

**2023-2024  
ASPEN JUNIOR HOCKEY  
PLAYER/PARENT POLICY HANDBOOK**

# Aspen Junior Hockey

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[Aspen Junior Hockey](#)

Dear Aspen Junior Hockey, Players, Coaches, Managers, Parents, Volunteers, and Staff,

What an exciting past year for AJH. As we concluded our 50<sup>th</sup> year in the valley, we saw some excellent hockey from our teams. Congratulations again to our Co-ed 10UB/12UA (combined with Glenwood) for winning league titles and our 19U girls for winning league and State championships. Thank you to all our volunteers, managers, and coaches for making this season memorable. Please see the info and table of contents below.

AJH has put together the policies and procedures in this Handbook from our program and other associations around North America. While some of the content comes straight from USA Hockey, we have created a living document that addresses social issues and topics our players, parents, and families face daily.

Today, we live in a world; filled with technology, social networking, and other "online" opportunities where our youth athletes' personal lives can become an open book. Junior, collegiate, and professional coaches, scouts, and recruiters –college admissions offices and future employers - spend time researching how "Potential Prospects, Recruits, Employees" utilize all these tools. Not to mention the legal implications that a slight mistake in a split second can have on a young person and his family, we want to be proactive and out in front of these issues to protect the Aspen Junior Hockey Families and its members. We want to educate and arm our players and families with information to keep them safe.

This season, families will be required to review this document. Players and parents must sign off and acknowledge that you understand our members' policies and Aspen Junior Hockey's expectations. Some of these policies may not fit each age-appropriate group, but this will allow us to educate families as your athlete matures and grows. Please share what you feel is appropriate as a family with your athlete. We are available for any questions, comments, or suggestions and will continue to update guidelines annually.

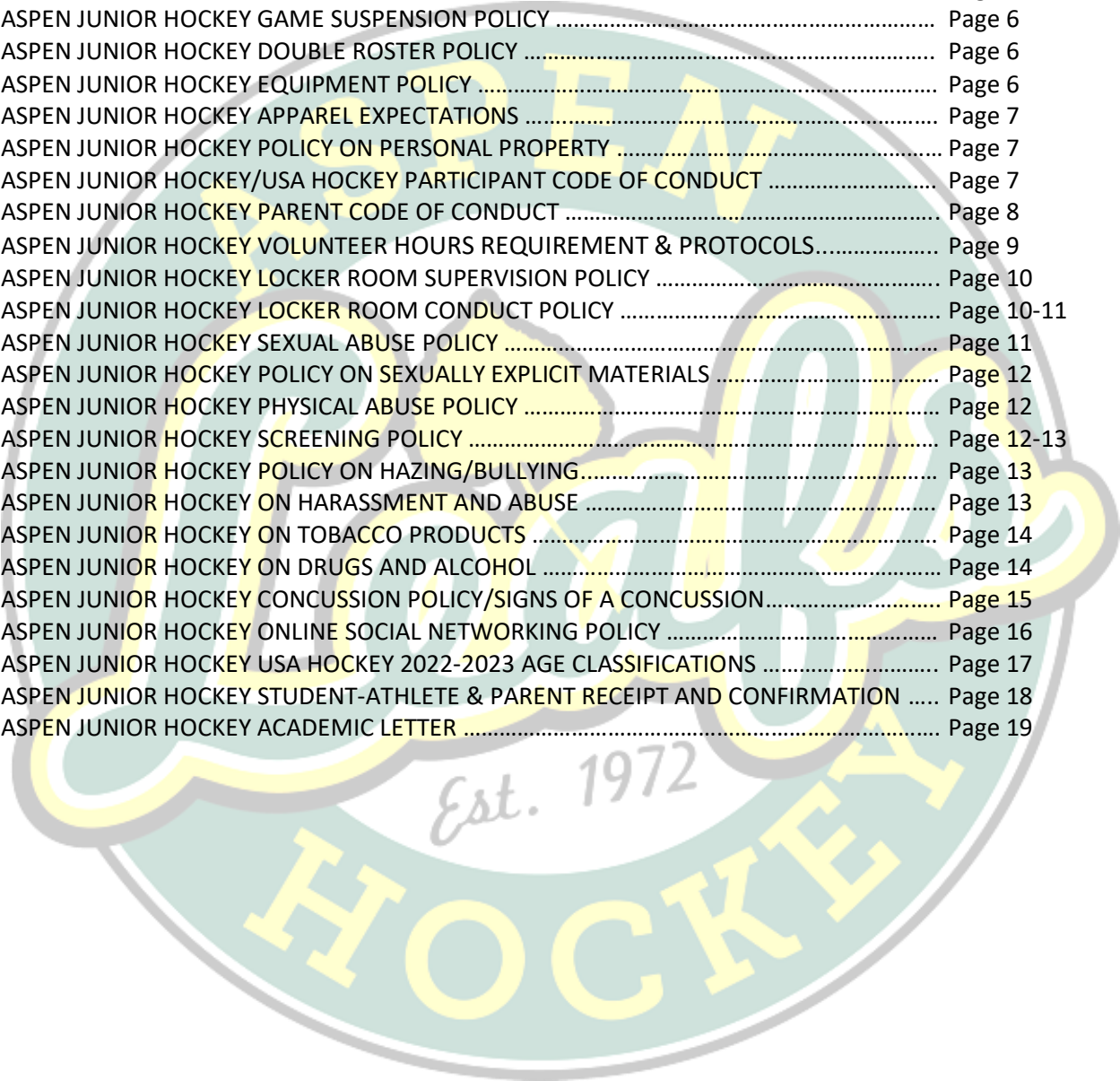
On behalf of AJH, I thank you for taking the time to carefully review, discuss and support these policies with the athlete in your home.

