



MLAHA Parent & Player Handbook 2024-2025 Season

www.mlaharebels.com

Welcome to the Moose Lake Area Hockey Association!

We want to welcome you to the Moose Lake Area Hockey Association. As a member of the association, you can become involved with your child, their friends and other families in an exciting program. MLAHA is a non-profit, volunteer organization that is operated by the parents of its players along with other involved community members. This handbook will provide you with some of the basic structure of the organization, the coaching and development at each level of play, and a summary of important policies and procedures. We invite you to become actively involved in all aspects of MLAHA. Enjoy watching your child develop skills, learn hockey, and gain new friendships. Visit our website at mlaharebels.com for registration information, arena updates and more. See you at the rink!

MLAHA Mission Statement

The mission of MLAHA is to give each child in our program the opportunity to develop and grow as a hockey player, as an individual and as a member of a team. We hope to accomplish this through educated volunteers, creating a fun atmosphere for practices and games and developing a community of responsible supportive adults to mentor the players.

Organization Structure

MLAHA is run by an elected board and appointed directors/coordinates. The board is responsible for the financial oversight, including fundraisers and setting registration fees. Riverside Arena is leased from the City of Moose Lake. MLAHA maintains responsibility for the concessions and maintaining two outdoor rinks.

Your Board of Directors for the 2024-2025 season includes:

President – Ashley Zuk

Vice President – Kyle Olson

Secretary – Vacant

Treasurer – Julie Waldhalm

At Large Member – Carlee Wolf

At Large Member – Rachel Day

Additional MLAHA Directors include:

Rinks and Grounds – Mike Eull

Registration – Bobbi Dressel

Volunteer – Maggie Borchardt

Tournament – Ashley Zuk & Kyle Olson

Equipment – Stephanie Rhodes

Scheduling – Jason Rhodes

Webmaster – Amber Ketchmark

Fundraising – Brittni Warpula

Our volunteer coaches are selected by our Hockey Operations committee and certified through USA Hockey.

Organization Roles

Elected Officers: President, Vice President, Secretary, Treasurer and two at large members are each elected for three-year staggered terms at an annual meeting.

Board member contact information can be found on the MLAHA website.

The Crossbar app will be the method of communication for teams and schedules. If you need assistance using the app, please check the MLAHA website (mlaharebels.com) for tips or reach out to your team manager for support.

MLAHA utilizes MailChimp to send out emails from the board regarding events, updates, MLAHA news and more. Be sure to subscribe to these emails to avoid them from going into your spam folder.

MLAHA also will share updates and news on the association Facebook page.

Level of Play

Each level of play is different from all aspects. This means skills taught, practice times, number of practices, number of games and length of season. Moose Lake Area Hockey Association is in the process of adapting aspects of the American Development Model (ADM) throughout our association. Boys and Girls play on the same teams through our Mite 1 program. Starting at Mite 2s, girls will be expected to play on 8U, 12U. Any requests to have girls play on a Squirt, Pee Wee, or Bantam team must be in written form and submitted to the Hockey Operations Committee for approval.

Team classifications will be determined by the Hockey Operations Committee and the coaches based on the skill level of players available at each level. As an affiliate of Minnesota Hockey and ultimately USA Hockey, MLAHA is committed to promoting the American Development Model of youth play when relevant and applicable to our association.

The American Development Model strives to promote a lifetime of hockey development. This year we plan to continue to implement resources from the ADM with the help of staff from Minnesota Hockey and USA Hockey. We thank you as parents for allowing MLAHA to make a difference in your child's hockey development. Why ADM?

