



Fraser Valley Hockey Player Handbook

This handbook is intended to provide information to players and parents regarding Fraser Valley Hockey activities.

Fraser Valley Hockey Association Mission Statement

The Fraser Valley Hockey Association (FVHA) is an athlete-centered organization that places the needs of the children first. We give Members the opportunity to participate and develop as athletes to the best of their ability without prejudice. Together, we aim to cultivate the physical and emotional well-being of all Members in an environment that promotes a sense of community. FVHA is guided by the values of good sportsmanship, honesty, leadership, physical fitness, respect for all individuals and personal integrity. Our success will be measured by more children participating in youth hockey and choosing an active lifestyle year after year.

The FVHA will abide by and act in accordance with the Bylaws, FVHA Policies and Procedures Document and playing rules of USA Hockey and CAHA as well as decisions of the Board of Directors.

The guiding purposes of this organization are:

- A. Develop each player's hockey skills to the player's potential.
- B. Develop and encourage sportsmanship among all players, coaches, and family members for the betterment of the player's physical and mental well-being.
- C. Provide a safe environment for hockey with adequate facilities and equipment, encourage by teaching proper techniques following the American Development Model (ADM).
- D. Develop and supervise competitive hockey programs.
- E. Develop and encourage improving coaching skills through training from USA Hockey, coaching schools, and conduct coaching clinics. Our goal is to grow our coaching pool developing coaches that are not parents coaching their own kids, and develop teachable coaches.
- F. Conduct ice hockey tournaments.
- G. Associate with other ice hockey associations and represent FVHA as an association of the highest caliber.

Governance

Fraser Valley Hockey is governed by a Board of Directors selected according to Fraser Valley Hockey Bylaws. The Board of Directors is responsible for policy decision and management.

Affiliations

Fraser Valley Hockey is affiliated with USA Hockey, the national governing body of ice hockey, and the Colorado Amateur Hockey Association (CAHA). Fraser Valley Hockey will abide by and act in accordance with Articles of incorporation, Bylaws, Rules and Regulations, and Playing rules, of USA Hockey and CAHA. Member coaches, managers, and players shall be registered with USA Hockey and CAHA. Teams shall be registered with USA Hockey and CAHA. Teams may play in a league, as a tournament team or in house team only. This will vary from time to time based on our numbers and skill level of players.

Insurance

Players are covered by USA Hockey insurance while participating in Fraser Valley Hockey activities once registration is paid in full. There are a number of exclusions including travel to and from practices, fighting,

intentional acts, players' personal property, etc. To obtain more information, please refer to the USA Hockey website.

I. STAFF ROLES

Hockey Director

The Hockey Director plans, administers and supervises the youth hockey program fulfilling the major and essential job functions as described in the job description. The Hockey Director provides leadership impacting youth in the program as well as the community. The Director of Hockey is a paid position hired by and reporting to the FVHA Board of Directors.

Coaches

Coach Qualifications

- Individuals interested in coaching should contact the Hockey Director.
- Hockey knowledge and skills
- Coaching experience
- Ability to work effectively with children and other Fraser Valley Hockey volunteers
- Maturity and responsibility
- Ability to put in the time and effort required throughout the season
- Ability to create a positive experience for the team

Fraser Valley Hockey's coaches are required to:

- Sign the Coach Code of Conduct,
- Complete all requirements for coaching per USA Hockey Program requirements,
- Completion of CAHA coach membership and satisfactory results of CAHA's background screening.

Practice Plans and Philosophy

The responsibility for daily practice planning will be each teams' Head Coach. These plans will be based on guidance from the Hockey Director and the USA Hockey training manuals for each age division. Fraser Valley Hockey fully endorses and abides by USA Hockey "American Development Model" commonly referred to as ADM.

Fraser Valley Hockey uses the American Development Model as a guide to create the most meaningful sporting experience possible. The practice schedule is designed to develop athletes appropriately for their age group.

Coaching Roles

Coaches have the primary responsibility of developing their players in an age-appropriate team-oriented manner. Fraser Valley Hockey coaches must commit to the full season. Parents are discouraged from coaching their own children for political and psychological reasons, but considerations can be made for coaches who are already established in their age group or if non-parent coaches cannot be found.