Thank you for your sacrifice, time, and commitment each day to our program.

Have a great season!

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## **ASPEN JUNIOR HOCKEY MISSION, VISION, & VALUES**

- Through hockey, we develop strong character, perseverance, and passion for the game. Not only do we evolve as athletes, but we also work to build our youth to become contributing citizens in the community.
- To be a world-class hockey club serving to enhance our community and families with opportunities to play and grow from the game of hockey.
- RESPECT, DETERMINATION, COMMITMENT, PERSEVERANCE

## **ASPEN JUNIOR HOCKEY POLICY ON BEHAVIOR DETRIMENTAL TO THE PROGRAM**

All players, coaches, team officials, administrators, Board members, support staff, and parents/spectators associated with Aspen Junior Hockey should always assume that they represent the Aspen community and Aspen Junior Hockey. They must uphold and demonstrate discretion and respect in their actions and choices.

Additionally, the Policy of AJH refers to the Aspen Junior Hockey Disciplinary Committee any action of a player, coach, team official, administrator, parent, or support staff deemed detrimental to the AJH program. Examples include – but are not limited to – expulsion or suspension from school, criminal arrest, civil penalties, vandalism, theft, fighting, or bullying.

## **ASPEN JUNIOR HOCKEY / USA HOCKEY SAFE SPORT POLICY**

Aspen Junior Hockey and USA Hockey Policy are that every participant complies with the USA SafeSport Program. Violations of the AJH/ USA Hockey SafeSport Program may be subject to review by AJH's Disciplinary Committee, including but not limited to suspension, permanent suspension, and referral to law enforcement authorities.



## **About the Center**

The Center's focus is to provide services in two areas – the administration of SafeSport Training and acting as an independent party to investigate and resolve allegations of sexual misconduct against any person within the jurisdiction of the national governing bodies, including USA Hockey.

As a member of the U.S. Olympic Committee, USA Hockey has agreed, effective with the beginning of the 2017-18 membership season on April 1, 2017, to adhere to the Center's policies and procedures, which includes the Center's SafeSport Code that identifies prohibited conduct and the guidelines for investigating and resolving allegations. The Center will have exclusive authority and jurisdiction to investigate and settle claims involving sexual misconduct against the following classes of persons ("Covered Individuals"):

1. Those persons registered with USA Hockey as Registered Participant Members (players and coaches), referees, and in the "Ice Manager/ Volunteer" category,
2. All persons serving as a member of USA Hockey's Board of Directors, on a national level council, committee, or section, or in any other similar positions appointed by USA Hockey,
3. All coaches, officials, or staff (e.g., trainers, physicians, equipment managers) for any USA Hockey team, camp, or national-level program,
4. All USA Hockey national staff, and
5. Any person elected or appointed by a USA Hockey Affiliate or Member Program to a position of authority over athletes or who has frequent contact with athletes.

USA Hockey will retain the authority to investigate and resolve allegations of SafeSport policies that are non-sexual in nature. In USA Hockey, all Covered Individuals over 18 must report suspected SafeSport violations related to or accompanying sexual misconduct to the Center for SafeSport. Information on writing to the Center can be found by clicking [here](#).

The Center will have the jurisdiction and authority to impose sanctions against Covered Individuals within USA Hockey (and other national governing bodies). USA Hockey will enforce any suspension, measures, or other sanctions throughout USA Hockey programs.

### **ASPEN JUNIOR HOCKEY ZERO-TOLERANCE POLICY**

It is the Policy of Aspen Junior Hockey and USA Hockey for all players, coaches, team officials, team administrators, and parents/spectators to maintain a sportsmanlike atmosphere before, during, and after all USA Hockey-sanctioned games and practices. Inappropriate and disruptive behavior interferes with the game's play and with other spectators of the game. Inappropriate and disruptive behavior includes but is not limited to:

#### **POLICIES**

- Using any language that could be considered a racial slur.
- Taunting players, coaches, officials, or other spectators through baiting, ridiculing, and the threat of physical or physical violence.
- Throwing any object in the spectators viewing area, player's bench, penalty box, or on the ice surface is directed in any manner to create a safety hazard.
- Disregarding or violating facility-imposed rules.

Violations of the Zero Tolerance Policy may be subject to review by the Aspen Junior Hockey Disciplinary Committee.

## **ASPEN JUNIOR HOCKEY-PLAYING TIME EXPECTATIONS**

PLAYING TIME: The coaches are committed to reasonable playing time for individuals based upon their age level, putting the safety of an athlete first, followed by their experience level, previous playing knowledge, practice attendance, and learning curve of a position/game throughout the season. It should not be given, and as we want all our players to succeed, we must continue to find opportunities to grow with their abilities. The reality is that some athletes possess different skills, and we want to find ways for them to flourish in their own right. Each age group has modified expectations that change as our athletes develop and mature.

## **ASPEN JUNIOR HOCKEY GAME SUSPENSION POLICY**

All game suspensions must be reported to the Aspen Junior Hockey Disciplinary Committee and Executive Director. The Policy of AJH is that all game suspensions for a player and/or coaches must be served in the team's next scheduled game. Failure to serve a game suspension in the team's next scheduled game may be subject to review by the Disciplinary Committee.

