A cartoon character holding a stick

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**MCHC HANDBOOK 2024-2025**

McKenzie County Hockey Club’s mission is to provide the youth of Watford City area opportunities, both recreational and competitive, to participate in ice hockey.

Lifetime lessons will be learned in: Responsibility, Physical Fitness, Discipline, Cooperation, Sportsmanship, Teamwork and Leadership.

Most important participants will have **FUN** learning and playing the greatest game on earth.

**McKenzie County Hockey Club History**

Watford City Oiler Hockey was started in 1985 by Dave Hansen and Arden Berg. An outdoor rink was constructed with funds provided by the Park Board. The first team was formed consisting of twelve players, ranging in age from 5 to 14 years old… OILER HOCKEY WAS BORN!

In the beginning, the wins for the Oilers were few and far between however the program grew year over year and Oiler teams became more and more competitive. By 1989-90 hockey season, Watford City had three team (Mite/Squirt/Bantam) with forty total players. During this season, a hockey booster club was formed, and the Oilers officially entered the US Amateur Hockey Association making the team eligible for tournaments and player insurance.

The Oilers played hockey outdoors for seven years until the dream of indoor ice became a reality. The Multi-Purpose Building was constructed and commissioned, in 1994, with the help of countless players, parents, volunteers and generous donations from the Watford City Community.

Over the years the Oiler hockey program has grown and prospered under the leadership and support of Dave and Arden, coupled with blood, sweat and tears of loyal hockey parents.

THANK YOU, DAVE, AND ARDEN! PAST, PRESENT AND FUTURE HOCKEY PLAYERS WILL BE FOREVER INDEBTED AS THE BENEFICIARIES OF THIS HARD WORK, COMMITMENT, AND DEDICATION.

A cartoon of a drop of oil holding a hockey stick

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**BOARD OF DIRECTORS 2024-25**

**- PRESIDENT**  **- BOARD MEMBER**

JOHN DAVIS (701) 713-6751 PAT FITZGERALD (701) 898-1911

**- VICE PRESIDENT**  **- BOARD MEMBER**

JAMIE JUNKER (651) 328-9241 OPEN FOR 2025

**- TREASURER** **- BOARD MEMBER**

LISA SAMUELSON (701) 770-1552 BRODY WARNER (403) 446-0065

**- SECRETARY**

SAMANTHA KITZMANN (701) 426-8063

The BOD can be reached by email at: ***wcoilers@outlook.com***

Board members serve 2-year terms and are elected at the Annual Meeting each year.

**MCHC BOARD MEETINGS**

MCHC Board meetings are held the 2nd Tuesday of every month at 5:30. Any changes made to the meetings will be posted on our website calendar. If you have something and would like to be on the agenda, please reach out to a board member. Members are welcome to attend board meetings, only those on the agenda may be able to address the meetings.

**ADMINISTRATIVE POSITIONS**

Registrar: Lori Schettler

Scheduler: Samantha Kitzmann

SafeSport Coordinator: Kori Berdahl

Dibs Coordinator: Samantha Kitzmann

Ref Coordinator: Aaron Pelton

Equipment Manager: Katy Kendrick

Please refer to the website for the above contact information.

**CLUB INFORMATION**

All information relating to MCHC activities can be found at our webpage:

***Watford City Youth Hockey (wcoilers.com)*** or our Facebook page at ***McKenzie County Hockey Club***. All practice and game times will be listed on the website.

**COMMITTEES 2024-25**

**HOCKEY COMMITTEE**

* **Brody Warner – Chair**
* **Bobby Kaloustian**
* **Jarrett Wold**
* **Chris Lundin**
* **Preston Stearns**
* **Ty Skarda**
* **Scott Samuelson**
* **Dave Hansen**
* **Keith Norbeck**
* **Emilee Le Clair**
* **Shaun Breiland**
* **Kris Johnsrud**
* **Collin Bell**
* **Jeff Shelton**

**TOURNAMENT COMMITTEE**

* **Jamie Junker – Chair/Tournament Director**
* **Lisa Samuelson**
* **Hallie Johnsrud**
* **Kayla Grace**
* **Lori Schettler**

**FUNDRAISING, SPONSORSHIP, MARKETING & GAMING COMMITTEE**

* **Samantha Kitzmann – Chair**
* **Lisa Samuelson**
* **Marta Breiland**
* **Hallie Johnsrud**
* **Kayla Grace**

**BUDGET/FINANCE COMMITTEE**

* **Lisa Samuelson – Chair**
* **Bobby Kaloustian**
* **Rene Johnson**
* **Erin George**
* **Justin Voll**

**CONCESSIONS/COOK TRAILER/DIBS COMMITTEE**

* **Samantha Kitzmann – Chair**
* **Robin Schmidt**
* **Concessions Managers**
  + **Kathy Skarda**
  + **Darlene Garmann**

**FACILITY COMMITTEE**

* **Pat Fitzgerald – Chair**
* **Kris Johnsrud**

**DISCIPLINARY COMMITTEE**

* **John Davis – Chair**
* **Leah Voll**
* **Pat Spacher**

Please refer to the website to see if any committee membership has changed. If you want to serve on a committee, please send a request to the Board of Directors.

**STANDARDIZED HOCKEY DATES** Added 11/13/24

Starting in the 2025-2026 season and beyond we will be standardizing dates for fall training, tryouts and practices starting.

* Fall Training Program will be during the month of September (2025 will be 9/2-9/26)
* SQ/10U and Up Tryouts, if Applicable will be the 1st week of October (2025 will be 9/29-10/3)
* SQ/10U and Up Practice Start will be the 3rd week of October (2025 will be 10/13)
* 8U/LTS/LTP Practice Start will be the 1st week of November (2025 will be 11/3)
* 8U Evaluations will be the 3rd week of November (2025 will be 11/17-11/21)

**REVENUES**

The goal of the club is to provide the best program at the most reasonable cost to participants. The Club is a non-profit organization. Funding of the program comes from member registration fees, tournament team fees, concession stand profit and fundraisers. The club also receives revenue from legalized pull-tab gambling and sponsorships.

**REGISTRATION**

The Board evaluates and determines registration fees annually. Fees are due at the time of registration or paid through the payment program that is available at the time of registration. The club offers an early bird registration each year at a reduced rate. All registrations received after the early bird period will be required to pay the full rate.

Registration fees are determined by the level of play the skater is rostered to play in. Any late registers will result in a $100.00 fee on top of the registration fee.

**USA HOCKEY** Updated 4/12/24

All players must register for USA Hockey to be eligible to be on a team and covered under their insurance each year.

**TEAM FUNDRAISING**

1. Teams must seek and receive permission of the MCHC Board of Directors prior to any fundraising activities
2. Absolutely no items may be sold that contain the MCHC logo without permission of the Board of Directors

**DIBS-VOLUNTEER POLICY** Updated 1/17/23

The McKenzie County Hockey Club (MCHC) is a volunteer-led organization. Since 1985, our hockey club has been successful because of the dedication of our membership and the thousands of volunteer hours devoted to the betterment of the MCHC, our facilities, and our players. We understand that your time is valuable, and we appreciate your efforts in making each and every season a success.

The MCHC Board of Directors (BOD) establishes that each hockey family, defined collectively as the parent or parents of one or more MCHC hockey players, must contribute **20 or more hours** of their time after their first season, in aggregate, each hockey season by volunteering for benefit of the MCHC as described below. A minimum of 10 out of those 20 hours must be completed in the concessions and/or summer cookshack area. For example, John and Jane Doe are the parents of Billy, Bobby, and Susie; John and Jane must complete a total of 20 hours of DIBS duties each season. If you are a first year member you must complete 5 hours od DIBS duties in concessions at a minimum.

**Duties that automatically fulfill the 20 hours of Dibs**

* Coaches
* SafeSport Coordinator
* Dibs Coordinator
* Gaming Manager
* Equipment Manager
* Concessions Manager
* Board of Directors

**Duties that will still require 20 hours**

* Locker Room Monitors
* After game clean-up of rink
* Team Managers

**Duties that will still require 10 hours in Concessions** Updated 9/13/23

* Parent Refs
* Parent Assistant Coaches
* Zam Drivers

MCHC members Can check their DIBS hours anytime by logging into wcoilers.com and navigating to the DIBS section of their profile.

