



2025-2026 High School Hockey Team Manual of Expectations & Standards

(updated 9/8/25)

Important Contact Information

Head Coach	Brett Hetland	712-320-9194	grassman@brooksgolfclub.com
Asst. Coach	Dan Hoerichs	712-339-7006	dghoerichs@gmail.com
Asst. Coach	Josh Struck	859-640-3359	joshstruck4@gmail.com
MHSHL Team Rep	Kellie Ferguson	712-320-5618	kellie.ferguson@hotmail.com
Parent Coordinator	Jessica Garvin	319-240-2314	justin.jessica.garvin@hotmail.com
Hockey Director	Brad Shumway	303-217-0240	hockeydirector@lakesareahockey.com

What is Boji Mammoth Hockey?

Boji Mammoth hockey is focused on “Building Our Future” by fielding a full Varsity & Junior Varsity roster and competing at the highest levels in Midwest High School Hockey. Season by season, we will continue in that direction attracting a greater number of committed players and families that will collectively engage in the pursuit of excellence to be not only better hockey players but better people.

- “Building Our Future” happens when we recognize every action and decision we make affects each member of this association and team. This is true of our individual players, and the Mammoths High School team as a whole.
- “Building Our Future” happens when each individual Mammoth player commits to and recognizes they are not their own. Their actions and words belong to something more, something greater and outside of themselves – a team with a future and a legacy for generations to come.

As a committed player and together as a committed team, we will begin to “Build Our Future” now...one decision, one practice, one game and one season at a time. The players on this season's Mammoth team will leave this team better and be a vital part of building a legacy worth inheriting by the next generation of Mammoths. Once a Mammoth, always a Mammoth.

Being a Mammoth is special, not easy and not for everybody. Practice will be hard. Conditioning will be hard. Strength training will be hard. Learning new systems and drills will be hard. Playing in the MSHSL will be hard. By keeping a focus on being the best “You” each day with a positive attitude and work ethic you will experience success on and off the ice.

A Mammoth believes in the following core principles:

1. Give your Best
2. Take care of your teammates
3. Better than yesterday

Pre-Season Opportunities

Summer Roller: We will meet on Tuesday and Thursdays through summer 7:00 pm to play roller hockey.

Fall Training: We will be meeting twice a week in September as a team for a workout followed by a fun game for those athletes not in fall sports.

Captain's Practice: Our season will start with captain's practice the first week in October.

Tryout Assessments: will be the first week of official practice.

Official Practice: The first official practice will start Monday October 13. (Note fall sport athletes will join us when that sport concludes. There will be morning skate options for fall sport athletes to get some ice).

Typical Weekly Schedule

Our typical weekly practice ice time slot is from 4:00-5:30 pm. New in 2025 will be Wednesday ice 3:30-5:00 pm to accommodate our new Learn to Skate/Learn to Play program. We will also be introducing some split practice ice with Varsity skating 3:30-4:15, Combined 4:15-4:45 then JV only 4:45-5:30 to allow for more puck touches and skill development. There will be strength training opportunities 2 times/week at

Elijah Cornell's gym following practice. From time to time, we may schedule morning practice to avoid school conflicts and to change things up over the course of the season. We will follow a typical pattern for each day. Exceptions will be communicated to players and parents.

- Monday-conditioning (Early Season)/weekend recovery day off (Mid/Late Season)
- Tuesday-Skill work
- Wednesday-Systems
- Thursday-Power Play/Penalty Kill
- Friday-Game/Game prep/small area games
- Team Building: Monthly activities away from the rink (Bowling, Ice Fishing, Pond Hockey Dates tbd)

Games

Season Schedule: The Mammoths compete in the Midwest High School Hockey League with a 32-game JV and Varsity regular season schedule that concludes with a state tournament for the top 10 teams. Our schedule may also include non-league games pre-season and post-season. Please watch the Mammoths web page for the most up-to-date information regarding game schedule and modifications as games may be added throughout the season.

Hockey is a competitive Sport. Parents and players must understand at the High School level winning is now equally as important as skill development. Early in the season, the coaches will focus on skill and team concept development within the team dynamic. As we progress into the season, decisions will often be made (typically affect playing time and position) in an effort to provide the team the best chance to win a particular game.

Playing Time: Even at the HS level we continue to have a wide range of skills and mindsets. Playing time is typically a result of skill, attitude, effort and coachability. With the addition of Varsity/JV, many players will dress for both games. This will allow us to place players in different roles, especially using the JV to focus on development of players to be prepared for making the step to Varsity. Playing Varsity Mammoth Hockey will be the pinnacle of your high school career.