## **ASPEN JUNIOR HOCKEY DOUBLE ROSTER POLICY**

Double roster players: Players are used to keeping teams at quality numbers, so we are not short players on the bench. A double-rostered player is to play with his team, agreed upon by the coach/director. When there is no conflict between the two groups, the player can play with the other team, pending the coach's discretion, allowing the double roster player to get extra ice in their development.

In the meantime, if numbers allow, the coach/director will make decisions based on the team numbers and the development of all players. A double-roster player can get extra game time, so there will be times coaches make decisions to allow our roster to be smaller, so the players who are not double-rostered can get their extra repetitions and game time.

AJH will work to make a clear decision on all players to their specific overall hockey ability, allowing them to play for the team that fits that ability to maximize their development. It will give that player the best overall experience with Aspen Junior Hockey and create more clarity among athletes and parents.

*\*Players will also be required to play their age unless the director/coaches deem otherwise. \*Stronger rostered A players cannot play down to B; the coach/director will advise. \*If your athlete makes Mountain Select, they must attend all AJH games and practices.*

## **ASPEN JUNIOR HOCKEY EQUIPMENT POLICY**

The Policy of Aspen Junior Hockey is that all players comply with the USA Hockey Equipment Rules. It may include but is not limited to mouthguards, helmets with cages, and earpieces. Players not correctly wearing USA Hockey-mandated equipment may be removed from the ice and only allowed back on the ice once properly wearing USA Hockey-required equipment. It may be subject to review by the Aspen Junior Hockey Disciplinary Committee.

- AJH Players must have a Green or Black Helmet
- AJH Players must have Green or Black Gloves
- AJH Players must-have Black pants or green AJH shells for all games

## **ASPEN JUNIOR APPAREL EXPECTATIONS**

- AJH Players are to wear Aspen Junior Hockey Apparel for all games (\*Subject to change pending coach's discretion) \* 2023-24 Season players are required to have an Aspen Junior Hockey tracksuit

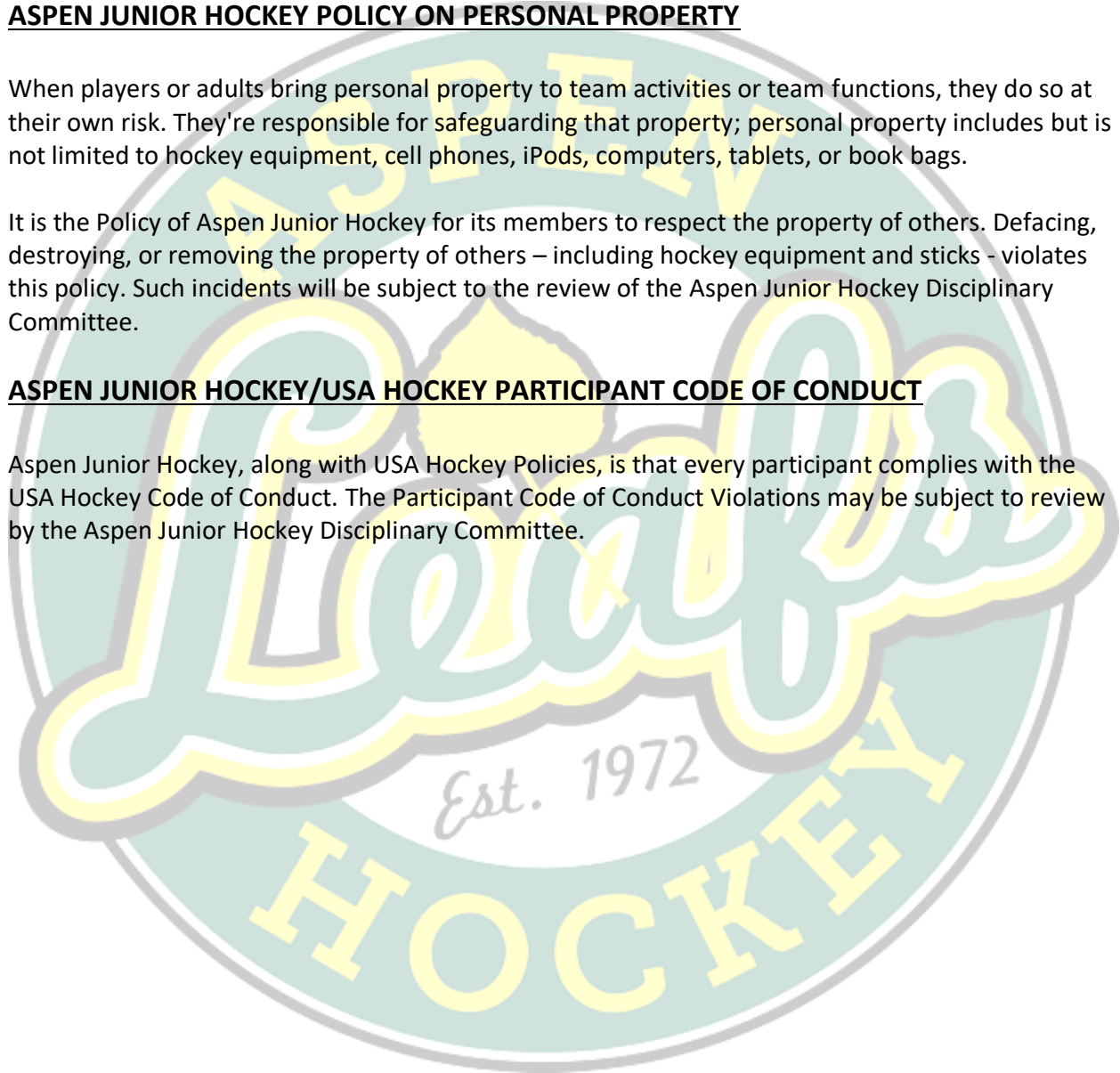
## **ASPEN JUNIOR HOCKEY POLICY ON PERSONAL PROPERTY**

When players or adults bring personal property to team activities or team functions, they do so at their own risk. They're responsible for safeguarding that property; personal property includes but is not limited to hockey equipment, cell phones, iPods, computers, tablets, or book bags.

