

PARKWAY CENTRAL

ICE HOCKEY

PARENT MEETING

2026-27 SEASON



PARENT MEETING AGENDA



- Registration & Jerseys
- Crossbar
- Social Media
- Upcoming Events
- Practice Times
- Coaches, Players, Locker Room, & Parent Expectations

REGISTRATION



1 Midstates

All high schoolers need to fill out mid states registration by September 7th

2 SafeSport

All 2008/2009 players need to complete by September 7th

3 B League

All 2011 players need to register for B League by September 7th

4 Grades

All 10th, 11th, & 12th graders need to submit grades by September 7th

5 Medical Form- need to be completed before getting on the ice at the next practice

All forms need to be completed by September 9th or they will not be permitted to take the ice

6 Carshield Form

If you haven't ordered your players B League jersey, this must be finalized tonight:

- **Meet Aly B. after the meeting to get your order placed**
- **If you weren't able to attend the meeting, call her at 303.906.2649**

CROSSBAR



1

Player Setup

All players should have their own account under their family account. Reach out to Heather if your player does not have their own account.

2

Communication

Will always come from Crossbar. Read messages promptly if able & respond accordingly

3

Attendance

Must be updated in Crossbar NO LATER than 24 hours prior to practice/game time

4

Emails

Please read ALL club emails. We only send them when information is important and/or time-sensitive.

5

Coaches and Captains

Players are responsible for notifying their coaches and captains directly by text/email if they will miss a practice/game within 24 hours of the event

COMMUNICATION



Suspension

If your player is suspended from school at any level, they are out of hockey for the length of the suspension. This includes practices, games, off ice and any other team related event. It is your responsibility to let **Alli Ornberg**, our hockey coordinator know. She will keep track of this information. If we are not informed and Mid States becomes aware, we will be fined.

Medical

If your player is injured and cannot play per doctor's orders, in order for your player to return to any hockey event, on or off ice, we will need a copy of the release from the doctor. Turn this into **Alli Ornberg**. All information is being tracked by MO Hockey.

Club Misconduct or Suspension

Must be reported so we can investigate to determine if it carries over from Mo Hockey to Mid States League. Report this information to **Alli Ornberg**.

SOCIAL MEDIA



1

Share your photos

Take great photos at games or team events?

Post them to our Facebook page & send them to Sydney Smith so we can share them too.

2

Spread the word

Share game days, team events & program updates on your own social media

Every share helps us build awareness & support our players

3

Help us recruit

Share & repost team content in Parkway elementary & middle school parent groups

Help future Colts see what Central Hockey is all about

LIKE • SHARE • TAG • HELP US GROW THE PROGRAM

UPCOMING EVENTS



Mark your calendars

1

Season Kickoff Pool Party

September 19th @ 2pm

Details coming soon via Crossbar

2

Parkway Tournament

October 9th – 11th

3

Hockey Fights Cancer Game

October 24th

4

Alumni Game

November 28th

TEAM STORE

- West County Tees team store in the fall
 - Deliveries by season start
- Craftees team store in the fall
 - Deliveries by the holidays

FUNDRAISING

- We'd love to add fundraising opportunities around our upcoming events.
- Have an idea or want to help? Let us know!

2026 – 2027 Coaches



- Varsity – Chris Reed, Bill Jardine, & Chuck Rinaldo
- JV/Varsity – John Winkler
- JV/B League – Todd Cohen & Dave Bonnell
- Skills Coach – Tim Rumpf
- Goalie Coach – Wyatt Sloan
- Strength & Conditioning Coach – Brandon Smith

PRACTICE TIMES



SUNDAY	MONDAY	WEDNESDAY	THURSDAY
ON ICE (starts in October) ALL TEAMS • Varsity • JV • B League • Middle School	ON ICE • Varsity • JV	ON ICE • JV • B League	OFF ICE (Start in October) ALL TEAMS • Varsity • JV • B League • Middle School

Players, Coaches, & Parent Expectations

2026-2027 Season



COACH'S COMMITMENTS



Player Wellbeing:

- Everything starts with player emotional, mental and physical safety
- Coaches will **listen first** and will always assume positive intent