"The state of Minnesota has always had a great development model, period. Add in the ADM and we've just gotten even better. We've shown people that there is a purpose for proper development. It has the small-area games and the small groups that are so important to the overall development of a good hockey player. It's a great teaching tool for coaches, too." - **SCOTT SANDELIN** *Minnesota Duluth men's hockey coach, 2011*

and 2018 NCAA national champion, former NHL defenseman, Hobey Baker Award finalist, two-time member of Team USA, hockey dad

The chart below provides a summary of the USA Hockey American Development Model and recommendations. More information can be found at admkids.com, usahockey.com and minnesotahockey.org

Active Start	FUNDamentals	Learn to Train	Train to Train
<p>Ages 0-6</p> <p>This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy:</p> <ul style="list-style-type: none">- In the water: Swimming- On the ground: Athletics- In the air: Gymnastics- On ice and snow: Sliding (skating) <p>Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.</p> <p>6 & Under (Mites) 50 – 60 ice sessions 2 - 3 ice per week 50-60 minute ice sessions 7 – 9 skaters per team; no full-time goalies 34 – 40 quality practices 16 – 20 cross-ice game days</p>	<p>Ages 6-8 Female Ages 6-9 Male</p> <p>The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills. The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.</p> <p>8 & Under (Mites) 50 – 60 ice sessions 2 - 3 ice per week, 1 off-ice 50-60 minute ice sessions 9 – 12 skaters per team; no full-time goalies 34 – 40 quality practices 16 – 20 cross-ice game days</p>	<p>Ages 8-11 Female Ages 9-12 Male</p> <p>This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills. Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.</p> <p>10 & Under (Squirts): 95 – 100 ice sessions 3 - 4 ice per week, 2 off-ice 60 minutes ice sessions 10-12 skaters & 1 goalie 75 – 80 quality practices 20 – 25 games</p> <p>12 & Under (Peewees): 105 – 120 ice sessions 4 ice per week, 2 off-ice 60+ minutes ice sessions 12 skaters and 2 goalies 80 – 90 quality practices 30 – 35 games</p>	<p>Ages 11-15 Female Ages 12-16 Male</p> <p>The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility. Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.</p> <p>14 & Under (Bantam) & 16 & Under (Midget): 160 ice sessions 4 – 5 ice per week 80 minute ice sessions Combined and separate practices for team/position 9 month training calendar 15 skaters and 2 goalies 120 – 130 quality practices 40 – 50 games 16 skaters and 2 goalies Appropriate off-ice training for LTAD stage</p>

Move Up Policy

USA Hockey shall govern the age division of all hockey players playing in league hockey for consistency across the U.S. Those players shall play in a group commensurate with the age group of the league they are registered. The age group shall be all-inclusive. Any exceptions must formally request a move-up, a decision to which shall be made by the Hockey Operations Committee.

Missing practice

Coaches will have policies and expectations regarding missing practices. The higher the level of play, the more important it is to attend practices. Unexcused or excessive absence can result in less game time for that player. Out of respect for our volunteer coaches, please notify the coach if your child will be unable to attend a practice or game.

Codes of Conduct:

MLAHA had adapted the USA Hockey Code of Conduct for the following:

Administrator's Code of Conduct

- Follow the rules and regulations of USA Hockey and your association to ensure that the association's philosophy and objectives are enhanced.
- Support programs that train and educate players, coaches, parents, officials and volunteers.
- Promote and publicize your programs; seek out financial support when possible.
- Communicate with parents by holding parent/player orientation meetings as well as by being available to answer questions and address problems throughout the season.
- Work to provide programs that encompass fairness to the participants and promote fair play and sportsmanship.
- Recruit volunteers, including coaches, who demonstrate qualities conducive to being role models to the youth in our sport.
- Encourage coaches and officials to attend USA Hockey clinics and advise your board members of the necessity for their training sessions.
- Make every possible attempt to provide everyone, at all skill levels, with a place to play.
- Read and be familiar with the contents of the USA Hockey Annual Guide and USA Hockey's official playing rules.
- Develop other administrators to advance to positions in your association, perhaps even your own.