It is the Policy of Aspen Junior Hockey for its members to respect the property of others. Defacing, destroying, or removing the property of others – including hockey equipment and sticks - violates this policy. Such incidents will be subject to the review of the Aspen Junior Hockey Disciplinary Committee.

## **ASPEN JUNIOR HOCKEY/USA HOCKEY PARTICIPANT CODE OF CONDUCT**

Aspen Junior Hockey, along with USA Hockey Policies, is that every participant complies with the USA Hockey Code of Conduct. The Participant Code of Conduct Violations may be subject to review by the Aspen Junior Hockey Disciplinary Committee.



## Aspen Junior Hockey Parent Code of Conduct

Parents are the foundation of our Aspen Junior Hockey program. The AJH Parent Code of Conduct has been developed from the guidelines of USA Hockey and incorporates the mission and goals of Aspen Junior Hockey in order to enhance the sporting experience of our youth participants.

- AJH Mission: **Developing youth into young men and women with strong character through the sport of hockey**
- AJH Goals:
  1. **Players perform at their highest intellectual, physical and emotional capacity in the rink, and that performance positively impacts their character and life off the ice**
  2. **Coaches are widely reputed as being dedicated, aligned/consistent, skilled and effective in both technical hockey and youth character development**
  3. **AJH makes hockey in the valley welcoming, pervasive and accessible to all who have an interest in playing**

All parents of Aspen Junior Hockey are subject to and shall be guided by the following Parent Code of Conduct. Please read this carefully, as Aspen Junior Hockey expects the following from parents:

- Support your child's and other players' desire to participate in and play the sport of hockey. Promote good sportsmanship, and applaud all players' and coaches' efforts, both in winning and losing.
- Recognize, acknowledge and support the contribution and commitment of our volunteer coaches.
- Be a positive role model for players, coaches, officials, parents and spectators while attending practices and games.
- Never physically or verbally abuse or criticize any player, coach, official, arena personnel or spectator before, during, or after a game or practice.
- Help your child understand and abide by the AJH Player Code of Conduct.

The 24-Hour Parent/Coach Rule applies to all parents involved in Aspen Junior Hockey. **Parents may not approach coaches to voice complaints or displeasure with coaching actions or decisions either during or immediately following any game or practice.** Instead, parents must contact the Team Manager to arrange a meeting with the coach, which meeting shall take place at least 24 hours after the game or practice in question. At that meeting, all relevant questions and concerns will be addressed by the coach in an effort to resolve the issue. Unresolved matters may be brought to the attention of the Director of Hockey and/or the Governance Committee of Aspen Junior Hockey.

Parents in violation of this policy will be contacted by the AJH Disciplinary Committee, and may face sanctions including suspension of the right to attend practices, games, or any Aspen Junior Hockey event.

Finally, all parents are also subject to the USA Hockey Code of Conduct, including its Zero Tolerance Policy, and to all CAHA rules and regulations. Parents who fail to follow the Codes of Conduct described above will be subject to disciplinary consequences.

I have read and agree to all above policies and will abide by the parent code of conduct stated above for Aspen Junior Hockey.

\_\_\_\_\_

\_\_\_\_\_

Printed Name(s)

Signature(s)

Date



## **AJH Member Volunteer Hours Requirement & Protocols**

All AJH travel teams

Three weekends of Fall Face-Off

All families are required to volunteer for **xxx** spots per assigned weekend.

This will be determined based on the number of teams participating.

Every travel team player/family must volunteer even if they are not participating and/or out of town during their team's weekend to play.

Required volunteer slots are per player.

Families with multiple children will be assigned shifts for each player.

Volunteers must be at least 16 years of age.

***\*Families will be charged a \$250 volunteer fee at the time of registering for the 23-24 season. When volunteer obligations have been met, families can have a refund, apply the amount to the next season, or donate to AJH.***

Volunteer slots/shifts:

Clock

Sports engine scoring

Information/hospitality

Each team playing covers the penalty box and is not considered part of this AJH member volunteer requirement for Fall Face-Off.

Week 1 High School, 16U/18U Midget, & AA (

Week 2 10A, 10B, 12A, 12B, 10U Girls

Week 3 14A, 14B, 12U Girls, 15U Girls, & 19U Girls

*\*Each weekend is subject to change, age, and divisions, all TBD. All girls' TBD, pending interest.*

Families can hire a SUB to work their volunteer shifts for a fee.

Anyone wanting to work as a SUB, please email [jackieayers@aspjuniorhockey.com](mailto:jackieayers@aspjuniorhockey.com) to be put on the SUB LIST.

We will email ALL THE DETAILS at the beginning of October.

All Travel team members are required to volunteer:

Girls 10U, 12U, 15U, 19U

Boys 10U, 12U, 14U, 16/18U

Please note that all travel team members will still need and are required to volunteer throughout the season for their team to cover shifts for league season and tournament play. Each team will collaboratively determine and fill those needs.

As we get closer to FFO event dates, we will promptly update families and provide you with sign-up information.