Canceling a DIBS shift you have signed up for:

* You must cancel 72 hours (3 days before the shift starts)
* You must notify a DIBS committee member via email or text
* Failure to do so will result in a fine of $25 per shift.

**INCENTIVE:**  Updated 11/7/24

If a member chooses to double their DIBS hours and work 20 hours or more in concessions as well as 20 hours or more other hours (40 total hours), the MCHC will refund you 10% of your registration fees for the following season. If a member chooses to do 40 hours or more in concessions as well as 40 hours or more other hours (80 total hours), the MCHC will refund you 25% of your registration fees and your name will be entered in to win one free registration for the following season.

For the purpose of DIBS, a season is defined as running from one year’s Annual Meeting to the following year’s Annual Meeting. DIBS for the current season must be completed by the Annual Meeting held in March/April. Occasionally special circumstances come up where the MCHC will “ban” hours that can be used for the following season. This will be at the discretion of the DIBS coordinator & BOD.

Changes in DIBS for Season 2024-2025 and beyond are as followed:

* All home game box workers (clock, book, penalty box, music/announcer) will not count towards DIBS hours for this season. The team that is playing is responsible for getting box workers. (Team manager should still communicate with parents to get the shifts filled)
* Winter Classic Tournaments (Peewee, Squirts, Bantams, 10U/12U Girls, 19U Girls and Jr. Gold) ALL box work will count (1-Clock, 1-Book and 1 Penalty box), check-in table and merchandise table. The person that works a penalty box will also do the music/announcing.
* 8U Winter Invite ALL box work will count (1-Clock), check-in table, merchandise table and divider boards.
* Failure to complete your DIB hours will result in a $1,000 DIBS fee that will be charged out at the end of the season that will need to be paid before you are eligible to vote at our annual meeting and/or player be eligible to be on the ice the following season

Families that are new to the club need to fulfill 5 DIB hours in concessions at a minimum, but we highly recommend them to sign up. They can take advantage of the incentive we have for hours worked.

**All DIBS workers must be 16 or older**.

**EQUIPMENT RENTAL** Updated 10/24/22

Equipment is available to rent to our younger and beginning players for the regular season. The rental fee ($75) for the regular hockey league season (October 1st 2024 – March 12th 2025) must be paid prior to receiving the equipment. To do this you will select [Yes, I would like to rent equipment] option while registering your player for the season. The equipment must be returned at the end of each season. If you need the equipment for camps and/or summer leagues you have the option to re-rent the gear for an additional cost of $50 for the spring/summer (March 13th – September 30th, 2025).

Practice jerseys and practice socks are not included in the rental fee. You will need to purchase those. You will also need to purchase game socks. Please get with your team manager or coach to make sure you are buying the correct ones.

If you have any questions, please reach out to the equipment committee at wcoilers.equipment@outlook.com as well as watch for the rental dates to pick up and drop off your equipment.

**SKATE SHARPENING**

Sharpening machines are located by the Zam room. Please talk to your coach in order to find out when sharpening will be available. Each team should have a person that will be in charge of getting skates sharpened.

**GAME JERSEYS** Updated 12/20/22

The club will provide game jerseys for each player, except as noted below. These jersey’s must be cleaned and returned to the club at the end of each season. Captain’s letters added to the jersey’s must be sewn on with a large zigzag stitch so they can be removed easily. Nameplates cannot be used on club owned jerseys. Jersey numbers that have been retired by the club are 41 and 45.

Jr Gold and 19U teams have custom jerseys that may be purchased. If you would like to purchase your jersey, please let your coach and a board member know. You will be invoiced for the jerseys and nameplates and will be able to keep them. If a player does not purchase their jerseys, they will be collected at the end of each season.

**RINK RAT PHILOSIPHY** Added 4/12/24

The MCHC feels that the most important factor in the development of a hockey player is ice time. Hockey Teams are made in practices and games. Hockey Players are made in open hockey; open skating, the outdoor rink, and private rinks at home and during the off-season. The commitment by the parent bringing their son/daughter to the arena is a key component in the child’s hockey development. Take full advantage of all the opportunities available! “Rink Rats” make good hockey players!

**OPEN HOCKEY**

It comes as no surprise that most of the successful past and current MCHC players spent countless hours on the outdoor rinks or at open hockey with their friends honing their skating, shooting, and stickhandling skills.

Research has found that “at all ages the variable that determined the skilled players from the lesser skilled players was the amount of time spent practicing/playing with a friend(s) a player spent outside of the organized practice and game sessions. In fact, the skilled players reported nearly twice as much time practicing with a friend than the non-skilled players.”

Throughout the year, MCHC provides scheduled “Open Hockey” for our players to further develop their skills and understanding of the game in an unstructured setting with friends and teammates. The Hockey Committee continues to identify ways to offer more “Open Hockey” during the year for our players to further their enjoyment and love of the game. It is important that players and parents understand and follow MCHC’s “Open Hockey” guidelines:

* We want to discourage adult / parent / Coaches on the ice and organizing the activities for the players. Adults / parents can be present to monitor player behavior, but we do not want them to dictate the type of game or activities that are going on during open hockey. We want to create a backyard atmosphere

where players create games of their interest in an unstructured setting. (With exceptions of 8U) – Players only on ice.

* Attend the scheduled time for your level.
* You (the player) must be a current member of MCHC to attend open hockey.
* Be respectful of others on the ice. Please divide the ice equally so all players have the opportunity to form a game or work on a skill set. Please include all players!
* No checking or contact.
* Make sure all doors are shut.
* All players need full equipment which includes a facemask.
* No hard slap shots.
* No food or drink on the ice.
* Report any dangerous situations or behavior to staff immediately.

If players fail to follow the above guidelines, they will be asked to leave the ice.

**TEAM MANAGERS**

Each team should assign a person to be their team manager. This person will be the contact person to help the BOD and coaches with getting information out to their players and parents. This person shall be in charge of getting all contact info for team parents, making sure that all members know about changes to the schedule, set-up hotel blocks for the team while traveling, putting together team functions, and any other group activity that is appropriate.

For league teams, this is the primary person to help in getting state tournament information completed and to fax or email the home game white sheets to the appropriate state league contact after each home game.

**PLAYER MOVE UP**

**MCHC Play-Up Policy Updated 7/16/25**

1. Definition- the term “Playing-Up” refers to a player playing up from his/her NDAHA age classification.

2. The decision to allow a player to play for an “up” team will be made by the Hockey Director with input from the Hockey Committee and approved by the MCHC BOD.

3. Factors to be considered to Play-Up:

a. Players will be allowed to play “up” with their grade in school. ﻿A two-year move-up will not be allowed. It is recommended that each player plays two years at each level except for high school.

b. The decision is in the best interests of the player.

i. Players moving up should be “elite” or advanced.

ii. If they are not good enough to make the “A” level team at the next level, they should stay at their assigned level.

iii. Is the player mature enough physically to compete with and mentally to fraternize with older players?

iv. Does the player have a summer birthday which puts them in the gray area? Birthday will become a deciding factor if factors a and b above do not eliminate them for consideration.

v. Does the grade based play-up request match the players ability? Development is non-linear and a recommendation to play within a players age classification rather than grade may be made to support player development.

c. The best interests of the Watford City Youth Hockey program as a whole.

i. The Director and Committee may make recommendations for player movement with the intent of satisfying organizational needs such as balancing roster numbers or filling positional holes.

4. Process to be considered for Playing-Up

a. Requests to move up must be submitted in writing to the MCHC or Hockey Director, prior to October 1st. (Players matching grade level are exempt from this criteria.)

b. Register the athlete within the desired playing classification.

c. All players wishing to play out of age classification must attend evaluations. (If it is a skill based play-up request, the athlete must attend their assigned playing classification level evaluations and the level they are requesting to move into.)

d. In the event an athlete is needed to play outside of their playing classification to fulfill organizational needs, the athlete's parents will be approached by the Hockey Director or a member of the BOD with more details.