II. PLAYERS

Registration

Registration fees and dates can be found online at www.fraservalleyhockey.com. Per USA Hockey insurance regulations, no child can be on the ice unless they are registered with USA Hockey through usahockeyregistration.com. Registration closes at the end of October for travel teams (Squirt and older). Registration for in-house Learn-To- Play, Mini-Mite, and Mite may remain open through the season.

Scholarships

Fraser Valley Hockey's goals include broad participation and reasonable registration fees. Financial aid in the form of scholarships is posted on www.fraservalleyhockey.com/scholarships. Scholarships are granted strictly on the basis of need – skill level is not a consideration. Information on additional outside funding can be accessed through The Grand Foundation: <http://www.grandfoundation.com>.

Practice Attendance

Practices, whether on- or off-ice, are mandatory for all players. Hockey is a team sport and players should attend as many practices as possible. At the Head Coach's discretion, failure to attend one or more practices during the week prior to any game may affect game participation. Players must arrive at the rink in time to dress, attend team meetings and be on the ice on time. Each Head Coach will communicate their team rules with both players and parents prior to the first official practice. Commitment requirements must be discussed with the Head Coach for players in two winter sports.

New Player Policy

Players and parents new to FVHA may contact FVHA Hockey Director or FVHA Board President to get started. Contact information can be found at www.FraserValleyHockey.com. Fraser Valley Hockey welcomes players of all abilities throughout the year at hockey director's and coaches' discretion until rosters are finalized.

- The new player will be evaluated by the Hockey Director and team coaches to determine which team will be the most appropriate for the new player. If the new player is under the age of 12 and a beginner, the player should be encouraged to join the Learn to Play program until he/she has basic hockey skills.
- Once the player has been assigned a team, he/she will begin to practice with the team. The Head Coach and Director will determine when the new player has acquired the appropriate level of skills to play in a game situation. A new player may be designated for "practice only." A practice-only player is not guaranteed a spot on the roster or playing time during games, and the day(s) he/she is allowed to practice with the team will be determined by the Head Coach.
- A fee will be determined based upon the date of joining Fraser Valley Hockey and estimated number of games to be played, if any.
- When adding new players mid-season, Fraser Valley Hockey and coaches may need to be sensitive to pre-established team dynamics, extra coaching required, and safety of the new player on the ice.

Practice Only

Registration for Practice Only may be available at the Hockey Director's and coaches' discretion.

Scholastic Guidelines

Fraser Valley Hockey strongly believes that good grades are of greater long-term value than participation in youth sports. Parents should monitor their child's academic performance. If a player is having academic difficulty, parents are encouraged to discuss with the Head Coach and address the situation appropriately. EGMS and MPHS students are expected to maintain the academic eligibility standards established by their schools. See FVHA Grade Policy.

Use of Alcohol, Tobacco and Drugs

The FVHA has a no tolerance policy for the use of alcohol, tobacco and any drugs. All players are expected to follow the expectations of the FVHA Policy on the Use of Alcohol, Tobacco and Drugs during the hockey season. See that document for more information.

III. TEAMS

Rosters

Teams will be composed of players of comparable skills. All participants are expected to attend all practices and games unless prior approval has been issued or the player is being disciplined. Coaches may call a pre-season tryout for Squirt and older.

Player Classification

Player classification is determined by an age cut-off established by USA Hockey. The age classification for a player is his/her age as of midnight December 31 prior to or during the current playing season.

Player Selection Process

Fraser Valley Hockey has the right to conduct player selection (tryouts) at the beginning of the season to determine where to place players on teams. The three basic criteria for evaluation are Attitude, Ability, and Commitment. The player selection committee consists of the Head Coach, Assistant Coaches, and Hockey Director. Selection can be based on, but is not limited to, the following: Skating Skills Athleticism Leadership Puck Handling Skills Coachability Attitude Passing Skills Hockey Sense Behavior Awareness Team Mentality Commitment

Double Rostering

Because we are a small organization, we at times need to double roster players on teams so we can offer playing opportunities to kids of all levels.