Thank you,

Aspen Junior Hockey

## **ASPEN JUNIOR HOCKEY LOCKER ROOM SUPERVISION POLICY**

AJH and USA Hockey are concerned with locker room activities between minor players, adult players, adults being alone with individual minor players in locker rooms, and nonofficial or non-related adults having unsupervised access to minor participants at sanctioned team events. The AJH, USA Hockey Policy, is that at least one safe sport certified and USA Hockey registered responsible adult be present directly monitoring the locker room. This person should be present during all team events to ensure that only participants (coaches and players), team personnel, and family members (pending circumstances) are approved. Any individual meetings with a minor participant and a coach in a locker room require a responsible adult to be with the coach. Further, responsible adults must personally monitor the locker room environment. At the same time, participants are present and ensure the locker room is appropriately secured when minor participants are on the ice. All locker room monitors meet the AJH/USA Hockey background screening requirements. Aspen Junior Hockey and USA Hockey are also concerned with the activity known as "Locker Boxing" (aka Helmet & Gloves), which produces head trauma in children and young adults. It is the Policy of AJH to prohibit "Locker Boxing." The Policy of AJH strongly encourages the non-possessing or using of cell phones, cameras, video cameras, or any recording device in the locker room.

## **ASPEN JUNIOR HOCKEY LOCKER ROOM CONDUCTS POLICY**

All players and others in the locker room must conduct themselves respectfully while participating in any AJH practice or game. Players must adhere to and follow this policy regarding conduct in and around the locker room.

1. Players may only be in a locker room if an adult they know is present, either in the locker room or close to the locker room, as a locker room monitor (Safesport and background screened).
2. Players may only be in a locker room during assigned times.
3. Players and student-athletes must conduct themselves respectfully and all other persons in the locker room. Players may NEVER be in a locker room alone with an adult.
4. Players may NEVER bring any electronic device into the locker room. Electronic devices include but are not limited to phones, tablets, laptops, cameras, video recorders, or any device capable of capturing images or sounds. If you have questions about whether a device is permitted in the locker room, ask your coach, team manager, or monitor in advance.
5. Players are forbidden from engaging in any activity, such as "locker boxing," which could result in emotional or physical harm to any person.
6. Players are strictly forbidden from engaging in any activity construed as physical abuse, sexual abuse, emotional abuse, bullying, threats, Harassment, or hazing in the locker room.
7. Players are not permitted to invite persons not part of the actual team or AJH program into the locker room. It would include but is not limited to family members and friends. The coach may grant exceptions for emergencies and other situations.
8. Conduct that violates any part of this policy must be reported confidently to the Head Coach, Assistant Coach, Team Manager, Locker Room Monitor, or any other adult associated with the program.

Failure of any Player to follow and adhere to this Locker Room policy will result in disciplinary action. This action could take many forms, including but not limited to a reprimand or warning, suspension from the team or program, or expulsion from the team or program. Any Player who misses time with a team or program due to being disciplined for failing to adhere to this policy will not be entitled to any refund of fees paid to participate in the program or on the team.

## **ASPEN JUNIOR HOCKEY SEXUAL ABUSE POLICY**

The Policy of Aspen Junior Hockey and USA Hockey is that there shall be no sexual abuse of any minor participant involved in any Aspen Junior Hockey program or event by an employee, volunteer, or independent contractor. Sexual abuse of a minor participant occurs when an Aspen Junior Hockey employee, volunteer, or independent contractor touches a minor participant to cause the sexual arousal or gratification of either the minor participant or the employee, volunteer, or independent contractor. Sexual abuse of a minor participant also occurs when a minor player touches an employee, volunteer, or independent contractor for the sexual arousal or sexual gratification of either the minor participant or the employee, volunteer, or independent contractor. Suppose the touching occurs at the request or with the employee's consent, volunteer, or independent contractor. Neither consent of the player to the sexual contact, mistake of the participant's age, nor the fact that the sexual contact did not occur at a hockey function are defenses to a complaint of sexual abuse. The violator will be permanently banned or suspended from Aspen Junior Hockey and USA Hockey programs and events upon proof of this policy's violation. Sexual contact between or among children can also be abusive if there is a significant disparity in age, development, or size, rendering the younger child incapable of giving informed consent if an aggressor or an imbalance of power and/or intellectual capabilities. The sexually abusive acts may include sexual penetration, sexual touching, or non-contact sexual acts such as exposure or voyeurism. Neither consent of the minor to the sexual contact, mistake of the participant's age, nor the fact that the sexual contact did not occur at a hockey function are defenses to a complaint of sexual abuse. Sexual abuse may also occur between adults and adults. Sexual abuse includes sexual interactions accomplished by non-consensual force or threat of force, coercion, or manipulation, regardless of the age of the participants. Sexual abuse may also include non-touching offenses, such as sexually harassing behaviors; an adult discussing their sex life with a minor; an adult asking a minor about their sex life; an adult requesting or sending nude or partial dress photos to a minor; exposing minors to pornographic material; sending juveniles sexually explicit electronic messages or pictures (e.g., "sexting"; deliberately exposing a minor to sexual acts, or deliberately exposing a minor to inappropriate nudity.

Without limiting the above, any act or conduct described as sexual abuse, sexual misconduct, or child sexual abuse under applicable federal or state law constitutes sexual abuse under this policy.

Any Aspen Junior Hockey or USA Hockey member who engages in any act of sexual abuse and/or misconduct will automatically be disclosed to the U.S. Center for SafeSport and local law enforcement.

