



**HOCKEY PROGRAM
CHSAA
PLAYER HANDBOOK
2025-2026**

(As of 11/12/2025)



Coaching Philosophy

- We will play a fast game and always at a high pace.
- Hockey strategy and game IQ will be the focus and players will become students of the game.
- We will learn to play with the puck and control the puck at all times. (Our opponents will not be able to score if we always have the puck)
- All players have natural habits and are creating new ones each day. We will work daily on correcting current habits where needed and creating new ones to help the team and the individual.
- We believe in accountability for personal actions, manners, body language and effort both on and off the ice.
- We believe in the enjoyment of the game. We believe in creating a winning attitude and players who show up to the rink excited to be there.

We are here to enhance the person, attitude and hockey player.

Player Expectations

COMMITMENT

- Team commitment starts today and ends following us winning the final game of the season. This includes games, practices, tournaments, off-ice workouts, video review, classroom, and team functions. We are playing at the High School Level, and the commitment level required is second to none.
- Maintain all classroom assignments and required academic grades. Mountain Vista High School Eligibility Policy applies to all players regardless of school attended.
 - Weekly grade eligibility reports run on Monday-Wednesday (depending on school attended) and are given to the Coaches. If a student has 1 or more F's, the student is not eligible to compete for the following week's games (Monday – Saturday).

NOTE: Players will have until Friday to get an eligibility card filled out by their teacher and turned into their schools Athletic Secretary by 3:00 PM to show eligibility. Players are responsible for monitoring grades, and confirming their clearance to play with the AD offices and coaches.

- Make sure you are taking **5 cumulative credits** (aka a minimum of 5 high school classes, any less than that you are not eligible for the CHSAA season; Teacher aides do NOT count as a full class).
- Be respectful to all coaches, teammates, trainers and on-ice officials.

General Team Rules

COMMUNICATION

- Crossbar - Will be utilized by the parents to communicate and have access to the schedule. Crossbar is only to be used for hockey related conversation as the players will be on the app as well.
- An email will be sent out weekly to parents and players which will include practices, dry land, games and any other team activities.
- Groupme will be used for communication between coaching staff, managers and players. We will use this to communicate to the players throughout the season. All communication will be team wide.
- Individual communication with players will always include the entire coaching staff.
- The 24 hour rule will be in effect and violation will not be tolerated. (See Protocol for Coach/Player/Parent Concerns below)

Practices

VARSITY

Mondays

- 7:30 PM - 8:30 PM - Kula Off Ice
- 9:10 PM - 10:10 PM - Practice @ SSSC Rink 3

Tuesdays

- 9:00 PM - 10:00 PM - Practice @ SSSC Rink 1

Thursdays

- 3:30 PM - 4:30 PM - Practice @ SSSC Rink 3
- 6:00 PM - 7:00 PM - Kula Off Ice

JV

Mondays

- 7:45 PM - 8:45 PM - Kula Off Ice
- 9:30 PM - 10:30 PM - Practice @ Family Sports Center

Wednesdays

- 9:20 PM - 10:20 PM - Practice @ SSSC Rink 2

Practice Rules

- Video and classroom schedule will be included in weekly calendar updates
- Players are required to be dressed and ready for practice 10 mins ahead of time. This provides time for coaches to discuss the practice plan to avoid wasting time on ice.
- Anyone that will be late or unable to attend, please have the **player** contact the coaching staff via Groupme ahead of time. Tardiness will not be tolerated

Game Days

- Arrival - 75 minutes ahead of game time. (Time for players to tape sticks, dynamic warm up, dress for the game and talk with coaches.)
- Anyone that will be late, please have the **player** contact coaching staff via Groupme ahead of time. Again, tardiness will not be tolerated.

Equipment

- White Skate Laces
- Black or White tape
- Players MUST wear Green Helmets with Vista Sticker Decals, MVHS Gloves and MVHS pant covers.
- Players MUST use Mountain Vista Hockey Bags

- Both Varsity and JV teams will now be wearing the same jerseys etc. so movement between teams will not require any additional gear

If a player forgets a piece of equipment or a jersey, that player will not be able to participate in that game.

Game Day Dress Code

- Dress pants, dress shirt, tie, dress shoes and suit jacket or team issues jacket.
 - No hats, jeans, tennis shoes or t-shirts
- We will represent the organization and ourselves with pride.

Transportation

The bus for road games will depart from Mountain Vista High School parking lot. The time of departure will be determined based on the game location and estimated travel time. We will only consider bus travel to games outside of the Denver Metro area that are more than one hour away. All other away games, the players and families will be responsible for transportation and players must arrive 1 hour and 15 minutes before puck drop.

Phones

- Phones are not allowed in locker rooms.
 - Players will collect phones for practice and bring them to the coaches.
 - Should be left with parents or in the car for games and practices.
 - One phone will be allowed if players would like to play music before games. Only used for purposes of playing music, not texting, making calls, etc.
 - If this privilege is abused, no phones or music will be allowed in the locker room.

Locker Rooms

- Sweep the shed. We will treat every facility with respect. We will leave every facility better than how we found it.
 - Locker rooms are to be cleaned by every player before leaving.
 - Picking up trash
 - No spraying water in locker room
 - No drawing on walls

Video

- We will need a volunteer to video each game.
 - Will be used as a teaching tool for the players throughout the season.

