

# HOCKEY ACADEMY OF HOUSTON



## STANDARDS OF EXCELLENCE

FALL/WINTER 2023-2024

### Standards of Excellence

Hockey Academy of Houston will be a memorable experience for both players and parents if we adhere to the following Cultural Standards for Excellence in regards to athletic, academic, and social responsibility. No member of the Academy is bigger than the program. This concept must stay with us on and off the ice if we are to be successful. Being a player in the Academy is a privilege and not an inherent right and must be treated as such.

### Punctuality

"If you're on time, you're late." 6:15pm session starts at 6:14pm.  
Be prepared 15 minutes prior to every training session.  
Coaches need to be notified if you will be running late or absent.  
First time late, you will sit for 10 minutes. Second time late, you will sit for an hour.

### Communication with Coaches

Meetings with Coaches can be arranged by emailing [info@hockeyacademyhouston.org](mailto:info@hockeyacademyhouston.org)

### Social

Zero tolerance for any disrespect towards coaches, parents, and peers.  
If any bullying should occur, that player will be suspended immediately until the situation has been resolved.

### Dress Code

On game day, all players are to arrive at the rink in the Academy warm-ups and tied running shoes.  
Bring both Home and Away jerseys to every practice and game.  
Two sticks are required for every game and practice.

### Academic

School comes first.  
The Academy views their players as "student athletes".  
Being successful in school and hockey go hand-in-hand.

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### Nutrition

Eating properly is vital for an athlete's development and performance.  
Players are expected to fuel themselves properly.  
Unhealthy snacks/drinks will be thrown out at the discretion of the coaches.

### Locker Rooms

Community is encouraged in the locker rooms if needed.  
Players in the Academy will learn to rely on themselves and their teammates for help.  
Locker room assignments for Friday training sessions:  
8U – Locker Room 3; 10U – Locker Room 2; 12U – Locker Room 5; 14U – Locker Room 4  
12U will help to ensure that 8U players are dressed and skates are tied.  
14U will help to ensure that 10U players are dressed and skates are tied.  
Respect your space in the locker room by hanging up clothing and throwing out garbage.  
Always place your sticks upright near the front of the locker room entrance.  
No usage of electronic devices. Zero tolerance.

### Training Standards

Success starts with total commitment.  
Players will be asked to work hard and be prepared, focused, and coachable.  
Players will be coached aggressively with passion and fairness.  
On-ice misbehavior will have consequences. Zero tolerance.

### Training Session Expectations

Players will shake the Coach's hand before and after every session.  
Take a knee and listen when a Coach is talking.  
Train at top speed, and finish all routes and drills.  
Players will assist Coaches with pucks, water bottles, and equipment.  
If parents are found coaching from the stands, your child will join you.

### Ten Things That Require Zero Skill

1. Being on time.
2. Attitude.
3. Work ethic.
4. Passion.
5. Effort.
6. Coachability.
7. Body language.
8. Doing extra.
9. Energy.
10. Being prepared.
- 11.

Player Name \_\_\_\_\_

Player Signature \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_