Coaches Code of Conduct:

- Winning is a consideration, but not the only one, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.
- Be a positive role model to your players. Display emotional maturity and be alert to the physical safety of players.
- Be generous with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.
- Adjust to the personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.
- Organize practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.
- Maintain an open line of communication with your players' parents. Explain the goals and objectives of your association.
- Be concerned with the overall development of your players. Stress good health habits and clean living.
- To play the game is great, to love the game is greater.

Parent Code of Conduct

- Do not force your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude toward the game and all of its participants, your child will benefit.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport.
- Communicate with them and support them.

- If you enjoy the game, learn all you can about hockey – and volunteer.

Player Code of Conduct

- Play for fun.
- Work hard to improve your skills.
- Be a team player – get along with your teammates.
- Learn teamwork, sportsmanship and discipline.
- Be on time.
- Learn the rules and play by them. Always be a good sport.
- Respect your coach, your teammates, your parents, opponents and officials.
- Never argue with an official's decision.

Spectator 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 good plays of all participants; avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing any items on the ice surface can cause injury to players and officials.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- 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.

The following is from admkids.com and serves as a powerful reminder as to why we as MLAHA Nation gather and play together.

"There are hundreds of reasons to love hockey. Thousands perhaps. Maybe millions. So as we begin the new season, full of anticipation, excitement, and big dreams, let's count down 10 of some of the best reasons we play.

The Goals: There's no better feeling than going bar-down, five-hole, backhand, burying a juicy rebound, you name it. Scoring a goal for the team and celebrating with your friends is such a fun and rewarding experience.

The Big Saves: Nothing gets the crowd and bench riled up like a big save by the goaltender. As the last line of defense, goaltenders thrive when the pressure is on. A big save can boost everyone's confidence and shift the momentum of a game.

The Speed: Skating is the name of the game, and these kids are getting faster and faster. As kids get more comfortable on their edges, learn to accelerate, and turn on a dime, the game gets more fun and exciting.

The Sounds: The sound of steel carving into the ice, pucks ricocheting off the boards, kids shouting and laughing, the whistles and buzzers just to name a few. There's no other place quite like the rink, our home away from home.

The Smells: (Yeah, No)

The Teamwork: Hockey is the ultimate team sport that teaches children to work together, communicate, and support each other. These skills will last a lifetime as they mature, begin their careers, start families and be active community members.

The Adversity: There will be many ups and downs throughout a player's youth hockey career. That's part of the magic of ice hockey. It's tough to see kids fail, but that is how they learn, grow and develop, on and off the ice. Let them play!

The Development: Hockey is a very difficult sport to learn. Watching our young players piece things together — execute a new stickhandling move, shoot the puck with higher velocity, or make a big defensive play — is truly gratifying and keeps us coming back.

The Locker Room: You never know what's going to come up in conversation in the locker room. It's where kids can talk about the school day, what's for dinner, their favorite superheroes and everything in between. The locker room is a special place where kids can be themselves, bond with each other, and be social.

The Tournaments: There's nothing like a big holiday or end-of-season tournament to get everyone pumped up. The parents are planning team meals and activities. The brackets and schedules are released and the expectations are high. The big tournaments will be remembered by all, no matter the outcome.

The Friendships: The friendships formed through hockey will last a lifetime. Ask Olympians and pro players and they'll tell you they are still in touch with their buddies from youth hockey. The experience of competing and growing with your friends in hockey is extremely special."

Remember this when you are feeling overwhelmed, frantic looking for that glove or elbow pad, remember why we are here. There is more to just the W in the win column.

Rink Rat Program - We encourage all of our skaters to get as much ice time as possible- on the lake, at open skate, on the outdoor rinks or at your own backyard rink. Work on puck handling, shooting, skating skills and pick up games with family and friends. Skaters who log additional ice time outside of scheduled practices and games during the season are able to earn Rink Rat prizes! More information is available on our website, mlaharebels.com

TAKE ADVANTAGE OF OPEN SKATE, INCLUDING OPEN HOCKEY, AND

OUTDOOR RINK SKATING.