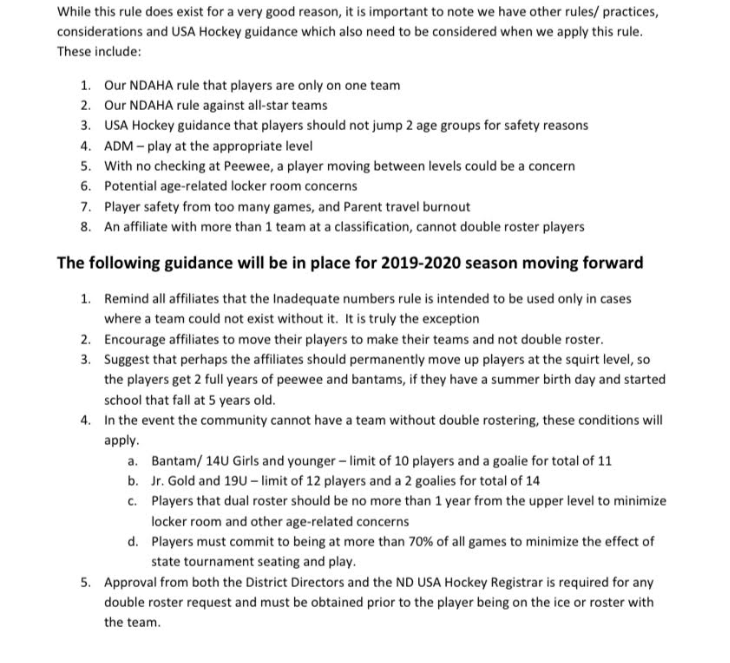
For individual player age participation level refer to the NDAHA website at [www.ndaha.org](http://www.ndaha.org).

**Additional Resources Considered**

|  |  |  |  |
| --- | --- | --- | --- |
| **NDAHA 2025-26 Season Age Classifications** | | | |
|
| Youth Teams | | Girls Teams | |
| **Jr Gold** | 6/1/06-5/31/10 | **Highschool** | 6/1/06-5/31/09 |
| **Bantam** | 6/1/10-5/31/12 | **15U** | 6/1/09-5/31/12 |
| **Peewee** | 6/1/12-5/31/14 | **12U** | 6/1/12-5/31/14 |
| **Squirt** | 6/1/14-5/31/16 | **10U** | 6/1/14-5/31/16 |
| **Mite** | 6/1/16-5/31/18 | **8U** | 6/1/16-5/31/18 |
| **Mini-Mite** | 6/1/18-Under | **6U** | 6/1/18-Under |
|  |  |  |  |
|  |  |  |  |

**DOUBLE ROSTERING**

MCHC’s goal is to avoid double rostering players as much as possible. However, if double rostering is necessary, then MCHC has the final decision but will reference each case per the NDAHA State guidelines and approvals as laid out below:



**TEAM TRY OUTS/EVALUATIONS** Updated 11/7/24

All team levels will have tryouts or evaluations at the beginning of the season if necessary. The MCHC and Hockey Director (if applicable), with the help of the coaches determine the number of players that will be on each team. However, the Hockey Director (if applicable), coaches and third-party evaluators determine which players are on each team, send to the BOD for final approval and then sent out to the families. Players must be present at a minimum of one of their age tryout dates, unless they gave prior notice to the BOD as to why they cannot be at tryouts. If a player cannot make the tryout then they will be placed on their prospective team that they were on the prior season. If a player is moving up an age level than the Hockey Director (if applicable) and coaches will determine what team that child is best suited to be on based on their past experience with that child. Final rosters must be submitted to the NDAHA registrar by December 15 or prior to their first league game.

**KEYS & FOBS**

All keys and fobs are owned by the Rough Rider Center. Keys will be given to BOD, Head and Assistant Coaches, Equipment Manager, Concessions Manager, and any other individuals that require one. All keys must be returned at the MCHC Annual Meeting, there are no exceptions. Keys must not be duplicated at any time. Keys and Fobs are used for official hockey business only and not for personal entrance to the RRC. Al doors must be locked at the conclusion of games, open hockey or practice each day. Locker room keys that are removed from the coach’s locker room must be replaced. If anyone loses their key or fob, they will be responsible for the replacement cost.

**ICE RENTAL POLICY** Updated 9/1/24

Ice is available for rental when there are no games or practices. As of September 1, 2024, the following prices apply:

* Non-Members $160/hour
* Third-Party Camps $200/hour (this applies to 30 min before and 30 min after the first and final ice times of the day for ice prep and tear down)
* Third-Party Camps Dry Rink Rental $40/hour (this applies to 15 min before and 15 min after the first and final times of the day for prep and tear down)
* Members
  + 6 AM – 8 AM $40/hour
  + 8 AM – 4 PM $80/hour
  + 4 PM – 10 PM $100/hour
    - Members can reduce their rental fee by $40/hour if they are able to Zam their own ice
  + Please email the BOD if there are any special requests outside of these timeframes

Anyone who wishes to rent ice should check out the about tab and “Ice Rentals” on our web page and email our scheduler at [wcoiler.scheduler@outlook.com](mailto:wcoiler.scheduler@outlook.com) for availability and scheduling

**REPORTING PROBLEMS** Updated 10/24/22

Please review the MCHC Handbook to see where to correctly report your situation.

Any conflict or dispute between players, parents, coaching staff or officials shall be handled by the 24 Hour Rule and Dispute Resolution Procedure, please refer to this section in the MCHC Handbook.

Any inappropriate behavior directed towards a minor player, minor coach or minor referee by either any adult or another minor must be reported under the SafeSport program. Also, any inappropriate behavior by a minor member to any adult member must also be reported to SafeSport. Please refer to the SafeSport section of the MCHC Handbook. The SafeSport information is also located on our webpage.

Any inappropriate behavior as directed by the Code of Conduct forms in the MCHC Handbook by any adult towards another adult member, coach, board member or referee shall be reported to the Disciplinary Committee in writing to disciplinary.wcoilers@outlook.com. Player game misconducts and any prohibited substance violations will also be handled by the Disciplinary Committee. Please refer to the Disciplinary Committee section of the MCHC Handbook.

**SAFESPORT** Updated 9/27/22

The SafeSport program was developed to protect members from physical, sexual, and other types of abuse and misconduct that may occur both on or off the ice during the hockey season. All BOD, Coaches, Team Managers, Staff Members, Locker Room Managers, and Athletes 18 years or older must all be certified with SafeSport each year.

\*(Athletes who turn 18 at any time during the season will need to be certified.) \*

Any complaints regarding harassment, bullying, threats, or physical/sexual/emotional misconduct will be investigated by the SafeSport Coordinator. These complaints must be reported immediately and will be handled within the SafeSport program. Forms to report complaints can be found on the MCHC webpage.

**DISCIPLINARY COMMITTEE** Updated 10/24/22

***Disciplinary Committee:*** The Disciplinary Committee, a committee of the MCHC Board of Directors is charged with the overall responsibility and authority for hearing and resolving disciplinary issues involving participating players, coaches, team managers and parents/guardians of the MCHC. This may include, but is not limited to, probation under defined terms, suspension from games or practices, exclusion from games, practices or other activities or dismissal or debarment from the MCHC. Disciplinary action against a parent may be enforced by suspending or excluding the parent’s child from games or practices if the parent fails to abide by the MCHC’s action. Discipline shall be imposed fairly, consistently and in relationship to the wrongdoing but without regard to the player’s importance to his/her team

***The Role of Coaches in Establishing and Maintaining Discipline***: The MCHC Board of Directors recognizes the importance, to the coach, the team and the individual players, of a coach’s role in establishing and enforcing disciplinary standards on his/her team. The BOARD OF DIRECTORS further reaffirms the coach’s authority to establish standards of conduct and fair play and to take immediate and reasonable one-game or one-practice disciplinary action, including benching or suspension, in “on-ice” situations, such as game and practices, and in “off-ice” situations, such as those involving locker rooms and tournaments, in which either the coach is responsible for the players’ conduct or such conduct could be detrimental to the team or the MCHC. However, the MCHC BOARD OF DIRECTORS also recognizes the importance of fairness and consistency in the application of multiple game or practice disciplinary standards and has, therefore, established the mechanism outlined below.

