Bantam B1 Hockey Team

Parent Meeting: Intros, Season Expectations, Questions/Comments

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Player Expectations

ANY EXPECTATION NOT MET BY PLAYERS WILL RESULT IN A CONSEQUENCE DETERMINED BY THE COACHES AND/OR BOARD OF HOCKEY CLUB.

- **Effort and attitude:** Show up ready to work and give your best at every practice and game. You do not have to be perfect, but you are expected to bring effort, focus, and a willingness to learn. Bullying, foul play/actions, and disrespect to teammates, officials, parents, or coaches is unacceptable and will not be tolerated.
    - **Work hard consistently:** Stay engaged in drills, compete for pucks, finish your shifts, and put in the work even when you are tired or things are not going your way.
    - **Be coachable:** Listen when coaches are speaking, take feedback without arguing or making excuses, and try to apply what you are taught. Ask questions respectfully when you need clarification.
    - **Handle frustration constructively:** Mistakes will happen. Reset and focus on the next opportunity. Sulking, blaming others, slamming equipment, or taking frustration out on teammates is not acceptable.
    - **Respect everyone:** Treat teammates, officials, parents and coaches with respect in the locker room, on the bench, and on the ice, and off the ice.

    - **Own your actions:** If your effort or attitude slips, take responsibility, accept the correction, and make a change. A bad moment does not have to become a bad practice or game.
    - **Support the team:** Bring the same positive effort regardless of your position, role, or playing time. Celebrate teammates' success and contribute even when you are not on the ice.
- **Attendance and readiness:** Scheduled team activities are mandatory for every player. Communicate absences **AT LEAST** 2 hours in advance and arrive ready at the time established by the coaches. No call no shows or notifications shorter than 2 hours advance will result in a consequence determined by the coaches.
    - **Dryland:** Dryland will occur once or twice a week throughout the season. Dryland is a mandatory team activity that needs to be attended by everyone. Players need to have the proper equipment to perform dryland: running/training shoes, comfortable workout clothing (shorts, t-shirts, hoodies, sweatpants, etc.) The following items are prohibited at/during dryland: Phones/electronic devices, jeans, slides/sandals, restrictive clothing, etc. This will take place at the Rough Rider Center.
    - **Classroom/Film Session:** Throughout the year, coaches will hold a film/classroom session once a week or once every other week. All players will be required to attend. This will allow coaches to break down previous gameplay of our own team or other teams as well as check for understanding from our players. This will take place at the Rough Rider Center.
    - **Practices:** There will be 3 or 4 practices per week throughout the season. All practices are mandatory to attend. During practices, players are **NOT** allowed to leave the ice except for emergency reasons. Bring your water bottles, inhalers, tape, etc. to the bench before stepping on the ice. Players must wear all USA Hockey certified equipment, including neck guards. Players must also always keep their helmet on while on the ice.
    - **Games:** Games will vary between home and away. Regardless of home or away, players must arrive **AT LEAST** one hour before

gametime. Players are also expected to dress up for BOTH home and away games (suits, slacks, polos, dress shirts, suit jackets, etc.) and bring their dryland clothing for a pregame warmup. During pregame warmup, players may have their phone to listen to music while warming up, but while in the locker room prepping for the game, phones are to be put away and out of sight. If a player cannot handle this situation, a coach will hold onto the player's phone or be given to the player's parent. We as coaches encourage someone on the team to bring a speaker and that person will be allowed to operate their phone in the locker room to play music for the team.

- **Teamwork:** Encourage teammates, including everyone, and put team success ahead of individual recognition.
- **Responsibility:** Take care of equipment, keep team spaces clean, and follow team and association rules.
- **Communication:** Ask questions respectfully and speak with coaches about concerns or areas for improvement.

Parent Expectations

ANY EXPECTATION NOT MET BY PARENTS WILL RESULT IN A CONSEQUENCE FOR YOURSELF AND/OR YOUR PLAYER DETERMINED BY THE COACHES AND/OR BOARD OF HOCKEY CLUB.

- **Positive support:** Encourage **ALL** players. Praise effort, growth, and teamwork rather than focusing only on scores or statistics.
- **Respectful conduct:** Treat players, coaches, officials, opposing families, and rink staff respectfully. Avoid negative comments from the stands or online.
- **Reliable communication:** Check the Crossbar app daily to ensure scheduled events. Communicate effectively when needed.
    - **24 Hour Rule:** Per board policy and in the handbook, parents are not allowed to communicate to coaches about anything related to the game until 24 hours have passed after a game. Breaking this rule can get you reported to the board and even SafeSport. Us as coaches are

open to communication and will not respond to a situation until after those 24 hours have passed.
    - **Constructive concerns:** Discuss concerns privately through the agreed communication process, not in front of players or immediately after a game. Raise urgent safety concerns immediately.
- **Player development:** Support the team's development goals. Discuss your own child's progress without comparing or criticizing other players.
- **Team participation:** Help with agreed volunteer duties and meet confirmed deadlines for team commitments. Remember to meet your required DIB hours.
- **You are not the Coach:** Parents support the players; coaches coach the team. Coaches are responsible for line combinations, positions, playing time, team systems, and game decisions. We welcome respectful questions and feedback, but final coaching decisions rest with the coaching staff, within club policies. Please do not give competing instructions from the stands, undermine coaches in front of players, or pressure your child to ignore team direction. Encourage your player to ask coaches questions, listen to feedback, and take ownership of their development. If you have a concern, discuss it privately and follow the 24 Hour Rule for game-related concerns; urgent safety concerns should be raised immediately. We will listen and explain our approach, but we will not discuss another player's situation. Our shared goal is to help every player improve and contribute to the team.

Other Season Details

- **Tournaments:**
    - Warroad- Dec 4 to Dec 6 (Game Schedule TBD)
        - Location- Warroad, MN
        - Hotel: Seven Clans Casino Warroad (Stay to Play)
    - Winter Classic- Jan 8 to Jan 10 (Game Schedule TBD)
        - Location- Watford City, ND
    - Tournament of Champions- Feb 4 to Feb 6 (Game Schedule TBD)
        - Location- Brandon, MB (Make sure you have a passport/card)

        - Hotel- TBD
- **Coach Goals:**
    - We want to win games as much as the players, but our goal is to develop our players into better versions of themselves by the end of the season. This includes skills, IQ, mentality, physical condition, attitudes, leadership, etc.