The city has set aside open skate hours on Sundays from 6-9PM. We encourage all members to come and skate for fun. This is a wonderful time for new skaters to get out and work on their skills. The outdoor rinks are usually open at these times for pick up hockey and practicing shooting. Anyone on the outdoor rinks using pucks or sticks **MUST WEAR A HELMET.**

MLAHA will make every effort to ensure pucks are available for youth to access on the outside rinks. We ask that skaters make their best efforts to return the pucks.

Use your team's Crossbar chat to send out the call for time together outside, bring a friend who doesn't play hockey and head on down for a fun pick up game.

If you need any inspiration as to why outdoor hockey is important, we've provided some inspiring quotes:

"Outdoor hockey is a great way to spend time with your friends and have fun while improving your skills. Go out and practice because it feels so good when you score a goal!"

"Hockey is a game of strategy, speed and skill. We play it because we love it. There's no place like the outdoors. Take the game outside and let it be your playground!"

Team Duties:

Team parents will be responsible for covering:

- Moving the dividers for mite games
- Time Keeper
 - This person runs the clock during home games. Training is available.
- Score Keeper
 - This person keeps track of the scorebook for the game using Gamesheet. An easy job once you learn it. This is also known as **THE BEST SEAT IN THE HOUSE.**
- Penalty Box
 - All home games require one person in each penalty box. You open and close the box doors, move the nets for the resurfacing and pick up trash left in the player's bench area.

Team managers will work with team families to create a schedule. Managers are also responsible for reserving hotel blocks for away tournaments and organizing team building activities.

MLAHA Policies

Please note, a complete and current list of policies are found at mlaharebels.com. As a board, we strive to keep these up to date and current with USA Hockey, Minnesota Hockey and District 11 Requirements.

Bullying Policy

MLAHA has adopted the USA Hockey Policy regarding bullying:

It is the policy of USA Hockey that there shall be no Bullying of any Participant involved in any of its Member Programs by any other Participant. The hockey environment should be conducive to the enjoyment of hockey and free from any type of bullying behavior.

Bullying is any repeated and/or severe behavior(s) that occurs within a context that is reasonably related to hockey and that is (a) aggressive (b) directed at a Minor, and (c) intended or likely to hurt, control, or diminish the Minor emotionally, physically or sexually. Bullying-like behaviors directed at adults are addressed under other forms of misconduct, such as Hazing and/or Harassment. Examples of Bullying behavior may include, without limitation, repeated and/or severe:

- a. Physical. Hitting, pushing, punching, beating, biting, striking, kicking, strangling, spitting or slapping, or throwing objects (such as sporting equipment) at another person.
- b. Verbal. Ridiculing, taunting, name-calling or intimidating or threatening to cause someone harm.
- c. Social, including cyberbullying. Use of rumors or false statements about someone to diminish that person's reputation; using electronic communications, social media or other technology to harass, frighten, intimidate or humiliate someone; socially excluding someone and asking others to do the same.
- d. Sexual. Ridiculing or taunting that is sexual in nature or based on gender or sexual orientation (real or perceived), gender traits or behavior, or teasing someone about their looks or behavior as it relates to sexual attractiveness.
- e. Discriminatory. Bullying includes any physical, verbal, or social behavior related to race, ethnicity, culture, national origin, religion, gender or gender expression or sexual orientation, meant to harass, frighten, intimidate, or humiliate someone.
- f. Criminal Conduct. Bullying behavior includes any conduct described as bullying under federal or state law.
- g. Exclusion. Conduct may not rise to the level of Bullying behavior if it is merely rude (inadvertently saying or doing something hurtful), mean (purposefully saying or

doing something hurtful, but not as part of a pattern of behavior), or arising from conflict or struggle between persons who perceive they have incompatible views and/or positions.

Bullying does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline, or improved athletic performance. Bullying also does not include rough play or conduct between opponents that occurs during or in connection with a game or any conduct that might otherwise be considered bullying that occurs between Participants during a game, and is subject to penalties and discipline as provided for in the Playing Rules.