***Commencement of Disciplinary Action***: A disciplinary action against a coach, player, parent/guardian, or team manager is commenced by submitting the matter to the Disciplinary Committee. Requests for action by the Disciplinary Committee must be in writing, dated, with a description of the conduct alleged and the date of the involved individual’s next game or practice if applicable. **Matters may not be submitted anonymously**. Upon receipt of such writing, the Disciplinary Committee, at its sole discretion, may decline to entertain any matter submitted in which case no action of any kind will be taken by the Disciplinary Committee and no further communication with any involved party will be made. As for those matters which the Disciplinary Committee agrees to entertain it will convene by phone, in person, or by other reasonably means before the next regularly scheduled practice or game of the involved person. If that is not possible, any one-game or one-practice suspension shall continue for one additional game or practice. If two practices or games pass with decision by the Disciplinary Committee, the involved person shall be reinstated pending resolution of the matter by the Disciplinary Committee but if the safety, health, morals, or welfare of any minor may be jeopardized, the suspension shall continue until resolution of the matter by the Disciplinary Committee.

***Time and Place of Meetings***: The Disciplinary Committee shall meet as necessary during the year to decide matters before it. The exact date, time and location of such meetings shall be established by the Disciplinary Committee. The involved players(s), Coaches(es), parents(s)/guardians(s) or team managers(s), or other witnesses, may be requested to attend or provide input, as determined at the sole discretion of the Disciplinary Committee.

***Membership and Quorum:*** Due to the sensitivity of the subject matter being covered, the Disciplinary Committee shall be composed of at least three (3) Disciplinary Committee members. Each member shall serve until the MCHC’s next annual membership meeting. Members of the Disciplinary Committee may serve multiple terms. A majority of the appointed members shall constitute a quorum. Decisions of the Disciplinary Committee shall be determined by a simple majority of voting members, provided a quorum is present. Members of the Disciplinary Committee may vote on matters involving their own teams but are expected to exercise sound judgment in determining whether a particular situation may represent a conflict. Members of the Disciplinary Committee shall recuse themselves from all matters involving him/herself or a family member.

***Specific Authorities and Responsibilities***: Specific authorities and responsibilities of the Disciplinary Committee are:

1. To hear all complaints of misconduct involving coaches, players, parents/guardians and team managers;
2. To determine and assess disciplinary action against players, coaches, parents/guardians, and team managers, as considered appropriate in the circumstances, up to and including suspension and/or dismissal from the team and forfeiture of games;
3. To maintain a record of the report to the MCHC BOARD OF DIRECTORS all actions taken;
4. To report other matters of which the MCHC BOARD OF DIRECTORS should be aware that may come to its attention as a result of its activities;
5. To compel the appearance and testimony of a player, coach, parent/guardian or team manager at a hearing and/or compel production of score sheets, video tapes, and other documentation in the possession of a coach, player member, or representative of the MCHC;
6. To solicit statements, testimony, evidence, or other documentation from interested parties other than players, coaches, and MCHC members, as considered necessary in the sole judgement of the Disciplinary Committee; and
7. To establish such procedures as it considers necessary to conduct its activities.

***Appeal:*** Decisions of the Disciplinary Committee may be appealed in writing to the MCHC Board of Directors. The Board may decline to hear any appeal, at its sole discretion, in which case the action of the Disciplinary Committee shall stand. If any appeal will be heard, the Board shall convene a special meeting to hear the appeal within thirty (30) days of receipt of written notice of such appeal. Any action taken by the Disciplinary Committee will continue in effect until the appeal is heard and ruled upon the MCHC BOARD OF DIRECTORS.

**Other Considerations:**

1. **Repeat Offenders:** If the member is a repeat offender in consecutive years, the Disciplinary Committee reserves the right to consider past offenses when making a decision regarding an incident in the current season. Parents/Guardians are considered members and held to the same standards as players. All members can be punished following the above stated guidelines.
2. **Carryover of Decisions:** Disciplinary actions may carry over from one season to the next season.
3. **Appeals:** If appeals are made to MCHC, NDAHA or USA Hockey, Inc., the procedure to follow is outlined in the USA Hockey, Inc. Annual Guide, Bylaw 10: Resolutions of Disputes, Arbitration, and Suspensions.

**24 HOUR RULE & DISPUTE RESOLUTION PROCEDURE** Updated 10/24/22

***Intent:*** As a not-for-profit organization whose services are provided by volunteer efforts, the MCHC has established this Dispute Resolution Procedure to provide an efficient, orderly and uniform method of resolving all covered disputes. This grievance procedure provides the exclusive remedy to resolve such disputes.

***Policy:*** Each MCHC member, player, coach, official, referee parent, guardian, agent or other person, team, sponsor, or other group or organization (“Participant”) agrees to abide by the Dispute Resolution Procedures as the exclusive remedy for all grievances by virtue of their membership, affiliation or participation at any time in the MCHC or a MCHC program.

***Definition of Grievance:*** A “grievance” is defined as any conflict, dispute or disagreement between Participants, including any parents or guardians of a player and the player’s coach or a league official or members of different MCHC teams that may allege an on-going violation of MCHC Policies & Procedures and/or USA Hockey rules and policies or some other continuing circumstance which requires resolution. Minor issues related to a player’s participation on a team (such as playing time, positioning, or minor discipline) or private disputes between participants are not subject to resolution through the Dispute Resolution Procedure.

***Procedure:*** All Participants should attempt to resolve grievances expeditiously and fairly at the lowest possible level within the Dispute Resolution Procedure. These procedures are not, however, intended to resolve minor issues related to a player’s participation on a team if applicable, grievances should allege a specific violation of MCHC or USA Hockey rules, policies or procedures.

1. **24 Hour Rule:** Unless the nature of the grievance requires immediate attention, MCHC members and participants are required to wait at least twenty-four (24) hours after the event or incident before initiating these procedures. It should also be understood that a violation of MCHC policy by one person does not justify violation of MCHC policy by another person. For example, if a head coach unilaterally suspends a player for more than two games, the parents would not be justified in using abusive language in demanding the coach reinstate the player. Premature grievances may be deferred by the team managers under Step One for the MCHC President under Step Two until expiration of this cooling- off period.

**Step One:** Grievances about a team, its players or its coaches shall first be presented orally to the head coach and addressed between the parties involved in a spirit of cooperation. Coaches should work with the members, assistant coaches and/or other team officials involved to resolve the grievance internally in an expeditious and fair manner. Coaches are encouraged to meet with members to attempt to resolve grievances in an amicable and informal manner. If the grievance arises between members of different MCHC teams, the team managers, Hockey Director, and head coaches of the teams involved should resolve the issue. If the grievance is not resolved in a meaningful way, the subject should then be addressed by Step Two.

**Step Two:** Some problems may not be resolvable by the team managers at the team level in Step One and/or some complaints, by their nature, may cause the

Participants(s) to be concerned about discussing the matter with the team manager(s) or coaching staff(s). In such cases, the matter shall then be referred to the Hockey Director. The Hockey Director will notify the MCHC President of the concern. The President will discuss the grievance with the team manager and the Participants to resolve the grievance and will issue a decision upholding or denying the grievance within ten days of his/her receipt of the grievance. If the grievance is upheld, the MCHC President will determine the remedy and/or corrective to be taken. The decision of the MCHC President together with the corrective action, if any, may be communicated to the Participants orally or in writing.

**Step Three:** If the grievance is not resolved to the satisfaction of the parties at Step Two, then the grievance may be presented to the Disciplinary Committee or approved sub-committee within ten days of the decision for consideration and review. Filing a formal grievance with the MCHC Disciplinary Committee should be considered the last resort.

**Penalties:** Failure to abide by this policy will result in the following penalties:

1. 1st Offense: Verbal warning
2. 2nd Offense: Written warning
3. 3rd Offense: Removal from all club activities for two weeks – player and parent/guardian. That means the participant cannot be at practice, games or any other team or club events.
4. **Significant Escalation:** If a participant engages in a physical altercation with a coach or board member, a thorough investigation will be conducted and if warranted, the participant will be removed from the club with additional notification to USA Hockey. Also, the police department with primary jurisdiction will be immediately notified and the incident will be reported.

