



# Polar Hockey 2009-2010

## Team Rules / Policies / Expectations

**Attendance:** Players are required to attend all practices, games, meetings, and meals. A player may be excused from a team activity for illness or a family emergency. If you become ill at school you must see Coach Diebel or Coach O'Neill during the school day. *Do not ask one of your teammates to report your illness.* The coaching staff needs to talk to you in order to make plans for upcoming games. If a family emergency occurs, contact Coach Diebel at your earliest convenience.

**An unexcused absence will result in a player being suspended for one game.**

**Practice Expectations and Policies:** The coaching staff expects every player to give total effort and attention during practices. The following expectations are required of Polar Hockey Players.

- **Be on time!** You must be on the ice ready to at the start of practice. Getting on the ice late will result in making up the time after practice. Our 2:30 practices provide the opportunity to get on the ice early. North's release time is at 1:55. A dedicated player will get to the rink right after school and work on some individual skills before practice officially begins. Add up the extra 5 or 10 minutes you can take advantage over the whole season and it amounts to quite an opportunity. Spending that time hanging out in the halls will waste a chance to improve as a hockey player.
- **Be coachable!** You are expected to listen to the coaching staff and make every effort to carry out coaching instructions. Look at a coach who is talking. Hustle over to a coach who is giving instructions. There is no excuse for not paying attention to what a coach is saying.
- **Stop on the whistle!** Safety and efficiency require that when the whistle blows you stop. Players relax when the whistle blows and do not expect contact or a shot. Your coaches will make coaching points and will need you to be in the position you were at the time of the whistle.
- **Let a coach know if you need to leave the ice.** Any time during practice that you need to go into the locker room, tell a coach. A player who suffers

an injury should not leave the ice alone. Leaving the ice without a coach knowing can disrupt the practice as we move from drill to drill.

- **Give total effort!** Your coaches assume you are at practice to improve as a hockey player and as a team. It is unacceptable to give less than a full effort. *Every one can hustle!*
- **Small Area Game.** Small area games will be used extensively in our practices. These games create game conditions during practice. We expect our players to compete in these games. Consequences will result from the outcome of these games.

**Game Expectations:** It is critical that our players understand the importance each game means to our post-season position. You will have the opportunity to compete in 25 regular season games. The vast majority of our games will be against conference and section opponents. Every game is critical to the seed we will get in the section tournament. We play in the toughest section in the state. It is important we receive the best seed possible. We must be prepared to play every game on our schedule.

- **Be at the rink on time!**

Away Games: You must be at the rink ½ hour before the bus leaves.

Home Games: You must be at the rink 1 hour before the game time.

**Not being at the rink on time will alert the coaching staff to the possibility that you are not prepared to play.**

- **Pre-Game Stretch.** Captains will lead a team stretch prior to warm-ups. Music will be turned off at the beginning of the stretch.
- **National Anthem.** You are expected to stand at attention during the anthem. No shuffling of feet or talking.
- **Sportsmanship.** You are expected to be a positive representative of our program at all times. Players who do not treat officials, opponents, and fans in sportsmanlike manner will be subject to disciplinary action. We must be disciplined.  
Fighting is not allowed at our level so there is no reason to become involved in an altercation after the whistle. Back away from an opponent who challenges you after the whistle. Retaliation almost always results in penalty. Being undisciplined will hurt our team and represent our school in a negative fashion. Be mentally tough!
- **Trash Talking.** No Trash Talking! Talking to an opponent is a distraction. We need total concentration. Keep your mind on the task at hand. Respect your opponent and the game.
- **Do not argue with the officials!** Our captains have the responsibility of relaying information from the officials to the bench. Captains are expected to give the officials respect. The coaching staff has the responsibility of dealing with the officials.
- **Ignore the Fans.** Allowing yourself to be distracted by what is happening outside the rink is a sign you are not prepared to compete. Play the game for

your team not for your fans. The fans are there to be entertained, we are there to play to the best hockey possible and give ourselves the best chance to win. Great athletes can push distractions out their minds and focus on the game.

- **Be positive with teammates.** It is not your job to coach your teammates. Worry about your own play. You should encourage your teammates to play with total effort. A true leader makes his point by example. Everyone makes mistakes. How do you want your teammates to react to your mistakes? Pick your teammates up do not put them down.
- **Remained focused between periods. Get a rest but keep your mind on the game. We have observed over the years that some of our players have come into our program without having learned how to act between periods. The breaks between periods are times to prepare. If you are talking about anything other than the game you are a distraction to your teammates. Leadership is the key! Don't allow your teammates to lose focus.**
- **Get ready for the game the night before we play. Get your rest. This especially important on Friday nights (or over the holidays). If you really want to win you will do what it takes. You cannot begin getting ready to play 5 minutes before we step on the ice. A positive routine will be helpful in helping you prepare to play.**

**Injury Care and Prevention:** We hope to suffer no injuries this season but experience teaches us that injuries will occur. It is important that each player does his best to prevent injuries and to rehabilitate injuries that occur.

- **Prevention.**
  1. Always wear a helmet when you are on the ice.
  2. Mouth guards are mandatory.
  3. Concentrate on the skate and stretch at the beginning of practice and pre-game warm-ups.
  4. Do all stretching with total effort.
  5. Be smart in the weight room (lift appropriate weight with the proper form).
  6. Stop on the whistle.
- **Care**
  1. Always let a coach know if you become injured. Be honest.
  2. Get a doctor's opinion if the injury prevents you from practicing or playing in a game. Team athletic trainers are very helpful and can give good advice but the coaching staff will rely on your doctor's clearance and your parents' consent before allowing you back into competition.
  3. Do the rehab! Ice, stretching, lifting, or whatever else a doctor or trainer prescribes. The better job you do rehabbing the quicker you get to play.