Positions: We plan on playing each player where they will best benefit the team to the above noted goals. This may mean you play a variety of positions throughout the season.

Dress Code: Mammoth players will have a **dress code** for games to promote a unified and professional vision of our team. To promote team unity, we will dress nicely for both home and away games. Dress pants/khakis, a collared button up shirt, dress shoes. **Absolutely No jeans, sweats, t-shirts or tennis shoes.** Take pride in how you look and realize you represent your teammates and coaches at home and on the road. You will be given a team backpack that you will pack your warmup shoes, shorts, sweats to be changed into in the locker room for pre-game.

- First offense will be loss of playing time for a period of the next scheduled game.
- Second offense would be scratched from the next game.
- Any subsequent offense would require a special meeting with the Mammoths Coaching Staff.

If a player needs assistance with dress clothes, please let the coaches know and we will help outfit your player to team standards.

Pre-Game Expectations: Players are to be at rink minimum 75 minutes before game time ready for team warm-up and are to remain in locker room or hallway following our warm-up. Please use the restroom, fill water bottles, etc. accordingly. Captains will lead a team warm-up **together** following a preplanned regimen designed to elevate heart rate, warm muscles and loosen joints.

Reactions to Penalties: If assessed a penalty, use dignity and head straight to the penalty box regardless if the official blew a call or you are upset. Only coaches and captains are allowed to speak with the officials.

Post-Game Expectations: Players will be expected to be a generous loser and a gracious victor and will always congratulate the opposing team on their performance with a gloves off handshake.

Game Travel: Players are not allowed to transport themselves to out-of-town games.

Association Involvement

You are “Building Our Future”. Mammoth players will be required to volunteer an hour per week to assist lower levels with practice sessions to make the connection with our youth players as well as recognizing the importance of serving others. These youngsters look up to you as role models so taking time to interact with them will pay dividends down the road for you and our association. We will have a sign up sheet to make scheduling easy to remember.

Respect/Language/Bullying

You are “Building Our Future”. It is not what you know, it is what you do. Respect those around you (parents, classmates, teammates, coworkers, officials, coaches, facilities, each other, etc.)

The language you use reflects on the association, your team, you as a person, and your family. Be mindful of the words you choose. Especially when emotions run high. USA Hockey has a Zero Tolerance Policy that penalizes during game play for players that “use obscene or vulgar language in a boisterous manner to anyone at any time.” Mammoth players will be expected to avoid cursing and derogatory language at all times. At school, at practice, at games or any other Mammoth event. At the discretion of the coaches, any player that disobeys this policy may have disciplinary actions taken with a loss of ice time.

Absolutely NO Bullying/Harassing teammates

This team is a safe haven for all players on this team on and off the ice, no exceptions. This includes social media and conduct therein. All persons, but especially members of this team are due the utmost respect and bullying and/or hazing of any kind is a Safesport Violation and will result in disciplinary actions.

Grades/Eligibility

Ensuring a quality education and learning experience are paramount to future success in life and to “Building Our Future” as an association and a team. Midwest High School Hockey League requires Players to achieve a minimum passing (non-failing) grade requirement to remain eligible to play. If a player is having difficulty in a course, please advise the coaching staff in advance so we can assist in creating a plan to ensure academic standards are being met.

Reporting: Parents are required to report pass/fail to the Mammoth Team Rep within 3 days following year end official transcript posting who then sends the team report to the MSHSL. If a failing grade is reported, discipline will be administered.

Failing Grade Discipline: If a player receives a failing grade in any class, they are not allowed to dress or play in any games for 20 days from the first Monday following the posting of the grade. Questions on eligibility and special situations will default back to their respective school officials.

Academic Awards: We believe in promoting education first and want to award those who do well in the classroom. Academic Achievement Awards will be given at the year-end banquet to players who have a 3.0 grade point or higher. The MSHSL also gives out academic awards at the year end tournament.

Alcohol, tobacco, drugs, crimes and social media

LAHA has a ZERO TOLERANCE POLICY in place regarding the use of alcohol, tobacco, drugs, crimes and misuse of social media. This means any player caught in violation is immediately eligible for disciplinary measures up to removal from the team and or association.

The use of mood-altering chemicals, i.e. alcohol, tobacco [including vaping], drugs, marijuana, is expressly prohibited. Regardless of quantity, a player shall not: (1) use or possess a beverage containing alcohol; (2) use or possess tobacco (including chewing tobacco) or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance defined by law as a drug. It is not a violation for a player to be in possession of a controlled substance specifically prescribed for the player’s own use by his/her physician.