Any conduct defined as Bullying in the SafeSport Code that is not expressly included in the definition of Bullying above, is prohibited and shall be a violation of this Policy. While other team members are often the perpetrators of Bullying, it is a violation of this Policy if an Adult Participant knows or should know of the bullying behavior but takes no action to intervene or report on behalf of the targeted Participant(s).

A USA Hockey Participant who engages in any act of Bullying that occurs within a context that is reasonably related to hockey is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension and/or referral to law enforcement authorities. The severity and pattern, if any, of the Bullying behavior and/or result shall be taken into consideration when disciplinary decisions are made.

Cold Weather/Cancellation Procedures

It is required that all Minnesota Hockey Districts have a written policy regarding players playing and practicing at outside rinks. Policies should indicate the minimum temperature, including wind chill, that is safe for players to participate outside. Policies should account for the opportunity for participants to warm up should they become cold. No player should be required to remain outside in extreme weather if they indicate they are uncomfortable. Although no one has come up with a definite guideline for below-zero temperatures, 0 to -5 degrees without wind chill seems to be considered a safe temperature to participate in outdoor practices.

Coaches and parents are to use common sense when participating in outdoor activities. Even at these temperatures you should listen to your players if they are stating they are cold and check for any white spots on their fingers, ears, nose, and facial area. Always listen to your players and let them go inside to warm up! The decision to cancel a team practice shall be the responsibility of the team coach, coaches, or the rink association.

The determination of whether a practice is canceled, due to cold weather, shall be made two (2) hours prior to the events scheduled start time (or as early as practicable) and shall be the responsibility of the team's Head Coach. The Coach must also ensure that

the MLAHA Scheduler is informed of any cancellations via email schedule@mlaharebels.com. The MLAHA Scheduler will notify the rink staff. This rule does not apply to events held inside Riverside Arena.

Please note, city staff reserves the right to close Riverside Arena at their discretion.

Conflict and Complaint Policy

We all go through it at some time or another; conflicts are a normal part of life and it is no different in the MLAHA. The Board asks that you take these steps in trying to resolve your conflict:

1. Take 24 hours prior to filing your complaint from the time of the incident. It is known that some conflicts are the result of the “Heat of the Moment” and may not need further attention.
2. If after 24 hours you feel that it is something that needs to be dealt with, we ask that you approach the Hockey Operations Director and set up a time to talk to try to resolve the problem. If you are unable to communicate with the Hockey Operations Director, please complete the form found on the website with your concerns.
3. If the issue is not resolved at this time, the Hockey Operations Director will bring the issue to the Board for a hopeful resolution.

Goalie Policy

The purpose of this policy is to encourage players to try the position of goalie, offer support by providing equipment and quality coaching for all ages, skill development, retention, on ice safety, and offset expenses accrued by families of goalie players.

1. **GOALIE EQUIPMENT:** Equipment will be provided for two goalies per team at the Mites/8U, Squirt/10U and PeeWee/12U levels. Players at the Bantam level will be responsible to acquire their own goalie gear that follows USA and MN Hockey rules.

Equipment fees apply

MLAHA may have equipment for older age levels

2. **GOALIE STICKS:** Will be provided for all age levels.
3. **REGISTRATION FEES:** Payment and Reimbursement for Squirt/10U and above.
 - a. Players must pay their level registration fees at the start of each season.
 - b. The player must be in the goalie position for 40% of their time on the ice and or up to the discretion of the player's coach and MLAHA board to receive 100% reimbursement of their MLAHA registration fee.
 - c. The player's registration fee will be refunded at the end of the hockey season by the end of the year banquet.
 - d. Mite level players will not be reimbursed.