Uniforms

EQUIPMENT/JERSEY RENTALS: If jerseys are not returned in the condition they were received your player will be assessed a \$50/jersey fee amount to repair the jersey. Players need to maintain jersey cleanliness and carry jerseys on hangers or in a separate protective bag to avoid tears from skates. Any other equipment that was handed out will be assessed a fine if damage is noted. These fines will be based on a replacement cost of said item. All gear must be received 7 days prior to the banquet in order to attend the end of season banquet and all fines must be paid before players are eligible to receive their letter. Failure to return any piece of issued equipment will result in a very hefty fine and will be handled through the school as an unpaid fee and school penalties may apply (other registrations, graduation, banquet attendance etc.)

EQUIPMENT RETURNS: When equipment is turned in it must ALL be washed and returned in the white mesh laundry bag it was issued in, and must have the players Team (Varsity or JV) and have the players number listed on it as well. ALL items must be returned at the same time. There will be a designated drop off time/area sent to all teams

toward the end of the season. If any items are not washed, player will be assessed a \$25 laundry fee and will not be eligible to receive their letter or attend the banquet until paid. Please also indicate on a card/note if there are any items torn or damaged that need repaired or replaced.

Protocol for Coach/Player/Parent Concerns

Concerns regarding ice time or team philosophies will not be addressed. If any other concerns arise the following protocol are in effect:

Mandatory 24 hour rule is in effect for all parents following the end of a practice or game. This rule does not pertain to direct communication between players and coaching staff.

1. The player must set up a meeting to talk to the head and assistant coach.
2. Following the coach/player meeting, a meeting can be scheduled with coaching staff, player and parent(s). This must be done following the 24 Hour rule. Any communication prior to the 24 hour period from parents will not be addressed or responded to.
3. Meeting with the head coach, assistant coach(s), parent, player and appropriate Athletic Director.

The coaching staff will not penalize any player for requesting to meet to discuss any questions or concerns

Varsity Roster

- Varsity roster will consist of 18 skaters and 2 goaltenders that can be dressed on game day.
- The coaches may decide to take extra skaters as practice players
* *these players are NOT guaranteed any game time* *
- All Varsity players that are on teams that qualify for the playoff bracket must be dressed on the bench to meet the 13-game mandatory requirement.

- Varsity teams will play a maximum of 19 league games not including foundation games.
- Varsity rostered players can compete in 72 total periods or 24 games (combined Varsity/JV) for the regular season. Example: Varsity players can play in 19 regular season Varsity games and 5 regular season JV games totaling 24 games.

JV Roster

- The JV team roster will consist of up to 18 skaters and 2 goaltenders.
- JV players may be asked to participate in Varsity games. The coaching staff will do our best to communicate this movement with plenty of time for the player/family.
- JV teams will play a maximum of 15 games; JV players can compete in 72 total periods or 24 games (combined Varsity/JV) for the regular season. Example: JV players can play in 15 regular season JV games and 9 regular season Varsity games totaling 24 games.

WINTER VACATION / SUNDAY PRACTICE/COMPETITION PROHIBITION

- There shall be no school sponsored activity of any sort, including practices, camps, clinics, tournaments, etc. from and including December 24 through December 27, and January 1.
- Beginning December 28, winter sports programs may have voluntary practice (excluding Sundays), but may not compete in interscholastic scrimmages or competition. (Bylaw 2310.4)
- No faculty member or coach may have contact with any of his/her school's athletes from December 24 through December 27, and January 1.
- Under CHSAA bylaw coaches may not have contact or communicate with players on Sundays. Only exception being in case of injury and the coach needs to check on the player. Players under no circumstance should ever contact a coach on a Sunday unless it is about an injury that was sustained in a game or practice the Saturday before. Coaches have been instructed to ignore any form of communication from players or parents on Sundays.
- If you have an immediate issue on a Sunday you may contact the Volunteer Club Coordinator either via phone, text or email at mvhshockeyinfo@gmail.com

Mountain Vista High School Hockey Programs Parent's Code of Conduct

- Display good sportsmanship.
- Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans; enjoy the game together.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Abuse of any game official on or off ice will not be tolerated.
- Parents are to be respectful of on ice officials. This means no yelling, no profanity, or any aggressive behavior directed towards an official. Doing so will result in ejection from the game and possible further disciplinary action.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the coaches by trusting their judgment and integrity.
- Complaining about a player's ice time, negatively speaking of other players, lines, coaching decisions etc. will not be tolerated.
- Be responsible for your own safety – be alert to prevent accidents from flying pucks and other avoidable situations.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game – win or lose.
- Recognize good effort, teamwork and sportsmanship.
- Let the coaches coach, please do not coach your players as it may be different from the direction they are being given by the Vista Coaches.

PARENT INFORMATION

EXPECTATIONS – GAME DAY

Every family will be expected to contribute to volunteer positions as needed and communicated by the team managers or coaches. Team managers will assign these positions if spots are not filled by volunteers, if assigned you are expected to cover those positions. Board Members and Team Managers have other game time responsibilities so these positions must be filled by other families.



I _____(player) acknowledge that I have received and read the 2025-26 Mountain Vista Hockey Player Handbook (confirming this at registration time, also suffices as signing and accepting this document) and I agree to abide by all rules and policies listed within. I understand that there could be additional rules and/or expectations from the coaches or the school and I agree to adhere to those as well. I also acknowledge there have been changes made to this document as of November 12, 2025 and by signing I am stating that I have reviewed this new document.

Player Signature _____

Date_____

Parent Signature _____

Date_____

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