The MSHSL also has similar Standards of Eligibility regarding alcohol, tobacco, including vaping of any kind, drugs, crimes and social media. League policy will be in accord with The Iowa High School Athletic Association which states discipline is at the discretion of the local school board. The league expects discipline for hockey to be like all other interscholastic activities. Harsher local penalties may be enforced. In the event a violation occurs, the coaching staff will contact the LAHA Safesport Coordinator for documentation and disciplinary action.

Cell Phones

Cell phones and other devices with recording capabilities, including voice recording, still cameras and video cameras, are not permitted to be used in the locker rooms. If phones or other mobile devices must be used, they should be taken outside of the locker room. This policy will be followed. We have a phone tree that hangs in the locker room that will be easy for you to drop off before practice and pick up following practice. This is a Safesport Violation and will result in disciplinary actions.

- First offense will be loss of playing time for a period of the next scheduled game.
- Second offense would be scratched from the next game.
- Any subsequent offense would require a special meeting with the Mammoths Coaching Staff.

Music

If you would like to use a Bluetooth speaker and play music, please use a non-camera device for this purpose. Music playing time and selection will be tasteful and age appropriate. This will be determined at the coach's discretion and will be obeyed by all members of the team. Headphone use is allowed, but it cannot be tied to your camera enabled device or cell phone if using in the locker room. You must use another digital music player with no camera to accommodate.

Curfew

Mammoth players will have the following curfew during the season:

11:00 pm if night before a game (Parents may choose an earlier curfew)

- First offense will be loss of playing time for a period of the next scheduled game.
- Second offense would be scratched from the next game.
- Any subsequent offense would require a special meeting with the Mammoths Coaching Staff.

Team Communication

Player/Coach Communication: The coaching staff will be using the GroupMe app to communicate directly with Mammoth players. Please let one of the coaches know if a player does not have access to this app. Parents are allowed to be on the GroupMe app to monitor. However, parents should not communicate through the app. This platform is for Players and coaches only.

Parent/Coach Communication: Coaching staff and/or the Team Managers will be using Email for mass parent communication. Please make sure we have your updated email contacts prior to the start of the season.

24-Hour Rule/Parent Disagreements: Please wait 24 hours to confront coaches on any disagreement with how an event or decision was handled.

Absenteeism/Tardiness

Players are expected to attend all practices and team functions during the season. Players are also encouraged to attend preseason team building gatherings if they do not conflict with fall sports schedules.

Players in fall sports are to remain focused on their fall sport until the season is completed. Being on time is respectful to your teammates and coaches. Tardiness will not be tolerated and will result in loss of playing time.

Reporting: For both Players and Parents, it is important you stay up to date on what is going on with the team. Please communicate with the coaching staff any family, school or other commitments in advance if possible and no later than 24 hours following a missed function (via email, text or phone).

- First offense will be loss of playing time for a period of the next scheduled game.
- Second offense would be scratched from the next game.
- Any subsequent offense would require a special meeting with the Mammoths Coaching Staff.

We understand that school and family obligations can pop up unexpectedly and may force you to be late or miss a practice. You will not be penalized if the communication protocol is followed from the paragraph above.

Injury/Sickness

During the course of a 4+ month winter season players may become sick or experience injuries.

- Sickness: if a player doesn't attend school or simply does not feel good please let the coaches know so we can make adjustments to lineups prior to practice.
- Injury: The LAHA is committed to prioritizing the safety, health and well-being of all players. While injuries are an unfortunate aspect of sports, LAHA is dedicated to implementing consistent and responsible procedures for injury reporting and managing a players' return to hockey activities.
 - The LAHA Injury Management and Return to Play Policy details the reporting procedure, documentation and return to play protocol.
 - LAHA Concussion Management and Return to Play Policy details the reporting procedure, documentation and return to play protocol.
 - MSHSL follows state concussion laws regarding High School interscholastic athletics. If a player is placed in concussion protocol for a suspected concussion, the student cannot return to participation until written medical clearance has been provided by a licensed health care provider.

Team Building

We are "Building Our Future". We will schedule periodic team building exercises that will develop chemistry and team cohesion. We will strengthen relationships, trust and team chemistry.

Coaching staff will lead this effort and any events parents, players or team managers would like to sanction as a team event shall be approved by the Mammoth Coaching Staff.

Leadership/Captain Selection

Every successful team has a solid group of leaders who believe in the vision of the team and in their teammates. Leadership can come in many forms. Below is a list of leadership traits desirable of a captain. Every Mammoth should strive to live up to these traits. A Mammoth Captain...