## **ASPEN JUNIOR HOCKEY POLICY ON SEXUALLY EXPLICIT MATERIALS**

The Policy of Aspen Junior Hockey prohibits possessing, sharing expressly, or distributing sexually explicit materials at any team activity or function. Violations will be subject to review by the Aspen Junior Hockey Disciplinary Committee and may refer to the U.S. Center for SafeSport and local law enforcement.

## **ASPEN JUNIOR HOCKEY PHYSICAL ABUSE POLICY**

Aspen Junior Hockey and USA Hockey policy that there shall be no physical abuse of any participant involved in any Aspen Junior Hockey program or event by any employee, volunteer, or independent contractor of Aspen Junior Hockey. Physical abuse means physical contact with a participant that intentionally causes the participant to sustain bodily harm or personal injury. Physical abuse also includes physical contact with a participant that purposefully creates a threat of immediate bodily harm or personal injury.

Physical abuse does not include physical contact reasonably designed to coach, teach or demonstrate a hockey skill. Proper physical conduct may include but is not necessarily limited to shooting pucks at a goaltender, demonstrating checking and other hockey skills, and communicating with or directing participants, during a game or practice, by touching them in a non-threatening, non-sexual manner. Violations of this Policy will be subject to review by the Aspen Junior Hockey Disciplinary Committee and could result in referral to local law enforcement.

## **ASPEN JUNIOR HOCKEY SCREENING POLICY**

The Policy of Aspen Junior Hockey and USA Hockey will not authorize or sanction in its programs any volunteer or employee who has direct routine access to children (anyone under the age of majority). They must complete a USA Hockey-authorized background check and SafeSport Certification.

A person may be disqualified and prohibited from serving as an employee or volunteer of Aspen Junior Hockey if the person has the following:

1. Been convicted (including crimes the record of which has been expunged and pleas of "no contest") of a crime of child abuse, sexual abuse of a minor, physical abuse, causing a child's death, neglect of a child, murder, manslaughter, felony assault, any assault against a minor, kidnapping, arson, criminal sexual conduct, prostitution-related crimes or controlled substance crimes.
2. Being adjudged liable for civil penalties or damages involving sexual or physical abuse of children.
3. Being subject to any court order involving any sexual abuse or physical abuse, including but not limited to domestic demand or protection.
4. Had their parental rights terminated.
5. A history with another organization (volunteer, employment, etc.) of sexual or physical abuse complaints of minors.
6. Resigned, terminated, or asked to resign from a position, whether paid or unpaid, due to complaint(s) of sexual or physical abuse of minors.

7. Has a history of other behavior that indicates they may be dangerous to children in the Aspen Junior Hockey program.

### **ASPEN JUNIOR HOCKEY POLICY ON HAZING/BULLYING**

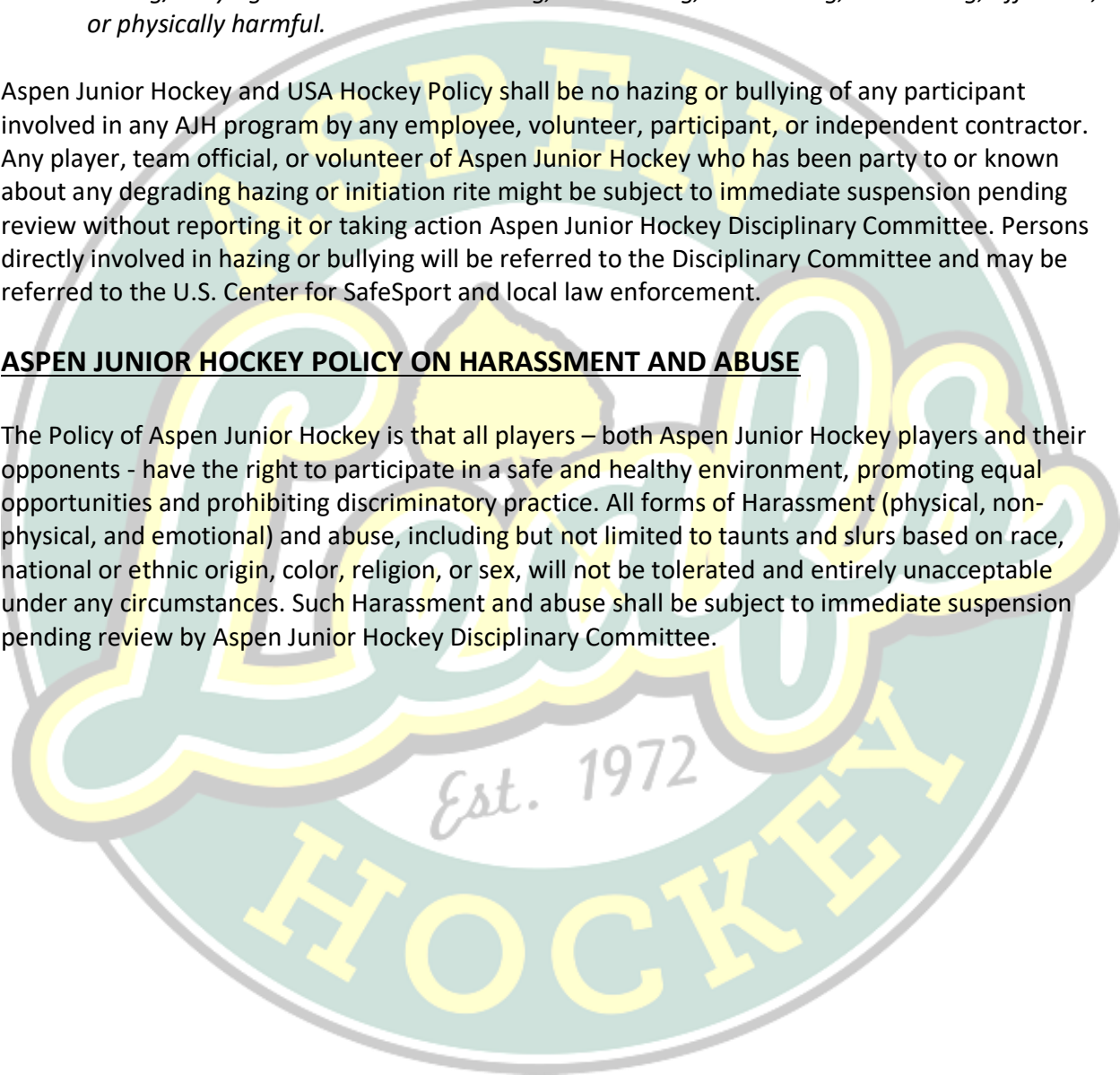
For this policy, key definitions are as follows:

- *Hazing/Bullying: Conduct that is insulting, intimidating, threatening, humiliating, offensive, or physically harmful.*

Aspen Junior Hockey and USA Hockey Policy shall be no hazing or bullying of any participant involved in any AJH program by any employee, volunteer, participant, or independent contractor. Any player, team official, or volunteer of Aspen Junior Hockey who has been party to or known about any degrading hazing or initiation rite might be subject to immediate suspension pending review without reporting it or taking action Aspen Junior Hockey Disciplinary Committee. Persons directly involved in hazing or bullying will be referred to the Disciplinary Committee and may be referred to the U.S. Center for SafeSport and local law enforcement.

### **ASPEN JUNIOR HOCKEY POLICY ON HARASSMENT AND ABUSE**

The Policy of Aspen Junior Hockey is that all players – both Aspen Junior Hockey players and their opponents - have the right to participate in a safe and healthy environment, promoting equal opportunities and prohibiting discriminatory practice. All forms of Harassment (physical, non-physical, and emotional) and abuse, including but not limited to taunts and slurs based on race, national or ethnic origin, color, religion, or sex, will not be tolerated and entirely unacceptable under any circumstances. Such Harassment and abuse shall be subject to immediate suspension pending review by Aspen Junior Hockey Disciplinary Committee.



## **ASPEN JUNIOR HOCKEY POLICY ON TOBACCO PRODUCTS**

The Policy of Aspen Junior Hockey prohibits underage use of any tobacco product. Aspen Junior Hockey has also banned the use of all tobacco products, including chewing tobacco, at all Aspen Junior Hockey events in the presence of Aspen Junior Hockey players. Aspen Junior Hockey also prohibits the possession or use of electronic cigarettes (or any device used as a vaporizer) or e-liquid products (vapors) for use in what is known as vaping. It includes but is not limited to practices, games, team events, and team travel to or from games. Violations may result in immediate suspension pending the review of the Aspen Junior Hockey Disciplinary Committee.

## **ASPEN JUNIOR HOCKEY POLICY ON DRUGS AND ALCOHOL**

For this policy, key definitions are as follows:

- *Participants: Players, coaches, referees, and all persons involved in the conduct of a game or practice.*
- *Intoxicating beverages, including but not limited to alcohol.*
- *Non-prescription or non-prescribed controlled substances (whether controlled by Federal or state law).*
- *When used to excess in violation of doctors' orders or to produce a state of intoxication in the participant, prescriptions or controlled substances are used in excess violation of doctors' orders.*

The Policy of Aspen Junior Hockey prohibits the possession or use by any participant of mood-altering substances during active participation in Aspen Junior Hockey programs. Upon discovering any violation, it shall remove the participant from participation in its programs for a reasonable period. Aspen Junior Hockey is unequivocally opposed to student-athletes of banned and restricted substances and methods for performance enhancement. Violators shall be subject to immediate suspension pending review by the Disciplinary Committee.

## **ASPEN JUNIOR HOCKEY CONCUSSION POLICY**

The Policy of AJH will comply with the USA Hockey Concussion Management Program and the CDC's Heads Up concussion awareness program. The Parent Athlete form is at the end of this Handbook and must be signed by both player and the parents.

### **CONCUSSION DANGER SIGNS**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

### **WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

### **WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?**

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

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STUDENT-ATHLETE NAME PRINTED

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STUDENT-ATHLETE NAME SIGNED

---

DATE

---

PARENT OR GUARDIAN NAME PRINTED

---

PARENT OR GUARDIAN NAME SIGNED

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DATE

## ASPEN JUNIOR HOCKEY ONLINE SOCIAL NETWORKING POLICY

For this policy, key definitions are as follows:

- *Online social networking – an online service, platform, or site that allows users to share information, ideas, comments, events, or media (for example, photos, video, or music).*
- *Aspen Junior Hockey Membership - people directly involved in the organization's activities, including coaches, team managers, team support staff, office officials, billets, players, parents, volunteers, and administrative staff.*

Aspen Junior Hockey understands and appreciates the importance of social networking related to its member's and stakeholders' personal and professional lives. This immediate and public forum provides unique opportunities for networking and promotion; however, it also provides an unsupervised medium for inappropriate conduct. This conduct may be deemed detrimental to the welfare of Aspen Junior Hockey and its membership. We want to hold its entire membership that participates in online social networking to the same standards as all forms of communication, including television, radio, and print.

These policies protect all parties from Harassment, stalking, inappropriate contact, or behavior. If an outside party requests to participate in an online network due to your affiliation or participation with Aspen Junior Hockey, Aspen Junior Hockey recommends that the request be declined.