Injured players should do this during practice time after letting a coach know what rehab they will do that day.

**The coaching staff will not let a seriously injured player return to play until his doctor gives the okay.**

**An injured player is expected to be at practice, unless, he has been excused by the coaching staff.**

**Locker Room Expectations:** Each player is responsible for keeping our locker room clean and organized. Treat visiting locker rooms like they are ours.

- **Keep all equipment off the floor and off your bench.** Our managers need to be able to sweep and mop. Equipment or clothing found on the floor will be confiscated. Players who have equipment confiscated will have to earn the items back.
- **Sticks must be kept in the stick holders.** If you lean your extra sticks against the walls or stalls they will be confiscated. Extra sticks will be kept in the bathroom.
- **No spitting on the floors!!!!** This goes for away games as well.
- **Throw all trash in the wastebaskets.**
- **Do not attach anything to the walls or stalls.** No tape, pictures, **NOTHING!**
- **Do not play music that contains obscene or foul language.**
- **You are responsible for your individual stall. If your area is not kept clean you will help clean other areas of the locker room.**
- **Put back any tools or equipment you use. The Polar Arena staff will allow us to use their workbench if we need to do any repair work.**

**Polar Arena Expectations:** We are very lucky to have this arena as our home. Players are expected to respect the arena and arena staff. Your behavior should represent our team and school in a positive fashion. Players who do not behave properly in Polar Arena will receive disciplinary action.

**Academic Policy:** We will follow North High's academic policy. You must be passing all your classes at the end of each quarter. Players who fail a class for the first time will be ineligible to participate in games for the next two weeks. A second failure at any time will result in that player being ineligible to participate for the next three weeks. Players who are in danger of failing a class are encouraged to seek an intervention with the teacher who teaches that class. A successful intervention will allow the player to participate.

- **School is your #1 priority!** Take care of your obligations in the classroom. At some point a player may have to make-up a test after school. Make sure that you speak to a coach and let them know you are making up a test. You

should go directly to the teacher after school and take the test. Get to the rink as soon as the test is completed.

**It is important that you take your schoolwork seriously so you do not miss practice time.** Do your homework and pay attention in class. A player who is consistently failing classes should probably not be participating in an activity. That player might best be served by concentrating totally on his academic performance.

**Off-Ice Behavior:** As a Polar hockey player, you represent our program off the ice as well as on. Our expectation is that you not only stay out of trouble but also are a positive example for others at school and in the community.

- **School Behavior.** The day after try-outs every staff member at North will receive a list of Polar hockey players. The North High staff will be free to contact our coaching staff with any academic or behavioral problems involving our players.
  1. Be respectful to all the staff at North.
  2. Be on time to school and to each class.
  3. Do not be a disruptive influence in class or the hallways.
  4. Follow all school rules and guidelines.

**5. No cell phone violations.**

**You control your behavior! You are responsible!**

**Missing a practice due to a detention or suspension is not an excused absence. Players will be suspended one game for each practice missed.**

**Players who violate school rules may receive consequences ranging from loss of playing time to being removed from the team.**

**Community Behavior.** The behavior you exhibit in the community must also represent our program and school in a positive manner. Behavior that is deemed illegal or negative by community standards may also result in loss of playing time or removal from the team. MySpace, message boards (or other internet conduct) is included in the list of places that you must represent our program in a positive manner. **These are public places in which you represent yourself and our team.**

**M.S.H.L. Rules Regarding Chemical Use:** We will follow the M.S.H.L. rules regarding chemical use.

- There is no excuse for violating the M.S.H.L. rules. If you violate the rules you have made a choice. You have decided that risking an opportunity to play is worth using chemicals. You have decided that your teammates and your season are not at the top your list of priorities. Your choice to use drugs,

tobacco or alcohol makes our team weaker because something else (chemicals) is more important. Whether you get caught or not, you are hurting our chances to compete at the highest possible level. True leaders do the right thing regardless of what others say or think. Do we have any leaders? Does this team matter to you?

- We will follow the M.S.H.L. penalties for chemical use. Our penalty will be a loss of trust and respect from your coaches and any of your teammates who truly care about the success of this team. Players who receive a suspension for chemical use will have to earn their way back into our program.
- If you have a problem with chemicals, you need to ask for help. Your coaches will do what ever we can, to help you. Consistent use of chemicals at your age can have a devastating effect on the rest of your life. If chemical use is one of your top priorities you need to get help.

**Captains:** We will select captains at some point during season. Captains represent the program and are expected to promote all of the team rules and policies that have been covered in this handbook. We don't need the best player to be a captain, we need the best person. Voting for captain should not be a popularity contest. We need leaders who can accept responsibility and live up to what is expected of a participant in this program. No one can be expected to take a hypocrite seriously. A captain who violates the policies and rules set down in this handbook will not be able to lead effectively.

**Lettering:** A player will qualify for a letter if he competes in at least nine periods of varsity competition. The coaching staff will make the final decision on all letters.

**State Tournament Tickets:** A player who buys State Tournament tickets must finish the season as a team member in order to receive the tickets. A player who quits or is removed will receive a refund.