Each double rostered (DR) player will be assigned to a primary team by the Hockey Director, with input from coaches. The Head Coach of the primary team will determine and approve what games the player may play for the other teams. The primary team Head Coach will take into consideration several factors such as recovery time between games, importance of games, player burn-out, distance between venues, and others. The primary team coach may also take into account practice attendance as a factor. The coaching staff will be given wide latitude in making their decision, and may consider other factors not listed above. If a game playing time situations arises, a coach may favor a primary rostered player over a DR player.

If a player or parent wants to appeal a decision of a coach or director, they must follow the FVHA Grievance Policy.

Player Move-Up Policy

Fraser Valley Hockey does not allow “move up” to an older age level other than those set by USA Hockey. There can be negative consequences for the player as their social and emotional development may not be ready for older teammates even when their physical development may encourage a parent to seek the move. Children need to have opportunities to be leaders and mentors. Each individual situation will be assessed by the Hockey Director abiding by CAHA and league rules.

Number of Games

Each league determines the number of league games each age division will play during a season. The game number is determined by the number of teams in each division. Any number of non-league games and or scrimmages may also be scheduled.

Game and Practice Cancellations

Cancellations do occur due to a variety of reasons. Team managers may cancel practices or games one hour prior to the scheduled activity.

Team Captains

At the Squirt level and above, each Head Coach may name team Captains and Assistant Captains. Captains may be designated on a rotating basis. All team captains are expected to demonstrate leadership by example. Head Coaches should request Captains and Assistants to play an active leadership role on and off the ice. Head Coaches should establish realistic goals and meet with team captains to clearly explain their expectations.

Team Rules and Meetings

Each Head Coach will establish individual team rules. Individual team rules must be in writing and submitted to the Fraser Valley Hockey Director for prior review and approval. Before the first game of the season, Head Coaches will hold a team meeting with players and parents to discuss and explain team rules. Coaches are encouraged to have team meetings with players and parents on a regular basis throughout the season to provide information, resolve concerns and answer questions. Team rules may vary from team to team and it is the responsibility of the team manager/head coach to get the information to the parents.

Player Disciplinary Action by Coaches

Fraser Valley Hockey expects coaches to evaluate and make judgments regarding players’ behavior and, when necessary, to make corrective action. The coaches’ protocol for Disciplinary Action is as follows:

1. First offense: Coach warns the offending player and disciplines the team together.
2. If repeated in the same practice: Coach dismisses the player from practice and calls a meeting with player and parents to explain that (1) the parent must attend all future practices until further notice, and (2) the next violation may result in expulsion from the program.
3. If the player disrupts any future practice: Coach dismisses the player from practice and calls a meeting with player, parents, and Hockey Director to discuss the appropriateness of continued membership in the association.

If players or parents wish to discuss the reasons for a coach’s decision, they may contact the coach after 24 hours (see 24 Hour Rule). If necessary, player or parent may file a grievance according to FVHA’s Grievance Policy to review a coach’s decision.

Examples of negative player behavior are being disruptive or inattentive during practice, making negative comments, complaining or whining, blaming goals or losses on individual team mates or otherwise not being a team player.

24 Hour Rule

A member is not to approach a coach to discuss a game, a game incident, or a situation that occurred during the game that may provoke an adverse emotional response or a hostile situation, until at least 24 hours after the fact. Violation of this rule will result in a disciplinary hearing. Coaches should not discuss a game, a game incident, or a situation that occurred during the game that may provoke an adverse emotional response or created a hostile situation, until at least 24 hours after the fact. An exemption to this being any situation that compromises the immediate safety of the children.

IV. PARENTS

Tryout Recommendations for Parents

All teams in Fraser Valley Hockey are filled with dedicated players, coached by individuals who love the game of hockey. Tryouts can be an incredibly stressful time for both players and parents. In developing athletes from young ages, we use a balanced approach toward the player's best interest, both physical and emotional. Our recommendations for parents:

- Refrain from watching tryouts. This will help reduce the temptation to make comparisons of the players, second guess the evaluators, or discuss opinions and rumors with others.
- Encourage players to try their best while reinforcing the notion that the purpose of tryouts is to place them on an appropriate team, and that no matter where they are placed, it will be a great place where they will have a great time.
- Remind players and yourself that rating a person's hockey ability has nothing to do with their rating as a person.
- Never give excuses to a player or blame other people for your child not making a certain team. This is counter-productive to the program as well as to the child's character development.

