



2023-24 Player Contract

Players Name: _____ **Date:** _____

MISSION: To use the sport of hockey as a vessel to develop our student-athletes into exceptional young men and women, both on and off the ice. Leadership, integrity, honesty, and sportsmanship are core values that will be instilled and developed by our coaching staff. Colony High School Hockey will teach self-discipline, build confidence, and instill a feeling of importance in every individual. We will develop student-athletes who thrive in the face of adversity. We strive to develop the values, beliefs, and confidence that will create exceptional students, exceptional athletes, and above all, exceptional people.

COACHING PHILOSOPHY: To create an environment where our student-athletes learn to self-motivate the desire to be the very best version of themselves. We want to teach the DESIRE to win and to be successful FIRST and foremost, and THEN coach the technical aspects that will allow them to be successful. Our coaching staff will teach the importance of attitude, confidence, character, discipline, and knowledge, and how these factors apply to life on and off the ice.

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I. Lettering Criteria – To earn a varsity letter in Hockey, all players must meet the following criteria.

- A.** You must attend all practices and games. If you cannot be at a practice/game, you must clear your absence with the HEAD COACH. If you are injured, you are still required to attend all practices and games if you are physically able.
- B.** You must be on the game sheet and dressed for 11 VARSITY games OR you must be on the REGION/STATE Tournament Roster.
- C.** If you are suspended for disciplinary reasons, you are still required to practice in all practices, unless you have been permanently dismissed from the team. If you had met letter criteria prior to your suspension, you will lose your progress towards your letter and may be dismissed from the Varsity team. These decisions will be made by our school administration and hockey coaching staff.
- D.** The Head Coach will make the final decision on lettering and may award a letter to a player for the following reason at his discretion:
 - 1. **Injury or Illness:** Written justification will be given to the assistant principal in charge of activities
 - 2. **Value to team:** Written justification for letter by Head Coach
 - 3. **Manager:** Varsity Team Manager Only, determined by Head Coach

II. Travel

- A.** All players will travel in their warm-up jackets and team pants. Bring warm attire, it is winter, and this is Alaska. Be prepared. What you bring onto the bus, you will take off the bus, there will be no trash left behind. Female managers and athletes will be required to sit separately from male managers and athletes during bus and plane travel. At no point will a male and female athlete/manager be in the presence of one another without staff supervision during team travel. All athletes/managers will travel on the team bus TO and FROM team functions, no exceptions.

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III. Athlete/Manager Expectations – *I understand that....*

A. I will SET the example, not be the example. I will always demonstrate exceptional behavior. My actions reflect on myself, my team, the program, and Colony High School. To be a part of this team, I must learn to act like an athlete. I will hold my behavior to the highest of standards, not only in the ice arena and school, but everywhere I go.

Upperclassmen will be expected to lead by example.

B. The consumption of tobacco (smoking, chewing tobacco), drugs, or alcohol will not be tolerated. Players will be judged according to school and MSBSD policy, along with ASAA policy.

C. HAZING WILL NOT BE TOLERATED! Hazing will result in the maximum punishment set forth by the school administration and coaching staff.

D. I am expected to be on time for all meetings and practices. An unexcused absence may result in being held out of an upcoming game.

E. As a student-athlete, my academics come first. Should I need to make-up schoolwork, I must notify the HEAD COACH. I will be expected to utilize other available time throughout my day prior to missing practice.

F. The use of profanity will not be found acceptable under any circumstances. **G.** I will be a team player. I will respect my teammates, managers, and coaching staff.

Regardless of my level of play, I will support and cheer on my teammates. **H.** I will take exceptional care of my issued gear, returning it in the same condition it was given to me (less normal wear & tear).

I. I will take care of myself physically and mentally. I will eat balanced meals, drink plenty of fluids (water, sports drinks, etc), and get plenty of sleep.

IV. Classroom Conduct, Behavior, Grades

A. All players are expected to be positive role models in the classroom, school, and community. Classroom behavior, study habits, and performance are a major focus of our team. Student grades will be monitored. Playing time may be affected by failing grades or poor student behavior within the school setting. Remember, you represent the **COLONY KNIGHTS HOCKEY TEAM.**

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V. Social Media Policy

A. Members of the Knights Hockey program are representatives of Colony High School and the Mat-Su Borough School District. This program **requires** student athletes to exercise good judgment in their use of social media and conduct these activities in a responsible and respectful manner.

1. It is impermissible for student-athletes to post information, photos, or other representations of sexual content, inappropriate behavior (i.e. drug or alcohol use), or items that could be interpreted as demeaning or inflammatory.
2. Student-athletes are required to abide by all team policies and Colony High School athletic department policies when utilizing social media.
3. It is not permissible to comment on injuries, officiating, or team matters that could reasonably be expected to be confidential to team members.
4. Cameras are not to be used in locker rooms.
5. Student-athletes will not engage in "competitive banter" with athletes or students from opposing schools.

B. Practices and reminders:

1. Think twice before posting. If you wouldn't want your coach, parents, or future employer to see your post, don't post it
2. Be respectful and positive
3. Remember, many different audiences view your posts, including fans, alumni, children, local authorities, parents, faculty, etc.

I understand that I represent myself, my team, my school, and all those that come after me. I have read and understand the expectations and standard put forth.

Athlete (Print): _____

Athlete (Sign): _____

Date: _____

Parent (Sign): _____