Boys Varsity - Rebel Hockey - Player/Parent Handbook

Dear Parents and Players,

Welcome to the 2026-2027 winter season of Rebel Hockey. We are extremely excited for the upcoming season and working with the players. We have learned that communication and an understanding of expectations are key to a successful season. It is important that players, parents and coaches all have an understanding of what to expect this coming season. We are hoping to cover as much material in the player/parent handbook as possible to keep everyone on the same page.

In order to make our season successful, we ask for certain things from the parents/guardians of student-athletes:

- Parents are extremely valuable to the success of the team.
- The role of a parent is one of support and confidence.
- It is the belief of this coaching staff that parents greatly contribute to the program and the development of their child. Be positive in the car and in the stands.
- Should a parent feel the need to communicate something with the coaching staff, it is important to do so in a manner that will be conducive to that goal.

Coaches: As coaches, it is our goal to develop individual skills, teamwork, and sportsmanship. Coaches work hard to teach not only the elements of the game but promote important life skills and develop good character. Ultimately, we hope to instill a lifelong love for the sport.

On the topics of playing time or game strategy, we ask you to please respect the coach's knowledge of the game and trust they are making the best decisions for the team as a WHOLE. We WILL NOT DISCUSS playing time, other players or game strategy with you. Period.

When a concern or issue arises with Hockey, please adhere to the following steps.

1. **Have your athlete address the concern with their coach**
    a. **In athletics we teach life lessons and want to teach self advocacy to our Rebel Athletes**
2. **The parent/guardian will contact the coach of the appropriate program to address the concern**
3. **The parent/guardian will contact the head coach of the appropriate program to address the concern**
4. **The head coach/coaching staff, player, and parent/guardian will have a meeting if necessary**
5. **The head coach, player, parent/guardian, and athletic director will have a meeting if necessary**
6. **Parent/guardian will contact the High School Athletic Director of the appropriate school if the concern/issue is not addressed**
    a. **This step should only occur when the concern/issue is not addressed**
        i. **The outcome of the decision from the head coach or athletic director is not a reason to contact the principal(s)**

As always, communication is key amongst coaching staff, players and parents. We trust the judgment of our coaches and they have our full support in their decision-making abilities. Coaches are as following:

AC- Jake Ketchmark
GC- Lauren Bradel
HC- Ashley Zuk

Academics: Oftentimes, we find ourselves more focused on the athlete than the student. Academics are the number one priority. Low grades are not acceptable and players will be held accountable for their grades. Players must maintain their grades in order to be eligible to play. Rebel Hockey policy will be as follows:

- Student-athletes must have passing grades at the time grades are officially posted at the end of each quarter or semester.
- Any player receiving a failing grade at the end of a quarter or semester will be ineligible to participate for two weeks or two games, whichever period is longer.

General Expectations and Rules:

Playing Time: Playing time will be at the discretion of the coaches, based on hockey skills, participation in practices and attitude, effort, NOT grade level or experience. This is a fresh season in which everyone starts with a clean slate. Each spot on the team is earned.

Varsity Letter: Athletes must participate in one half or more of the varsity games.

Attendance: One person being absent affects the entire team. Athletes should notify their coach in advance of an absence or tardy. Injuries cannot be prevented all the time. If a player is injured and cannot participate in practice, the player must attend practice & games when possible. Any unexcused missed practices or games will be held to the discretion of the coach and likely result in sitting a game. On game days, you must be in school the entire day to play. Doctor's appointments and funerals are excused. ***All players must be dressed and ready to practice before it starts.***

Traveling: All athletes are to ride the bus to and from games. It is an important time to be with the team---regardless of a win or loss. Coaches must be notified if a player needs to go home with a parent by written permission. Athletes can leave with their parents/guardians ONLY.

Film Sessions: We will periodically hold film sessions during the season. These sessions should last no longer than 45 minutes. These are considered mandated team events.

Dryland Training & Weightroom: All players will be expected to attend ALL scheduled Dryland Training & Weightroom sessions. We will average 2 sessions per week. These are considered mandated team events.

Team Bonding: We will periodically hold Spaghetti Dinners, Fundraising events, and other team bonding events. These are considered mandated team events.

Alcohol and Drugs: Absolutely no alcohol or drugs are tolerated. Violations will be handled in accordance with the Moose Lake/Willow River Parent/Athlete Handbook, or your respective school.

Cell Phones: Cell phones must be silenced and put away during all team meetings, practices, games, game film, team bonding events, and locker room discussions unless specifically authorized by a coach. No photos, videos, or social media posts may be taken in the locker room at any time.

Consequences: I understand that players may occasionally forget. My goal is not to discipline players unnecessarily, but to help them develop good habits and maintain our team culture.

First Occurrence

- The player will be reminded to put the phone away.

Second Occurrence

- If a player fails to comply after being reminded, the phone will be collected by the coaching staff and returned to the player at the conclusion of practice or the team activity.

Players are expected to be fully engaged with teammates and coaches during team functions.

Any player who takes photos, videos, screenshots, or recordings in the locker room, or who shares locker room content electronically, will be subject to immediate disciplinary action and may also face consequences under school, Minnesota Hockey, SafeSport, or MSHSL guidelines.

Other general expectations and rules: Participation in competitive athletic endeavors is a valued life experience where both success and failure can make positive contributions to human growth in self-discipline, emotional maturity, and self-respect. Athletics should stress fairness in human relationships, commitment to doing one's best, respect for others, humility in victory and graciousness in defeat.

Let's have a great season and GO REBELS!

If you ever have any questions or concerns, please don't hesitate to contact us.

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Please Note: While this handbook provides general expectations and guidelines, individual situations may be handled differently depending on the circumstances or severity of the situation and the specific rules and policies of the player's high school.

I understand the rules and expectations set by the coaches. We will support the coaches' rules and will follow the proper channels if a problem arises.

Parent Signature_____ Date_____

Player Signature_____ Date_____