4. **GOALIE TRAINING:** MLAHA coaches will do their best to provide on ice goalie training as part of every practice and help organize specialized training with outside resources throughout the season.
5. **GOALIE CAMPS:** Goalie camps are a great opportunity for specialized training. MLAHA will reimburse goalies above the mite level for one camp per year. The amount will be limited to \$500 per camp per player. Players should obtain prior approval from the board of directors before registering for goalie camps. Any player attending summer goalie camp at the expense of MLAHA must agree to play goalie for MLAHA the upcoming season or will be required to reimburse MLAHA in full.

Please refer to USA Hockey 2021-25 Official Rules of Ice Hockey (section 3 Equipment, page 19-29).

Locker Room Policy

IMLHA has adopted the MN Hockey District 11 Locker Room Policy:

MLAHA acknowledges the Locker Room Policy as established by USA Hockey.

Monitors must be the same gender as the players and undergo background screening by MLAHA to serve in this capacity.

When coaches are not the same gender as the players, coaches may not be in the locker room while players are changing unless the players have a base layer on or come to the rink in a base layer.

No team or player shall be allowed to enter a locker room prior to a scheduled event until a locker room monitor is present in the locker room and such monitor shall remain in the locker room until the last player leaves the locker room unless coaches are present. When coaches are present in the locker room, they may serve as locker room monitors.

Any coach/coaches meeting(s) with an individual minor player shall be conducted on the ice, on the bench, in the locker room with the other team members and/or locker room monitor(s) present, or in an observable and interruptible setting.

When a player is ejected from a game there must be at least two adults consisting either of locker room monitors or coaches in the locker room with the suspended player. If there is a break and players go to the locker room without coaches, a locker room monitor must be inside the locker room.

Alleged violation of these rules shall cause a mandatory hearing to be held in accordance with Minnesota Hockey Bylaw Article 6. If warranted, a suspension penalty may be levied upon the head coach or person in charge of the team if the head coach is not present.

The penalty for violations of this rule shall be \$500.00 fine for the first offense, \$1,000 for the second offense, and \$2,500 for the third offense. These fines are the responsibility of the offending team and shall be paid to the applicable district.

Photographic Policy

MLAHA has adopted the MN Hockey District 11 Photographic Policy

MLAHA strictly prohibits the possession and/or use of cell phones and/or any type of photographic device(s) in locker rooms. Effective with the start of the 2023-2024 Hockey Season, use of phones, cameras or any device that has the ability to take pictures or videos in a locker room is prohibited. Any player(s), locker room monitor(s), coach(s), parent(s), or person(s) caught using phones or photographic devices inside a locker room or has taken pictures or video from within a locker room and posted on social media, the following will be accessed:

Athletes/Players:

1. 1st Violation: After confirmation, the player shall be suspended from all team activities including "practice, games, scrimmages" for the next two (2) consecutive games or two (2) weeks of a season, whichever is greater. Player may not be in the locker room or bench for games or practices during this time period. Player and Parents will meet with the Association President, Association Level Director to discuss future repercussions if it happens again.

2. 2nd Violation: After confirmation, the player shall be suspended from all team activities including "practice, games (including tournament games), scrimmages" for the next four (4) consecutive games or three (3) weeks of a season, whichever is greater. Player may not be in the locker room or bench for games or practices during this time period. Player and Parents will meet with the Association President, Association Level Director, District 11 Director and District Level Coordinator to discuss future repercussions.

3. 3rd Violation: After confirmation, the player shall be suspended from all team activities for a period of sixty (60) days, with the same requirements as outlined in the Number 2, 2nd Violation.

Coaches/Parents/Locker Room Monitors "Adult(s)":

1. 1st Violation: After confirmation, the "Adult(s)" shall be suspended for the next two (2) consecutive games or two (2) weeks of the season, whichever is greater and assessed a \$500.00 fine. They will be required to meet with the Association President and Association Level Coordinator to discuss future repercussions if it happens again.

2. 2nd Violation: After confirmation, the "Adult(s)" shall be suspended for the next four (4) consecutive games or three (3) weeks of a season, whichever is greater and assessed a \$750.00 fine. They will be required to meet with the Association President, Association Level Coordinator, District Director and District Level Coordinator to discuss future repercussions.

