



JV/Varsity/B-Development FZW Coach's Requirements

1. All games and practices are mandatory.

- Games, practices, dry-land, skills are mandatory. If you are unable to attend, the head coach or assistant coach must be notified by phone or text prior to the beginning of the event. An unexcused absence without a call or text will result in discipline appointed by your team's coach.

2. Arrival Times

- 60 minutes prior to game time. Players are to be in the locker room and ready to warm up 60 minutes prior to game time.
- 45 minutes prior to practice time. Players are to be in the locker room and ready to go over the practice plan 45 minutes prior to practice time
- Being late has consequences. It is important that if you are going to be late, you must call or text the coaching staff.

3. Game Day Dress Code

- Players will arrive at the games in the following:
- Dress pants or Khakis
- Collared shirt and tie
- Dress shoes
- Players will exit the rink after the game in the same attire

4. Locker Room Behavior

- Keep the dressing room clean, leave it cleaner than you found it.
- No cell phones, this is a USA Hockey rule, follow it.

5. Post-Game

- Players are to remove their gloves and helmets and wait for the coaches to address the team. Once the coaches have dismissed you, you may continue to get changed.

6. 24-hour Rule

- All players and parents will conform to the "24-hour rule". Team management and the coaching staff will not discuss any problems with a player or parent until the day after the game. Experience has shown that cooler heads make for more productive solutions to problems.

7. Respect and Professionalism

- Players will show complete respect and professionalism to all on and off ice officials, coaches, teammates, opposing teams, and parents.
- We will be professional both on and off the ice, no exceptions.

8. Use of Language

- Use of profanity or abusive language towards teammates, coaching staff, team management, officials, fans, and opposing teams will not be tolerated. Consequences will be in effect immediately.
- Criticizing or complaining about teammates will not be tolerated. This is a team sport, so support your team.

9. Social Media

- Social Media used in a negative capacity will not be tolerated. No foul language, threats of violence, derogatory photos or comments about teammates, opponents, coaches etc. on social media.
- As a reminder, once you post something on social media, it lives forever, be smart.

10. On and Off Ice Behavior

- Players will respect players, coaches, teammates, parents, officials, rink staff, and the rink facilities both at home and out of town.
- Players are to not use any substance including but limited too: Tobacco products, alcohol, illegal substances, performance enhancing substances. There is a strict policy against the use of such products.
- Players will abide by the rules and regulations set forth by USA Hockey and MO Hockey. This includes equipment standards, safe sport standards, and rules within the participation of a hockey game.

Please read through the Coach's requirements and keep this for your records. It is extremely important that both players and parents understand the Code of Conduct, and abide by the rules set forth by coaches, team management, USA Hockey, and MO Hockey. Any violation of the Code of Conduct will result in disciplinary action which will be discussed with the player, parents, and coaching staff.