The following are some examples of behavior in online social networking mediums that may result in disciplinary action by Aspen Junior Hockey at the discretion of the AJH Disciplinary Committee:

- *Posting or divulging confidential information includes but is not limited to members' personal information, contact information, medical conditions, injuries, and other sensitive matters pertinent to AJH and its membership.*
- *Posting negative or derogatory comments about Aspen Junior Hockey or competing programs" staff, programs, members, stakeholders, or program participants.*
- *Posting photographs, videos, or comments regarding fights, penalties, or other in-game incidents.*
- *Posting photographs, videos, or comments promoting negative influences or criminal behavior, including but not limited to drug use, alcohol abuse, public intoxication, sexual exploitation, etc.*
- *Participating in any online activity that contradicts the current policies of AJH.*
- *Posting inappropriate, derogatory, racist, or sexist comments contradicts AJHs' policies.*

The Aspen Junior Hockey membership should assume that they represent Aspen Junior Hockey. Members of AJH are expected to demonstrate discretion and respect over these sites; if a photo or comment is inappropriate for all other forms of media, it should be considered unsuitable for online social networking sites. Any material, statements, or actions through these portals or a cellular phone or service deemed inappropriate will be reviewed by the Aspen Junior Hockey Disciplinary Committee for possible suspension and/or expulsion from the program.





## 2023-24 SEASON AGE CLASSIFICATIONS

### NEXT SEASON

USA Hockey Playing Season: September 1, 2023, through August 31, 2024

#### Co-ed YOUTH TEAMS

<u>DATE OF BIRTH</u>	<u>AGE CATEGORY</u>	<u>AGE DIVISION</u>
2005	18 YEARS	18 & Under (Midget)
2006	17 YEARS	18 & Under (Midget)
2007	16 YEARS	16 & Under (Midget)
2008	15 YEARS	16 & Under (Midget)
2009	14 YEARS	14 or Under (Bantam)
2010	13 YEARS	14 or Under (Bantam)
2011	12 YEARS	12 or Under (Pee Wee)
2012	11 YEARS	12 or Under (Pee Wee)
2013	10 YEARS	10 or Under (Squirt)
2014	9 YEARS	10 or Under (Squirt)
2015	8 YEARS	8 or Under (Mite)

No USAH registration fee 2017 and younger (6 & under)

#### GIRLS & WOMEN'S TEAM

<u>DATE OF BIRTH</u>	<u>AGE CATEGORY</u>	<u>AGE DIVISION</u>
2004	19 YEARS	19 or under
2005	18 YEARS	19 or under
2006	17 YEARS	17 or under
2007	16 YEARS	16 or under
2008	15 YEARS	16 or under
2009	14 YEARS	14 or under
2010	13 YEARS	14 or under
2011	12 YEARS	12 or under
2012	11 YEARS	12 or under
2013	10 YEARS	10 or under
2014	9 YEARS	10 or under
2015	8 YEARS	8 or under

No USAH registration fee for 2017 and younger (6 & under)



## STUDENT-ATHLETE & PARENT RECEIPT AND CONFIRMATION

Please complete and return it to the Team Manager.

*I have received the 2023-2024 Aspen Junior Hockey Policy Handbook.  
I have read and understood the information in this booklet.*

Parent/Guardian Signature \_\_\_\_\_

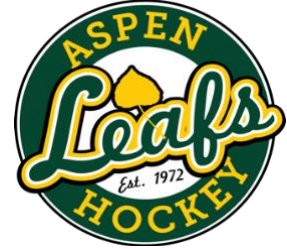
Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_



Dear Teachers and School Administrators:

I write today on behalf of \_\_\_\_\_ to make you aware of his/her outstanding accomplishment. They were selected to participate in the Aspen Junior Hockey program this year. This is a special honor for this student-athlete and one I commend you for recognizing. The Aspen Junior Hockey, established in 1972, provides youth ice hockey to players in the Aspen community and beyond with our Tier II girls program.

Aspen Junior Hockey teams participate in leagues/tournaments throughout other states and our Mountain Region. We want you to know that we do everything to avoid scheduling conflicts requiring our players to miss school days. Player education is an essential priority for our program; therefore, our coaching and management staff will continually stress the importance of education to our teams and ensure they understand the demands of participating in our program and maintaining a high academic standard.

Unfortunately, because we live in the mountain region, there are unavoidable occasions when our teams need to travel to a distant city for a tournament. With this letter, we are requesting you excuse the abovementioned student from school on the following dates:

Tournament/City: \_\_\_\_\_ Date(s): \_\_\_\_\_

We strongly encourage player commitment to schoolwork, and our program has stringent academic guidelines. We commit to enforcing curfews during these long tournament weekends, support time for homework, and encourage reading and studying during idle time. The student will be fully responsible for completing all work missed in class, and we encourage our students to try and get ahead when appropriate. We don't seek any particular concession or lenience regarding school rules about absences. We hope you will appreciate the additional commitment of time and expense to the player. Their family is further committed to helping develop them into happy, healthy, hard-working, balanced, disciplined, and exemplary young people.

We are proud that \_\_\_\_\_ is a member of our Aspen Junior hockey program and ask for your support regarding this level of extracurricular activity. Thank you for your time and commitment to academics for our young students/athletes.

Sincerely,

Harlan Pratt,  
Executive Director, Aspen Junior Hockey  
615-979-1581  
[director@aspennjuniorhockey.com](mailto:director@aspennjuniorhockey.com)