3. 3rd Violation: After confirmation, the "Adult(s)" shall be suspended for a period of sixty (60) days and will be ban from attending and sanctioned games, practices, D11 Activities and assessed a \$ 1,000.00 fine. The Home Association will also be assessed a \$ 1,000.00 fine.

After the third (3rd) occurrence by either player or adult(s), will be banned from all D11 Activities until a hearing committee shall be convened by D11 to determine any further disciplinary action is required.

Any association with outstanding fines, may be considered not in good standing with the district, which will result in the association not being allowed to participate in district tournaments or district events." These violations by a player or adult(s) can and will be carried over to the next season.

Threat Policy

MLAHA has adopted the USA Hockey Policy regarding threats:

It is the policy of USA Hockey that threats by a Participant to harm another Participant are not acceptable in USA Hockey programs.

A threat to harm others includes any written, verbal, physical or electronically transmitted expression of intent to physically injure or harm someone else. A threat may be communicated directly to the intended victim or communicated to a third party.

Threatening behavior by a Participant is prohibited in any manner in connection with any USA Hockey sanctioned activities or events.

It is a violation of this Policy if an Adult Participant knows or should know of the threatening behavior but takes no action to intervene or report on behalf of the targeted Participant(s).

Any USA Hockey Participant who engages in any act of threatening behavior that occurs within a context that is reasonably related to hockey is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension, and/or referral to law enforcement authorities. The severity and pattern, if any, of the threatening behavior and/or result shall be taken into consideration when disciplinary decisions are made.

Tournament Policy

(Please note, a comprehensive tournament procedure and policy is found online at mlaharebels.com)

Home Tournaments:

Moose Lake Area Hockey Association hosts five home tournaments.

Tournaments will be an association responsibility; volunteer shifts will be spread out and included in required volunteer hours.

Tournament Schedule:

Round Robin Play for the following, guaranteeing 4 games per team, 8 teams per tournament

12U - November 29-December 01

PeeWee January 17-19

Squirt January 24-26

Bantam January 31-February 2

3x3 Mite (including mini mite, mite 1, mite 2 and 8U) Jamboree with Round Robin Play, unlimited teams, outdoors and pond hockey style, - weather permitting December 28-29

Away Tournaments:

Tournaments are a great time for team bonding! Team Managers are encouraged to plan meals, activities etc. while teams are out of town. Tournaments also allow for games to be played to maximize reaching recommended game numbers for teams. In addition, it also allows for referees to be best utilized.

Out of town tournaments will be booked by the scheduler and tournament director in June and July, or earlier if necessary. They will use expense, previous year district schedule, ADM recommendations for minimum games to schedule the appropriate number of tournaments. Coaches and managers are encouraged to provide feedback and requests to the scheduler and tournament director. MLAHA will be responsible for the cost of these tournaments scheduled prior to the season.

Out of area travel tournaments will be limited to two hotel stays per direction of Minnesota Hockey and District 11 Director. Any additional travel tournaments must have 100% parent approval and approval from District 11 Director. If a team wishes to have an additional tournament, they also must have approval from the Board of Directors and also work with the scheduler to ensure that they have scheduled sufficient practices to meet the game/practice ratios.

Any out of state tournaments must be approved by the District 11 Director prior to being put on the schedule.

Volunteer Requirements and Policy

(board approved August 25, 2024)