Spouses and family are OFF Limits. Although the 24 hour rule does not apply to spouses, any participant who verbally accosts the spouse or family member of a coach/manager/board member will immediately be placed in a two week suspension – player and parent/guardian. Any second event will be grounds for removal from the MCHC organization.

1. **Rink Dismissal:** Any participant escorted from a rink by either staff or police will be immediately suspended for two weeks from all activities - player and parent/guardian. A second infraction will result in removal from the MCHC

**Other Considerations:**

1. **Parent Volunteers:** Parents cannot “coach” from the penalty box or scoring table. Let coaches coach. Volunteers are considered “off ice officials” and cannot be yelling at kids, even their own.

1. **Overall conduct at games:** Parents/Guardians are reminded youth hockey is a game. Although the referees are paid, they are not necessarily NHL caliber and they do made mistakes. Screaming or taunting refs, opposing players, and opposing team’s parents is unacceptable and will not be tolerated. Not only does it set a poor example for our own children, it degrades the reputation of our club. Understand we are not asking participants to sit quietly with their hands folded but we are asking you to exercise good judgment when interacting with others. Unruly or overly aggressive participants will receive the same penalties as the “24 Hour Rule”.

**PARENTS / FAMILY MEMBER CODE OF CONDUCT**

It is the intention of MCHC to promote fair play and respect for all participants. It is expected that all parents and family members of MCHC participants read and understand the Parents/Family Members code of conduct.

Before A child is allowed to participate in any MCHC activity, a parent or legal guardian will be required to sign the Parent/Family Member code of conduct.

**I AGREE TO ABIDE BY THE FOLLOWING:**

* Remember that youth are involved in organized sports for their enjoyment, not mine.
* Encourage players to abide by the rules of the game.
* Communicate to children that an honest effort is more important than winning.
* Turn defeat into victory by helping my child work towards skill development and good sportsmanship.
* Remember that all players’ experiences and development are important.
* Always conduct myself in a positive manner by respecting other parents, players, coaches, and officials.
* Recognize that the coaches, not parents, are the primary source of instruction and authority in the game.
* Recognize the value, authority, and importance of our coaches and team interest.
* Adhere to the rules and enforce “the Player’s Code of Ethics” of the association for their child. With the intent of assisting our players to become better citizens and aid in providing our youth with a set of safe and enjoyable experiences; each parent will recognize and participate in correcting of their child’s behavior and following through on agreements.
* Will not discuss any “negative” game situation with the coaching staff until at least 24 hours have passed from the completion of the game.

**I AGREE NOT TO:**

* Force an unwilling child to participate in organized hockey through the MCHC.
* Publicly criticize or ridicule a coach, player, or official.
* Condone physical or verbal abuse of players.

If any parent/guardian is disrespectful or obstructs/interferes with a coach during the instruction time (on or off the ice), the parent/guardian may be immediately suspended from MCHC

/building until further review with the coach, and involved parties. A report will be made to the MCHC Board of Directors regarding the outcome.

If any parent/guardian is verbally or physically abusive to a coach, official, or player, the parent/guardian may be suspended from the program or other disciplinary action may be taken. A report will be made to the MCHC Board of Directors regarding the outcome.

I have read the above stated agreement and by my signature agree to abide by these rules. I am fully aware that failure to abide by the agreement can result in disciplinary action that may include my child’s suspension from participation in activities associated with MCHC.

Name Date

**PLAYERS CODE OF CONDUCT**

1. Realizing that I am a representative of the Watford City Oilers and the McKenzie County Hockey Club (MCHC), I agree to:
   * Follow NDAHA and USA Hockey rules, SafeSport, and the McKenzie County Hockey rules and regulations.
   * Learn the rules, regulations, and the necessary skills of the game.
   * Always conduct myself in a positive manner by respecting other players, coaches, and officials.
   * If I am verbally or physically abusive to a coach, official, or player, I may be suspended from the program or other disciplinary action may be taken. The Disciplinary committee will make this decision after reviewing the situation. A report will be made to the MCHC Board of Directors.
   * I will recognize the value, authority, and importance of our coaches and team.
   * Understand the importance of team work and team concept.
   * Recognize that the coaches, not parents, are the primary source of instruction and authority.
   * Be prompt for all practices and games. Unexcused absences from team functions will result in player missing game time. If circumstances arise that make attendance impossible, notify the coach beforehand. There are legitimate reasons for missing a practice, or even a game. Injury, illness, and religion are a few examples that may be excused. If three consecutive practices are missed due to an injury or illness, a doctor’s note will be required upon return. Discipline depends on coaching staff.
2. The MCHC believes that the growth and development of players can best take place in an environment which promotes safety, fairness, courtesy, and respect for one another. Therefore, the following actions will not be tolerated:

* ***Hazing***: Committing an act against a player or coercing a player into committing an act that creates a substantial risk of harm to a person or destruction of property in order for the player to be initiated into or affiliated with MCHC.
* ***Disorderly Conduct****:* Engaging in offensive, obscene, or abusive language or in boisterous and noisy conduct tending to arouse, alarm, anger, or bring resentment in others.
* ***Harassment****:* Participating in or conspiring with others to engage in harassing acts that injure, degrade, or disgrace other individuals. Harassment, whether willful or otherwise, includes disability, race, sexual orientation, and/or age.

Reporting*:* Any concern regarding the conduct of a player must be reported directly to the coach by the player or player’s parents who the behavior is impacting.

Response*:* If any of these incidents occur, I realize that I may be suspended from the program or other disciplinary action may be taken. The Disciplinary Committee will make this decision after reviewing the situation. A report will be made to the MCHC Board of Directors regarding the outcome.

1. Playing or practicing without required equipment will result in not playing that game or practice. The following is a chart that shows the equipment that is required for each level of play.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Equipment** | **Learn-to- Skate** | **Learn-to- Play/6U** | **Mites/8U** | **Squirt/10U** | **Peewee/12U & Above** |
| Approved Helmet/Mask | SS | R | R | R | R |
| Approved Mouth Guard | SS | SS | R | R | R |
| Shin pads | SS | R | R | R | R |
| Elbow pads | SS | R | R | R | R |
| Breezers/Girdle pads | SS | R | R | R | R |
| Cup or Pelvic Protector |  | SS | R | R | R |
| Shoulder pads |  | SS | SS | R | R |
| Hockey Gloves |  | R | R | R | R |
| Throat protector |  | SS | SS | SS | SS |
| R=REQUIRED SS=STRONGLY SUGGESTED | | | | | |

A close-up of a paper

Description automatically generated

1. Any player removed from a game or practice for fighting or intentionally injurious conduct will be suspended for the next game and/or practice, whichever is a greater amount of time, until reviewed with the Hockey Development Subcommittee and a correction plan is made. A Coach may suspend a player for fighting during games, travel, or practice.
2. Chronic discipline problems will be brought by the Coach or Hockey Development Subcommittee to the MCHC Board of Directors for consideration of suspension for the remainder of the season.
3. Players who are suspended or expelled from school are prohibited from participation in the McKenzie County Hockey Club’s program during the length of suspension. It is

the responsibility of the player/parent to notify their team coordinator/coach about

suspension. For example: a player will not be able to participate in their next hockey practice or game (whichever comes first) if suspended for a day of school.

1. In the event questions or concerns arise, the procedure to follow is:
2. Take the concern directly to the party - coach, parent, player, official, etc.
3. Take the concern to the Disciplinary Committee.
4. Take the concern to the MCHC Board of Directors.

**Prohibited Activities**

* To possess a tobacco product. “Tobacco product” means any product that is made from of derived from tobacco or contains nicotine or a similar substance, and is intended for human consumption or is likely to be consumed, whether smoked, heated, chewed, absorbed, dissolved, inhaled, or ingested by any other means, including, but not limited to, a cigarette, a cigar, pipe tobacco, chewing tobacco, snuff, snus, or an e-cigarette. “Tobacco product” does not include any product specifically approved by the U.S. Food and Drug Administration for sale as a tobacco cessation product and is being marketed and sold solely for the approved purpose.
* To sell, deliver, or give, or attempt to sell, deliver, or give to any person any of

the substances listed in this policy or what the player represents or believes to be any of the substances listed in this policy.

