Issues <b>NOT</b> appropriate to discuss with coaches:             <ul style="list-style-type: none"> <li>○ Playing time (coaches should effectively communicate roles to the team and individual).</li> <li>○ Team Strategy</li> <li>○ Play-Calling</li> <li>○ Other student-athletes.</li> <li>○ Off Season:</li> </ul> </li> </ul>	<p>toward successful results at competitive events.</p> <ul style="list-style-type: none"> <li>• Coaches will have player meetings throughout the year to communicate the players role within the program and to answer any questions.</li> </ul>
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PLAYER & COACH COMMUNICATION	COMMUNICATION EXPECTATIONS
<p>The coaching staff will use GroupMe to communicate with players in our program. Communication will consist of weekly schedule, team events, schedule changes and other various information throughout the season.</p> <p>Players are encouraged to communicate in person to the Coaching Staff but when necessary, players can use GroupMe or coaches emails.</p> <ul style="list-style-type: none"><li>• Players are responsible for any sort of follow up that may come from using these methods of communication.</li></ul> <p>Communication will be clear and direct</p> <p>Both parties are asked to address any miscommunication as soon as it's identified. Ask questions or for clarification!</p>	<p>Parents and coaches share the same challenges and rewards during a season. To promote independence, responsibility, problem-solving and mature communication, parents need to encourage their daughters to talk to the coach to work through any issues.</p> <ul style="list-style-type: none"><li>○ <b>Step 1:</b> Athlete seeks out coach to discuss concern. If the student-athlete and coach are not able to resolve the matter, then:</li><li>○ <b>Step 2:</b> Parent requests conference with the coach or coaching staff (leave an email or voicemail message for the coach during school hours or leave a message with the Athletics/Activities Office). If the conference between the athlete and coach, or parent, athlete and coach does not resolve the concern:</li><li>○ <b>Step 3:</b> A meeting will be set up with the Athletics/Activities Office Director who will mediate the discussion.</li></ul>



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### VARSITY LETTER CRITERIA

In order to earn a varsity letter, a student-athlete must be in good standing with the team and meet the following criteria.

- Regular Attendance at all practice sessions.
- Demonstration of the qualities of dedication to the team and proper sportsmanship.
- The player must suit up in at least 12 games during the course of the season.
  - Injured players will be a case by case decision made by the coaching staff.
- A senior in good standing, who did not meet the game participation requirement, may be awarded a letter at the recommendation of the Head Coach, provided they have demonstrated a positive attitude, team loyalty, and sufficient ability.
- A student-athlete who is moved up to the varsity team during the season and made a significant contribution to the team, may be awarded a letter at the recommendation of the Head Coach.

### CAPTAIN CRITERIA

Captains will be selected by the team each season with input from the coaching staff. Captains aren't guaranteed and can be changed season to season.

- Some of the captains criteria:
  - Remain academically eligible
- Some of the captains roles and responsibilities:
  - Communicating team issues with coaching staff.
  - Communicating with referees during competitions
  - Keeping our locker room clean by making sure people are doing their jobs.
  - Holding players accountable for off-ice workouts and activities.





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### MISSED GAME & PRACTICE POLICY

**Practice:** Attendance is tracked at all on ice and off ice practices. It is an expectation that our players are at practice unless the following occurs:

- School-Related: Education-related reasons. *If absences become too frequent related to school, parents will be notified*
- Illness: If you miss school due to being sick, you cannot practice. *If absences become too frequent related to illness, parents will be notified.*
- Injury: All injuries go through your school's trainer. *If your athlete is seen by an outside physician, they will need a note to return.*

*\*Players must participate in the practice that comes before a competition (i.e. cannot miss a full week of practice to only return in time for the competition)*

#### Unexcused Absences:

- If you cannot commit to practice times, coaches cannot commit to playing times in competitions. Players that miss practice with an unexcused absence will miss one period in the upcoming competition. The penalty becomes greater the more practices are missed.

**Games:** Attendance at all games is mandatory. If a player misses a game due to an unexcused absence, playing time at the next game is not guaranteed. The following are considered "unexcused" reasons for missing a game.

- Work
- Vacation
- Failure to attend a game without proper notification to the coaching staff with a reason for the absence.

*\*The coaching staff will 100% support a parent's decision to withhold their daughter from practice and/or game for disciplinary reasons, be it academic or otherwise.*



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### **STRENGTH & CONDITIONING EXPECTATIONS**

Strength and conditioning sessions will be held at minimum 2 times a week after on ice practice and are considered mandatory.

