



Aberdeen Hockey Association

Parent-Player Meetings

2025-2026 Girls Varsity / G14U

USAH/SDAHA/AHA

- USA Hockey Preeminence:
 - Sportsmanship, Respect for the Individual, Integrity, Pursuit of Excellence, Enjoyment, Loyalty, Teamwork
- SDAHA:
 - Leagues, Schedule, Playing Rules, Conduct
- AHA:
 - Administer program, enforce policies and procedures for AHA, SDAHA, and USAH
- AHA Structure
 - Board of Directors/HDC



Staff Introductions

- Varsity Head Coach: Amy Munsterman-Wills
- Assistant Coaches: Tyler Herman, Chris Lamont
- G14U Head Coach: Tyler Herman
- Assistant Coaches: Chris Lamont
- Mike Schmidt: Director of Hockey Operations
- Coordinator: Arlette Keller V / Angela Heagley 14U
- AHA President: Duke Witte
- AHA Vice President: Derek Hadrack/Discipline Chair
- AHA Treasurer: Katie Linke



Team Introductions

Players introduce
themselves and parents





AHA Values

- POSITIVE ATTITUDE:

- Chose to have one and display one
- Work hard to become a better player
- Support your teammates

- PRIDE:

- It is a privilege to be part of the Cougar program
- Pride is about being part of something bigger than yourself
- You represent AHA/Cougars during games and practices, and in the community

- EFFORT

- 100% effort is expected at all times
- It takes your best effort to help the team reach their potential
- Playing time is earned by your effort and attitude

- DISCIPLINE:

- Having discipline is about making the right choices
- Be on time for practice and games
- Don't talk back to opponents, teammates, officials or coaches.

- TEAMWORK:

- Always put the team FIRST
- Accept your role on the TEAM
- Celebrate your teammates during good times
- Pick up your teammates during the hard times

Team Mission & Vision

Mission Statement

- The Aberdeen Lady Cougars Varsity Hockey program exists to develop strong, confident young women who pursue excellence on and off the ice. We are committed to fostering discipline, teamwork, leadership, and respect while competing with integrity and pride. Our mission is to represent Aberdeen and the Cougars organization with class, effort, and unity in every practice, game, and interaction.

Vision Statement

- The Lady Cougars strive to be a respected, competitive program that builds players of strong character and lasting impact. We aim to create a culture where athletes develop not only as hockey players but also as leaders, students, and community members—prepared for success in every area of life. Our vision is that every player leaves the program with a deeper love for the game, an appreciation for the process of growth, and lifelong lessons in accountability, perseverance, and teamwork.

One Team – One Standard – One Lady Cougar Family



Expectations - Player

- **Effort Every Time:** Show up ready to compete. Hustle in drills, finish plays, and bring energy.
- **Be Coachable:** Listen, learn, and apply feedback with a positive attitude.
- **Be a Great Teammate:** Encourage, include, and uplift one another. No gossip, no negativity.
- **Respect the Game:** Respect officials, opponents, teammates, coaches, and the rink.
- **Take Care of Details:** Be on time, in proper gear, and prepared.
- **Represent Well:** Your actions reflect the program everywhere—school, community, and online.
- **Communicate:** Let coaches know in advance if you'll miss practice or games.
- **Balance:** Manage your time, schoolwork, and responsibilities.
- **Compete with Integrity:** Play hard and clean. Win with humility, lose with grace.
- **Have Fun:** Hockey is a privilege—enjoy the process and your teammates.



Expectations - Coach

- **Lead by Example:** Model respect, composure, and work ethic.
- **Teach the Game:** Prioritize player development, skill growth, and hockey IQ.
- **Foster a Positive Culture:** Encourage, challenge, and support every athlete.
- **Communicate Clearly:** Be consistent, honest, and constructive in feedback.
- **Prepare with Purpose:** Each practice and game plan is designed to help the team grow.
- **Respect All:** Officials, opponents, players, and parents.
- **Prioritize Safety:** Protect players physically and mentally.
- **Represent the Program:** Uphold the values of the Lady Cougars on and off the ice.



Expectations - Parent

- Support all players and coaches in a positive, respectful manner.
- Allow coaches to coach and players to play.
- Encourage sportsmanship and responsibility.
- Communicate appropriately.
- Model Cougar values in the stands and in the community.