- Believes in his team and embraces the culture to leave the program better than when they started
- Leads by example on and off the ice, is very respected as a player and person, solid role model
 - Person of character & integrity
 - Holds Teammates accountable to team standards
 - Arrives early, stays late
 - Ensures both our locker room at home and on the road is clean when leaving
 - Works hard always in practices and games
 - Always strives to be the best they can be and looks to make those around them better
 - Finds solutions not excuses
 - Expects and brings out effort from his teammates
 - Disciplined and demonstrates sportsmanship
 - Unselfish, puts team before self
 - Stands up for teammates on and off the ice
 - Refrains from foul language
 - Encourages teammates

Prior to the season, the coaching staff will select up to 2 captains and 2 assistant captains.

Mental Preparation

Achieving excellence doesn't just happen. Players must be both physically and mentally prepared.

- Be mentally prepared for practices and games!
- Be the player you hate to play against
- Emotions should always be in check. Never too high, never too low
- Know what motivates you, and have the self-discipline to do it
- Lead by example on and off the ice
- Find your own space before games and spend time visualizing your role and what you need to do before you step on the ice

Player Discipline:

In the event that a player does not uphold coaching and team expectations, the coaches have the right to pursue actions to correct the behavior such as; limiting ice time (practice or games) and pointed conversations with players and parents or even up to removal from the team.

These player expectations are in place to ensure players and parents understand the key components that directly impact the success of our TEAM.

Food For Thought:

Average Puck on stick in the NHL is 20 seconds per game (Bedard 56 seconds or 5% of his shifts), lets say for us 2:00 minutes per game

- See how important what you do without the puck is? Train your brain to see the ice.

Expectations of Mammoth Parents:

- Review and learn your players goals for the season - then work to support them in those goals. **This is your measuring stick for your players successful season!**
- Be positive role models in good sportsmanship at all times
 - Talk with your player about sportsmanship and how you expect them to behave.
 - Set an example for your player and Mammoths hockey
 - Remember that you, as a parent also represent Mammoths in town and out of town
 - Respect referee decisions
- Let the Coaches do the coaching, especially during games. Do not try and coach your player from the stands during games
- Support Coach decisions and wait 24 hours to confront coaches on disagreements
- Understand the dynamics of competitive High School hockey playing time.
 - If your player wants more playing time, ask yourself the following questions:
 - Do they put in the extra time to improve their skills and how do they measure as compared to their teammates?
 - How is their attitude towards others (teammates & coaches)?
 - Is their effort and coachability level at 100%?
 - If you would like to meet with the coaching staff to discuss playing time, we ask that you first attend 3 consecutive practice sessions which afterward a meeting day and time will be selected.
- Read and understand LAHA Policies and the Mammoth High School Handbook. It answers many questions you may have regarding your player being registered with LAHA Hockey.
- The Mammoth program has an established vision and a process that we are driving to as stated in the “Building Our Future” statement, as outlined in this manual and as articulated through in person conversation and on/off ice instruction. Parent support and conduct play a vital role in the ongoing success of Mammoth team culture. Parents are expected to understand and abide by the established LAHA Parent Code of Conduct.
- Watch this video: Changing the game in youth sports by John O'Sullivan
 - <https://youtu.be/VXw0XGOVQvw>
 - Support your player before & AFTER games!
 - “The talk in the car” should be supportive. Enjoy your players season and just **love to watch them play.**

Mammoth Parent expectations are in place to ensure parents understand the key components they control and how they directly impact the success of our TEAM.

Player and Parent Agreement of Boji Mammoth Expectations and Standards

By signing below I have read, understand and will support the Boji Mammoth Team Expectations & Standards.

I recognize that every action and decision I make affects each and every member of this association and the Boji Mammoth hockey team at home and on the road, in school and my community. I will respect and support my teammates, coaches, managers, officials, parents, teachers, etc. and carry myself with dignity and class. I recognize as a player and/or parent of the Mammoth team I am not my own. My actions and words belong to something more, something greater and outside of myself. I will strive to live up to and exceed the expectations of this Mammoth team and leave it with a legacy and future for generations to come. I will "Build Our Future" one decision, one practice, one game and one season at a time. I recognize that once I am a Mammoth, I will always be a Mammoth.

"Your kids' success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, and who tries their best is a direct reflection of your parenting" Unknown Author

Player Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Player Goals

High School 2025-2026

Return a copy to Coach Brett by Oct 10, 2025
Please retain a copy for yourself

Players, please answer below questions:

Why do you play hockey?

What do you hope to accomplish this season?

What one thing can you bring to the team to help us succeed?

How would you describe a successful Hockey Season?

Players & Parents please sign below:

Player Name

Player Signature

Date

Parent Name

Parent Signature

Date

Please retain a copy for yourself