Practices and Games:

- Every practice and game will have a plan
- Every team event is an opportunity to have fun, learn, develop, compete, and build our culture
- Game Philosophy: we need the right players on the ice at the right time
- Practice Philosophy: develop our hockey players as athletes and young adults
- Practice Structure: we will focus on teamwork, skills, fitness, systems and have competition

PLAYER EXPECTATIONS: CULTURE



PLAYER EXPECTATIONS

- Fun, safety, inclusion, wellbeing and teamwork, are priorities
- Treat each other, fans, officials, opponents and coaches with respect at the rink and away from the rink
- ZERO TOLERANCE: drinking, drugs, nicotine, bullying
- Our team should be a priority for you
- Want to change your experience? Bring it to two coaches for us to listen
- RSVP 24 Hours prior to an event on Crossbar-plans & rosters are built from this list
- If your RSVP changes, notify two coaches and the captains

ICE TIME

- Varsity ice time is earned
- JV and B Team are for development
- Effort, Engagement and Attitude: those who not only show up, but connect with teammates and compete hard for and with their team will be rewarded
- Preseason practices and games will help shape our rosters and lineups
- If your ice time decreases, attitude is key and how you respond and then support your teammates
- If your ice time increases, we are looking for you to fulfill your role with maximum effort and positive attitude.

PLAYER & PARENT EXPECTATIONS: COMMUNICATION



PLAYERS

- Always talk to your coach first

Players should communicate directly with their coaches about:

- Playing time
 - Their role on the team
 - Practices or games
 - Questions or concerns
-
- We want our players to learn to advocate for themselves

PARENTS

- Contact Hockey Coordinator
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- If your player has already spoken with a coach & the concern remains unresolved, or they are not comfortable approaching the coach, contact **Alli Ornberg, Hockey Coordinator.**
 - Alli will serve as the liaison between parents, players & coaches.
 - Please direct parent concerns to Alli rather than contacting coaches directly.

PLAYER → COACH | PARENT → HOCKEY COORDINATOR → COACH

LOCKER ROOM EXPECTATIONS



If something happens in the locker room, we want to know about it.

Players should report concerns immediately to:

- A coach
- Alli Ornberg, Hockey Coordinator

Please encourage your player to speak up.

The sooner we know about a concern, the sooner we can address it.

Alli will involve the Hockey Board when appropriate.

See something. Hear something. Say something.

PRACTICE & GAME EXPECTATIONS



1

Be Prepared

- You are responsible for your equipment, water, nutrition, rest, mindset & attitude
- RSVP 24 hours before an event on Crossbar if your RSVP changes, contact 2 coaches and captains

2

Practices – NOT OPTIONAL

- Be ready to go on the ice BEFORE the Zamboni exits; captains are responsible for maintaining this
- Be ready to work & work together
- You will stay on the ice for the full session

3

Game Day

- Arrive in the locker room **1 hour** before game time, ready to warm up as a team
- Captains will lead the warm-up
- 15 minutes before game time: all players in the locker room dressed minus helmets & gloves
- NO PHONES
- Post-game team meeting: only helmets & gloves are off until coaches leave
- Varsity Games: players are expected to be dressed up when you arrive at the rink
- Scratched Players: attend games & attend pre/post game meetings; you cannot be on the bench during the game

PARENT EXPECTATIONS



- 1 Prioritize fun, safety, inclusion, well-being & teamwork**
- 2 Show respect to players, families, coaches, officials & opponents**
- 3 No yelling at officials or you will be asked to leave the rink**
- 4 Get involved where you can. Connect with families, offer rides, support team dinners & events**
- 5 Help us create a positive environment for every player**

QUESTIONS?

PARKWAY CENTRAL ICE HOCKEY BOARD OF DIRECTORS



Ted Rumpf – President

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Aly Bennett – Vice President

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Jen Bernstein – Secretary

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Heather Miederhoff – Registrar

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Katie Rumpf – Treasurer

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Alli Ornberg – Hockey Coordinator

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Sydney Smith – Social Media Coordinator

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GO COLTS

2026–27