* To possess, procure, purchase, or receive, or to attempt to possess, procure, purchase or receive, the substances listed in this policy or what is represented by or to the player to be any of the substances listed in this policy or what the player believes

is any of the substances in this policy. A player will be determined to be "in possession" when the substance is on the player's person or in the player's locker, car or handbag, or when he/she owns it completely or partially.

* To be under the influence of (legal intoxication not required), or to use or consume or attempt to use or consume, the substances listed in this policy or what is

represented by or to the player to be any of the substances listed in this policy or what the player believes is any of the substances in this policy.

In all instances if a player is found with illegal possession of alcohol, tobacco, or other drugs the police will be notified.

**Prohibited Substances**

* Alcohol or any alcoholic beverage;
* Any controlled substance or dangerous drug as defined by NDCC Sections 19-03.1- 05 through 19-03.1-13 and 19-03.1-26 (paraphernalia) or as define by Section

812, Schedules I-V, of Title 21, United States Code, Section 801, et seq., including but not limited to marijuana, and narcotic drug, any hallucinogen, any stimulant, or

any depressant, any form of tobacco, and all other illicit drugs;

* Any abusable glue or aerosol paint or any other chemical substance, for

inhalation, including but not limited to, lighter fluid, white out, and reproduction fluid;

**Authorized Use**

Any player whose parent or guardian requests that he or she be given any prescription or nonprescription medicine, drug, or vitamin shall provide the medicine, drug, or vitamin.

**Violation**

Disciplinary sanctions will be imposed on any player violating this policy. These sanctions may include suspension and notification of proper authorities for prosecution. Prohibited substances will be confiscated and illegal substances will be turned over to law enforcement authorities.

Players violating this policy will be suspended from representing the MCHC in any activities for 6

weeks for the first offense and an 18 weeks suspension for any subsequent offense. The period of suspension shall begin from the date and time the coach or MCHC Board of Directors gives notification to the player.

Violations resulting in academic and/or athletic suspension, prior to the MCHC season, shall carry over into the MCHC season for the full length of the original suspension. To be clear, any player serving a suspension under North Dakota High School Activities Association rules or the rules of the McKenzie County School District at the beginning of the MCHC season (October 1) shall continue to serve said suspension until the original timeframe and the accompanying restrictions are satisfied. The player may still practice, but cannot represent the club at functions. Continued offenses will result in recommended expulsion from the club.

The player's parents and the police will be notified if any player is observed to be under the influence of a prohibited substance. If there appears to be imminent danger to other players, personnel and/or the player involved, the player may be removed from the property.

A new Player’s Code of Conduct must be signed prior to each and every season. Offenses will be reset upon the signing of the new agreement as it relates to the suspension timeframe of subsequent offenses.

* Crimes against persons and/or property will result in an immediate suspension of the player/players involved. Suspensions will be at the discretion of the Disciplinary Committee and McKenzie County Hockey Board.
* Actions not specifically covered, but clearly contrary to expected conduct are subject to review and possible action by the Disciplinary Committee and the McKenzie County Hockey Board or their designees.

Any conduct that results in significant loss of playing time will require notification of a parent or legal guardian by a McKenzie County Hockey Board member.

I have read the above stated agreement and by my electronic signature I agree to abide by the McKenzie County Hockey Club Player Code of Conduct. Further, I understand that my failure to comply with the above code will result in the above outlined disciplinary action.

Name Date

# **TO ALL COACHES, ASSISTANTS AND OFFICIALS**

All coaches, assistants and officials are representatives of the MCHC, our organization is judged by actions and behaviors at all time. At home and away both on and off the ice. The following points of consideration have been drawn up for the hockey coaches’ philosophies and responsibilities.

# **COACHES CODE OF CONDUCT**

**ALL COACHES WILL:**

* Keep in mind that the player is the most important part of the program and that learning and developing is more important than winning;
* Understand the rules of the game and importance of teamwork and share that understanding with the players;
* Treat players fairly;
* Maintain a neat appearance;
* Be prompt;
* Display kindness, consideration, and understanding towards the players;
* Share ideas and techniques with other coaches for the betterment of the program;
* Be considerate of other teams;
* Be well prepared for practices;
* Have a positive attitude at all times;
* Teach players to respect officials’ decisions;
* Inform through a written report any violation of player conduct to the Disciplinary Committee;
* Participate in training sessions/PCA and Fall Clinic as offered through MCHC;
* All coaches must pass a background check and follow rules of the North Dakota Amateur Hockey Association (NDAHA), USA Hockey, and SafeSport guidelines;
* Be intentional that the betterment of the program and players take precedence over their own personal agenda or interests.

**COACHES WILL NOT:**

* Use offensive language;
* Solicit players for their own team;
* Physically or verbally abuse players, parents, or officials;
* Use tobacco or alcohol while supervising players during practice or games;

Any disciplinary action involving suspension of a player must be reported by the coach to the Disciplinary Committee.

Non-compliance with this code of ethics will result in a review of the coach by the Disciplinary Committee who will have consultation with the MCHC Board of Directors to determine disciplinary action.

In the event of questions or concerns, the procedure to follow is:

1. Take the concern to the party (coach, player, official, etc.)
2. Take the concern to the Disciplinary committee.
3. Take the concern to the MCHC Board of Directors**.**

Name Date

**TEAM MANAGER DUTIES** Added 4/15/24

1. Team managers are appointed by the coaches, and typically are parents of a player. The team manager and the coach should work together as a team within the team.
   * 1. Lineup and confirm workers for clock, penalty box, score book and locker room monitor for home games.
     2. Confirm away games (time and place), with the MCHC Scheduler.
     3. Reserve hotel blocks for away trips.
     4. Will be the primary liaison between the fundraising committee and the team.
     5. Have access to official team roster and have roster stickers for all games. (Avery stickers work the best and the website account is free for making sticker files)
     6. Be a “go between” for parents and coaches (No parent will be allowed to confront a coach before, during, or after a game-a private meeting should be set up at a later time).
     7. After the last game assist coaches in getting all jerseys and goalie equipment at end of year.
     8. Ensure Wins/Losses are posted in SportsEngine and information about upcoming events and tournament information is up to date

**CANCELLING PRACTICE** Approved 12/20/22

Practice will only be cancelled if there is a current storm warning expecting significant snowfall, a No Travel Advisory in McKenzie County or if the roads are blocked and there is no access to the Rough Rider Center. The Board of Directors will consult information available and will make this decision and notify the club via email. If you feel it is unsafe to travel to practice at any time you may elect to stay at home, please let your coach know.

**PRACTICE UP POLICY** Approved 12/20/22 Updated 12/11/24

The McKenzie County Hockey Club encourages players to practice up over the course of the winter hockey season if they are at the top of their age division. Practicing at a higher level promotes hockey skill development, as well as creating a desire to improve and work hard. However, there is an increased risk of injury for players practicing outside of the designated age division. You should carefully consider the increased risk involved and follow the guidelines below when making a request to practice up.

1. A player will not be permitted to practice up more than one age division
2. Criteria for allowing a participant to practice up will be based on an on-ice evaluation of the participant’s physical size, skill level and maturity level.
3. The participants coach as well as the coach of the older age division must agree to allow the child to participate in practicing up
4. Players moving from a non-checking division to a checking division will need additional approval from MCHC President and Vice President.
5. If the older coach division recognizes that the player is having difficulties practicing with the older age division, it is that coach’s responsibility to reverse his/her decision about the player practicing up.
6. A participant that has been approved to practice-up may not miss any functions of their own level.

**NO SCHOOL – VACATION DAYS** Approved 1/17/23

Practice on days where school is on vacation is at the coaches’ discretion, each coach will communicate with all players ahead of time.

**PLAYER SCHOLARSHIP** Approved 3/21/23

The McKenzie County Hockey Club is committed to providing the opportunity for young athletes to participate in youth hockey at all levels. Our scholarship program has been designed to help finance a portion of the registration fees for any athlete. Any member in good standing with the McKenzie County Hockey Club is eligible to apply.