Volunteer Opportunities

Please contact a Fraser Valley Hockey Staff member for more information regarding seasonal and year-round volunteer positions. Some of the many opportunities to volunteer within Fraser Valley Hockey are: Locker Room Supervisors, Parents (PUCK) Committee, Penalty Box Attendants, Concession Stand, Time Clock, Scorekeeping and Fundraising.

Parent Participation

Everyone wants their child to have the best possible hockey experience. Parents must get involved to help make this happen. Parents may be asked for a volunteer check with the understanding that if a certain amount of volunteer hours are met, the check is returned.

We do require all parents to help. Fraser Valley Hockey is an all-volunteer organization. With close to 80 players registered last season, the many necessary tasks cannot be undertaken by a small group of volunteers. We do request that families with more than one child evenly distribute your time between teams. Please remember

that when you are asked to help, it is another parent volunteer doing the asking. Please do what you can and if the timing is not right, offer your assistance for another time. We really need everyone's help!

Fundraising

Player registration fees cover only a portion of the actual costs of Fraser Valley Hockey programs. Fraser Valley Hockey depends upon sponsorships and gifts from businesses and individual members of the community to fully fund its programs. Parents are encouraged to participate with fundraising activities and to contact any board member if they are aware of potential sources of financial support.

Fraser Valley Hockey, Inc. is a 501(c)(3) tax exempt charitable organization. Contributions to Fraser Valley Hockey are tax deductible.

V. EQUIPMENT AND UNIFORMS

Equipment

Properly fitted equipment is necessary for the protection and safety of players. For information on proper equipment, please contact your Coach or Manager. The following hockey-specific equipment is required. Gear may be available for rent from FVHA.

- Helmet with facemask (black or white preferred)
- Neck guard (not required but highly recommended)
- Gloves
- Pants/breezers (black preferred)
- Shoulder pads with chest protection
- Elbow pads
- Shin guards
- Skates sized properly
- Hockey socks
- Velcro shorts/Sock belt
- Mouthguard
- Pelvic protector
- Stick sized properly
- Water bottle
- Hockey bag

Fraser Valley Hockey provides one set of goalie equipment for each team. Equipment for additional goalies will be provided on an "as available" basis. Goalies' parents must sign for equipment at the beginning of the season and are financially responsible for ensuring that is returned at the end of the season in good condition, normal wear and tear expected.

Uniforms

The rental fee for Fraser Valley Hockey Jerseys and Hockey Socks for all traveling teams is included in the registration fee. Each player is responsible for keeping his/her uniform in good condition. Uniforms must be cleaned and returned after the last game of the season. Additional fees apply to any uniform replacement within the season. No part of the game uniform is to be worn in practice (excluding photo day).

VI. SafeSport

Fraser Valley Youth Hockey is required by USA Hockey to participate in a SafeSport program. For program details please reference the SafeSport Handbook at www.fraservalleyhockey.com Youth > Documents.

Locker Rooms

Fraser Valley Hockey Association's Locker Room Policy is available at www.fraservalleyhockey.com Youth > Documents. Locker rooms will be monitored in accordance with SafeSport guidelines.

Use of the rink and the locker rooms is a privilege, not a right. Prior to a practice or game, players should arrive at the rink to dress at a time designated by the Head Coach. Fraser Valley Hockey will not tolerate excessive noise, rough-housing, physical abuse of locker rooms, inappropriate language and other displays of poor judgment. It is expected that all players respect one another no matter what level of play. Locker room supervision is the ultimate responsibility of the Head Coach. All coaches, managers, and locker room monitors will work together to provide adult supervision in the locker room. Players who are disruptive or disrespectful in the locker rooms will be disciplined as determined by the Head Coach. Parents need to respect the time before and after a game for the coaches to talk with the team in private to prepare or evaluate the game.