- Each family is required to volunteer 30 hours in a season. This requirement is per family, not per child.
- Opportunities for volunteering include: concessions, flooding, fundraising activities as directed by the board and found on the website volunteer log, and positions listed below.
- Volunteer hours will **not** be issued for team family responsibilities such as book (Gamesheet), clock, penalty box/moving nets or moving dividers for mites. These activities will be responsibility of the team parents to work out/schedule.
- Each family is required to make two \$150.00 deposits toward their volunteer hours at the beginning of the season via personal check. Checks are to be given to team managers and will be stored securely with MLAHA treasurer. Checks should be dated January 31, 2025 and March 31, 2025. Alternatively, families can set up two EFT payments for these dates. If volunteer hours are completed, MLAHA will cancel the EFT payment plans and send confirmation of the cancellation to the guardians.
- Team jerseys will not be handed out until deposits have been made/scheduled.
- If player jerseys are not returned at the last game, the final volunteer check will be cashed, regardless of the number of volunteer hours completed.
- A donation of \$300.00 can be made at the beginning of the season in lieu of working the volunteer hours. This payment can be made by check, cash or EFT and will be processed November 1, 2024.
- Each family must complete 15 hours by January 31st to avoid their deposit check from being cashed, and 15 hours by the end of the season to avoid the second deposit checks from being cashed.
- As part of your family's 30 hours, you must work one concession stand shift at a high school game.
- Each family that earns more than 30 hours of volunteer time in a season will receive \$10.00 credit toward their next year's registration fees per hour, not to exceed the total expense of their registration fees.
- End of season is March 31.
- Each family is responsible for properly recording volunteer shifts/hours on the website.
- First year mite families are exempt from volunteer hours, but are encouraged to sign up and learn more about the hockey community at Moose Lake Area Hockey Association. Deposits are not required for first year mite families, and these families can earn credit toward next year's registration fees if they exceed 30 hours.
- Coaching staff members (up to 3 per team) are exempt from volunteer hour requirements due to the amount of time they serve area youth while on the ice.
- Please contact the Volunteer Coordinator with questions or concerns.

Volunteer Opportunities in addition to those found on the website, are as follows:

Board Members (30 hours volunteer time, three-year terms)

President, Vice President, Secretary, Treasurer, Two At Large Board Member Positions

Director Positions (20 hours volunteer time, three-year terms)

Rinks and Grounds Director, Tournament Director, Equipment Director, Volunteer Director, Registration Director, Hockey Operations Director

Team Positions (30 hours volunteer time, one-year terms)

Coaches, Assistant Coaches, Team Managers

Coordinator Positions (20 hours volunteer time, one-year terms)

Association Wide Fundraising Coordinator, Parent Education Coordinator, Flooding Coordinator

Coordinator Positions (15 hours volunteer time, one-year terms)

Photo Day Coordinator, Apparel Sales Coordinator

Director, Manager and Coordinator Positions (10 hours volunteer time, one-year terms)

Assistant Tournament Director, Tournament Host, Tournament Posters Coordinator, Marketing Coordinator, Try Hockey for Free Coordinator, WebMaster, Rink Rat Coordinator, Spooky Skate Coordinator, Skate with Santa Coordinator, End of the Year Banquet Coordinator

Locker Room Monitors

20 hours for Squirts, Mite 2, 8U

30 hours for 12U, PeeWee and Bantam

Signatures required

Parents/Guardians: please sign and date in the area below. This lets us know that you have received, read and understand the MLAHA Parent & Player Handbook.

Return this form to your oldest child's team manager.

First Parent/Guardian

First Name, Last Name (Print): _____

Parent – signature: _____

Parent – date: _____

Second Parent/Guardian

First Name, Last Name (Print): _____

Parent – signature: _____

Parent – date: _____

Name of Oldest Child in MLAHA: _____

Team/Level of Play of Oldest Child: _____

Volunteer Deposits (Check One):

I understand the volunteer policy and will be completing the required hours. I will:

- Provide two post dated checks to the team manager
- Set up two post dated EFT payments

In lieu of volunteer hours, I am making a one time donation of \$300. My donation is:

- A check to MLAHA that will be deposited November 1, 2024
- A one time EFT payment set for November 1, 2024

Players: please sign and date in the area below. This lets us know that you have read and/or discussed the MLAHA Parent & Player Handbook with your parent/guardian

Return this form to your team manager

Player

First Name, Last Name (handwritten): _____

Team/Level of Play: _____

Player – Signature: _____

Player – date: _____