Once submitted, the application will be reviewed and decided upon by the Scholarship Committee. All information submitted is kept in the strictest of confidence. The awarded scholarship amounts will vary from year to year. No guarantee of financial assistance is implied by the completion of this application. Awarded scholarships may vary depending on the availability of funds and individual circumstances.

Scholarships for Registration Fees will be based on the following criteria:

* Availability of funds with maximum of 50% of registration fee per athlete
* Financial need of the parents and athlete
* Special personal circumstances of parents and athlete
* No balance from prior year’s fees
* Completion of required volunteer hours of service to MCHC for previous years
* Parents and athlete must be in good standing with MCHC, NDAHA and USA Hockey

Scholarship deadline is October 15th of the current season year.

Scholarship form is found on the Club’s website.

**PLAYER DEVELOPMENT ROAD MAP** Added 4/15/24

We realize there is “no one way” to develop a player, and much of our rich tradition is based on sharing of experiences by a variety of coaches, former players, and enthusiasts. We feel it may help all of us if we capture some basic player development philosophies within this handbook. Our aim is to have a program where each level builds on the next, and where coaches can have an expectation of what skills an incoming player will have or will have been exposed to. As in any road map, there may be other routes to a destination, but it is this map that we have chosen to follow.

The following “progression pyramid”, is our broad approach to player development. What follows, is a more detailed (not total or complete) picture of where we want to go in developing our players. These “maps” are published here so as to give all, parents, players, coaches, enthusiasts, an idea of where we want to go, and a vehicle to measure individual players’ progression along that journey.

**MCHC YOUTH HOCKEY - PYRAMID OF PROGRESSION**

**High School**

Highest Competition Level – Oilers Jr. Gold and 19U Girls

**Bantam/14U Girls**

Player age – 13-15 Years Old Depending on NDAHA Rules of Birth Date

* NDAHA league and playoffs.
* Full development of individual skills and team systems.
* Special teams - some will be on P.P, some on P.K., some both.
* Approx. 40-50 games

**Pee Wee/12U Girls**

Player age – 11-13 Years Old Depending on NDAHA Rules of Birth Date

* 1st level of NDAHA league and playoff games.
* Continued development of individual skills and team systems.
* Kids begin to specialize at a position.
* Introduction of specialty teams to all players.
* Approx. 35-45 games

**Squirts/10U Girls**

Player age – 9-11 Years Old Depending on NDAHA Rules of Birth Date

* Late entry level - development of skills.
* Expansion of travel hockey
* Complete understanding of rules.
* Early development of team systems.
* Kids play some at different positions.
* In-house games when possible.
* Approx. 30-40 games

**Mites/8U Girls**

Player age – 7-9 Years Old Depending on NDAHA Rules of Birth Date

* Medium entry level - introduce skills with emphasis on skating. Rules of the game.
* Equal participation emphasize fun and development with use of half and cross-ice games.
* Have kids play and learn all positions.
* Begin competition through in-house teams.
* Introduce limited travel
* Attendance in practice will be considered when teams are chosen.
* Usually 3 ice sessions / week including 3 on 3 League

**LTS/LTP**

Player age – 5-7 Years Old Depending on NDAHA Rules of Birth Date

* Recommended entry level - Introduction of skills thru fun and games. Keep things very simple.
* Emphasis is on skating development.
* Non-competitive level -divide up teams and play cross-ice (3 on 3, 4 on 4,etc.)
* Equal participation by all. \*Should not use score board, kids will keep track.
* Usually 2 ice sessions / week

**TRAVEL TEAMS:**

* Bantam/14U, Pee Wee/12U and Squirt/10U levels have travel team tryouts at the start of the season with rosters being finalized by no later than Dec.15.
* Travel teams should have 12-15 skaters and 1-2 goalies on their roster. (Can get MCHC/Hockey Director permission for more or less).
* Bantam/14U and Pee Wee/12U Ice time will be at the discretion of the coach, with equal emphasis on winning and team/individual development (i.e. “playing all lines” until crunch time). Squirt/10U ice time will be on rotation system.
* Ice time can be reduced from a player for repeated behavioral (all levels) or poor play.

All teams will have at least one day per week in which no practice or game will be held, except playoffs. **The Broader the base, the higher the pyramid. (POTENTIALLY)**

**BANTAM/14U GIRLS DEVELOPMENT OVERVIEW**

**Overall Goals:**

Develop scorers, puck handlers/playmakers and defensemen.

1. **Individual Skills:**
   1. Skating--build on previous fundamentals (maintenance). Identify weak skaters-focus on improving shortfalls, stress-muscle strength, speed, power, and endurance.
   2. Stick handling--maintenance/improvement. Stress quickness.
   3. Passing--maintenance/improvement, touch pass, tape-to-tape passing, speed, and anticipation-pass to spot.
   4. Shooting--maintenance, quick release, shooting on the fly, goalie dekes, screens, tips. Identify weak shooters-focus on improving.
   5. Offensive skills--control puck (use of body/boards), faceoffs-positioning, strategies.
   6. Defensive skilled--holding/finishing checks, not allowing give and goes, always face the puck.
2. **Team Skills:**
   1. Forwards:
      1. Offensive--breakouts/danger zones, regrouping, puck control in danger zones/critical areas, creating offense behind opponents’ net, 3rd man high in scoring zone for scoring opportunities plus good defensive position, no turnovers, and puck cycling.
      2. Defensive--shot blocking, backchecking-pickup man, not puck carrier, 2-man short penalty kill, covering defensemen rushes, counter-attacks, offensive insertions, pressuring puck carrier, odd man defenses.
   2. Defensemen:
      1. Offensive--breakouts, breakout danger zones, rushing puck, when to gamble on offensive blue line, shooting-on net, tips, height, screens, D to D passes.
      2. Defensive--reading odd man rushes with and without back checkers, holding defensive blue line, always pressure puck carrier, and backs to the net.
3. **Bantam Coaching Priorities/Philosophy**
   1. Respect for others--self-control, behavior on/off ice.
   2. Develop/refine defensemen.
   3. Establish team discipline in executing systems of play.
   4. Practice like you play--game-like conditions during practice.
   5. Shooters--finish at the net, quick release, on net shots.
   6. Encourage creativity with the puck.
   7. Reinforce player in-ice communication.
   8. Back check, back check!
   9. Teach to an objective in every drill you do.

**PEE WEE/12U GIRLS DEVELOPMENT OVERVIEW**

**Overall Goals:**

Continue emphasis on skating. Refinement of passing/shooting-wrist shots, snap shots, slap shots. Develop defensemen. Ice awareness and positional play. Encourage creativity and aggressive puck handling.

1. **Individual Skills:**
   1. Skating--Continue emphasis on basics, turns, stops, pivots, edges, look for and work on individual player’s skating weaknesses. Full speed drills, acceleration drills, lengthen stride drills.
   2. Stick handling--expansion of reach, cupping the puck, backwards skating with head up, puck protection, dekes, escape moves, handling puck in feet.
   3. Passing/receiving--forehand, backhand, on the move--full speed drills, accuracy techniques, drop pass, bank pass, break to open, angles, flip pass, passing before challenged, vacating/filling lanes.
   4. Shooting--wrist shot, introduce snap shots and slap shots, shooting on the fly (ft. moving), shot selection, accuracy, quick release, shoot to score, creating screens, goalie dekes.
   5. Defensive skills--techniques for delivering/receiving checks, finishing and holding checks, body blocking vs. attacking, containment. Forechecking, proper angling, finishing, creating turnovers. Playing 1 on 1, 2 on 2. Back checking responsibilities-first man, second man, third man.
   6. Offensive skills--1 on 1 attacks, creating odd man situations, attacking wide with speed, driving to the net, “seeing” the ice, face-offs.
   7. Defensemen--board to board vision, diagonal support, escapes with puck, reverse escapes, reversing the puck, board passes, using the net.
   8. Communication on ice.
2. **Team Skills:**
   1. Forwards and Defenseman
      1. Intro to team systems-offensive/defensive, neutral zone strategies, and creating/filling passing lanes, appropriate passes, lugging the puck.
   2. Forwards:
      1. Offensive--cycling, face-offs, positions, zone attack options, screening/tipping, breakouts, forechecking, power play.
      2. Defensive--forecheck systems, back checking, defensive zone coverage, faceoffs, penalty kill, covering for rushing defenseman.
   3. Defensemen:
      1. Offensive--breakout options, rushing, follow the play, regrouping, holding the offensive blue line, diagonal support, play making decisions, power play.
      2. Defensive--penalty kill, diagonal support, net coverage, pinching, odd man rushes, defensive zone coverage, gap control, holding defensive blue line.
3. **Pee Wee Coaching Priorities/Philosophy:**
   1. Develop defensemen.
   2. Establish team discipline on passing and teamwork.
   3. Teach “safety valves” --some actions are never wrong.
   4. Develop creativity with puck--encourage puck handling.
   5. Individual puck protection/individual attack the puck.
   6. Maximize “game like” conditions in practice.
   7. Teach shooters to finish drills with speed and following shots to net.
   8. Develop two-way players--back check.
   9. Teach rink safety--for self and others.
   10. Teach to an objective.

**SQUIRT/10U GIRLS DEVELOPMENT OVERVIEW**

**Overall Goals:**

Achieve sound skating ability. Stick handle while skating with head up. Pass and receive puck with accuracy while skating. Know the rules of the game and understand basic game strategies.

1. **Individual Skills:**
   1. Skating--powerful stride, deep knee extension drills, edges, balance drills, control turns, agility and acceleration drills with and without the puck.
   2. Stick handling--lateral, forward, and backward, forward to backward cupping, pushing puck on the fly, technique, and speed drills, one on one moves, attacking the triangle, wide separation, use of feet.
   3. Passing/receiving--continue with fundamental techniques, forehand and backhand, on the move accuracy, drop pass, bank pass (use of boards), break to “open” / angles.
   4. Shooting--wrist shot, backhand, goalie dekes, rebounds, tips, shooting on the fly (keep feet moving), strength and quickness drills, finishing around the net.
   5. Faceoffs--Continue fundamental techniques, positions.
   6. Communication--on ice, verbal communication between players, positional awareness.
2. **Team Skills:**
   1. Forwards and Defenseman:
      1. Neutral zone--move and pass puck, headman or carry it, move to get open, create good passing angles, basic regroups, try to create 2 on 1 (odd man situations).
      2. Faceoff plays--positioning and coverage.
      3. Aggressive forecheck system, i.e. (2-1-2).
   2. Forwards:
      1. Offensive--zone entries, introduce offensive plays, center trail, center break, attack wide, stay on-side, support puck carrier, control / movement of the puck, puck rotation, use of defensemen.
      2. Defensive--Zone coverage system (2-1-2), positions, coverage, transitions (offensive to defensive and vice versa), man-to-man angling, and breakouts basics.
   3. Defensemen:
      1. Offensive--breakout basics, rushing the puck, following the play, holding the blue line, point- shooting decisions/angles, diagonal support, D to D passes, pinching decisions.
      2. Defensive--net coverage, corners, D to D passes, diagonal support, 1-1, 2-1 and 3-2 rushes/situations, know goalie responsibilities.
3. **Playing time during games:**
   1. Does not have to be equal, but each skater should play at least once every 3 shifts.
4. **Squirt Coaching Priorities/Philosophy:**
   1. Develop defensemen--top players play defense “1/2” the season.
   2. Establish discipline on passing, positional play, and teamwork.
   3. Back checking--develop two-way players.
   4. Timed shifts--emphasis on development, not winning games.
   5. Encourage team play.
   6. Teach to an objective—focus on skill being taught.

**MITE/8U GIRLS DEVELOPMENT OVERVIEW**

**Overall Goals:**

Skating--continue to work on skating, front and back crossovers.

Stick handling--puck control.

Puck movement--introduce passing and receiving, keep working on skating with puck. Understand basic rules of the game.

Find and identify goalies to enter the squirt program.

1. **Individual Skills:**
   1. Skating--stick on ice, forward, backward, crossovers/unders, variety of stops, starts, speed and quickness drills, mohawk turns.
   2. Stick handling--lateral, forward, backward, forward to backward, cupping, pushing puck on the fly, techniques and speed drills (cones, etc.) lateral / deke moves.
   3. Passing/receiving--forehand, backhand, fundamental techniques of passing and receiving with accuracy (stationary and moving), look up and pass.
   4. Shooting--wrist shot, backhand, how to create “quality” shots (emphasize slot area, discourage wide-angle shots), goalie dekes.
   5. Face-offs--introduce fundamental technique (draw back to defense/taking man or go for puck/open). Positional line-up at a face-off.
2. **Team Skills:**
   1. Rules of the game--understand zones, lanes, positions, face-offs in zones, penalties, what to do when your team or other team has the puck.
   2. Appropriate passes (offensive and defensive), game flow awareness, defensive angling of the puck carrier.
3. **Playing time during games:**
   1. As equal as possible.
4. **Mite Coaching Priorities/Philosophy:**
   1. Skill development has priority over winning games.
   2. Develop defensemen--all players play defense 1/2 of the time.
   3. Encourage players to skate with puck.
   4. Back checking--importance of.
   5. Use cross-ice opportunities to develop skills in tight areas.
   6. Encourage all players to try playing in the goal.
   7. Teach to an objective--stay focused, keep kids focused on skill being taught.

**LTS/LTP DEVELOPMENT OVERVIEW**

**Overall goals:**

Learn to skate (forward, backward, cross-over).

Stick handling - basics of puck control.

- stationary and while skating.

1. **Individual Skills:**
   1. Skating--hockey stance, posture, proper stride, balance, forward and backward strides, stopping, forward crossovers, control turns.
   2. Puck handling--stationary, straight ahead “puck push”, side to side control while skating, control around cones.
   3. Passing and receiving passes--little or none at this level. Focus is on skating and skating with puck.
   4. Shooting--forehand, backhand, no slap shots.
2. **Team Skills:**
   1. None. Essential to learn skating and stick handling fundamentals.
3. **Playing time during games:**
   1. As equal as possible. Try to have 1:1 work to rest ratio.
4. **Termite Coaching Priorities/Philosophy:**
   1. Keep players moving--no waiting at end of long lines.
   2. Lots of fun, lots of encouragement.
   3. No goalie equipment--everyone learns to skate.
   4. Use a skater or Mite/10U goalies or shooter-tooters in net (for older Termites).
   5. Need a dedicated coach to work with newcomers/non-skaters to teach them how to skate and get off the skating bar.

**GOALIE DEVELOPMENT OVERVIEW**

**Overall Goals:**

Encourage top athletes to try out for goalie.

Provide/have available goalie training tapes, materials, literature.

Encourage/facilitate attendance at goalie schools/clinics/camps.

Appoint an individual to take “ownership” of goalie development/monitoring.

If goalie clinics are scheduled throughout the season, participation is required. (Recommendation that 1 coach per level participate)

**Bantam/14U:**

Focused, intense development, specialized coaching. Seek goalie clinics/camps-- encourage attendance. Work out at high school practices as able.

* Skills:
  + Skate saves
  + Stacking pads
  + “V” drops
  + Rebounds
  + Team situations

**Pee Wee/12U:**

Settle on goalies. Focus on good athletes. Increase specialized coaching. Encourage attendance at goalie clinics/camps. Candidates can purchase own equipment if desired.

* Skills:
  + Parallel shuffle, lateral T-glide, forward/backward moves, stick saves, glove saves, leg saves, skate saves, stacking pads, “V”-drop, playing angles, rebounds, and team situations.

**Squirt/10U:**

Start “settling into” goalies. Pick best athletes and those who express an interest in the position. Specialized coaching introduced. MCHC can provide the equipment.

* Skills:
  + Parallel shuffle, lateral T-glide, forward/backward moves, stick saves, body saves, glove saves, leg saves, skate saves, stacking pads, “V” drop, playing angles, rebounds, team situations.

**Mite/8U:**

Continue to rotate kids through the position, take turns wearing the equipment. MCHC should supply the equipment.

* Skills:
  + Basic stance, Parallel shuffle, Lateral T-guide, forward and backward movement, stick saves, body saves, glove saves, and leg saves, stacking pads, “V” drop, and Rebounds.

**LTS/LTP:**

No equipment, rotate kids through the positions. Work hard on skating.