Team Culture & Identity

We are one team—no divisions, no drama. Every player has a role, and every role matters. Our culture is built on mutual respect, shared accountability, and the pursuit of growth. We push each other to improve while celebrating one another's progress. Being a Lady Cougar means bringing energy, humility, and heart every single day. It means showing up even when it's hard, caring deeply for your teammates, and representing something bigger than yourself.



SKILLS

- Physical/Technical Skills
 - Skating, passing, shooting, puck control
- Mental Skills
 - Communication, anticipation, tenacity, positioning
- Fundamentals + Speed + Power
 - Increasing your capacity to make quick decisions and familiarizing situations, creates options under pressure



LOCKER ROOM

- A seat when you're here for hockey. Not an encampment.
 - No one except coaches and team players allowed in the locker room before, after, or during games or practices
 - A playlist of appropriate music is allowed, but must be approved by coach
- AHA/USA Hockey Locker Room Policy
 - No Cell Phones permitted to be used in the locker room
 - No device capable of recording or taking pictures to be used in the locker room
 - SafeSport: Misconduct, Bullying, Hazing, or Harassment will not be tolerated



EQUIPMENT

- Blue Helmets
- Neck Laceration Protection
- Mouth guards
- LB Jerseys, LB Socks, LB Breezer Covers



PRACTICE SCHEDULE -Varsity

- Practice Schedule
 - Monday & Thursday 5:30 pm – 6:30 pm
 - Tuesday, Wednesday, Friday 6:00 am – 7:00 am
 - Will not practice on some Fridays
- Infinite Edge & Power Skating
 - 10/31 – 11/2
- Goal Robbers
 - 10/13
- Rink Cleaning (Thursday)
 - GV West side of Metal Bleachers, section L-M
 - G14U Entire Floor, players benches, handicap seating area, zam tunnel, locker room tunnel



PRACTICE PROTOCOL

- **Attendance:**
 - Players are expected to attend all scheduled practices unless previously excused. Communicate directly with coaches in advance if you must miss or be late.
- **Arrival:** Arrive 15–20 minutes early to get dressed, stretch, and prepare.
- Players should be ready on the ice 5 minutes prior to the start of practice.
- Effort & Intensity:
 - Every drill is an opportunity to improve.
 - Skate with purpose, finish every rep, and maintain game-speed habits. Effort level is within your control — show up ready to work.
- **Locker Room Conduct:**
 - Locker room must be spotless after our team has used it.
 - Be considerate — the locker room is a shared space and a reflection of our team culture.
- **Coach-Player Communication:**
 - Players are encouraged to ask questions or seek clarification respectfully.
 - Feedback is always welcome at appropriate times — before or after practice, not during drills. If texting a coach, always include another coach, player or parent on it.



GAME SCHEDULE- Girls Varsity

- SDAHA League Schedule (8 Teams with 3 games vs each team) 21 League Games
- Additional games scheduled
 - Aberdeen Jamboree 10/26-10/27
 - Jamestown Away 11/22
- Tournaments
 - Fargo Tournament 1/02 – 1/-03
 - Brookings Winter Classic Tournament – 01/9 – 1/11
 - SDAHA State Tournament - 3/5-3/7 Mitchell (Thu-Sat)
- Girls Weekend Opportunity
 - Senior Showcase Nov. 1-2 (Watertown)
 - GV/U14/U10 Oct. 17-19 (Watertown)



GAME DAY PROTOCOL

- **Arrival Time:**
 - Players are expected to arrive at least 90 minutes before puck drop unless otherwise directed by coaches. This allows time for team meetings, taping, warm-ups, and mental preparation.
- **Dress Code & Attitude:**
 - Arrive in dress code - look nice, no blue jeans, ripped pants, or athletic pants. You represent the Aberdeen Lady Cougars from the moment you enter the rink.
 - Goal: Look put-together, confident, and proud to represent the Lady Cougars — professional and intentional.
- **Warm-Up & On-Ice Readiness:**
 - Dynamic warm-up and stretch 60 minutes prior to game time (15-20 minutes) This is done as a team.
 - No goofing around or distractions on ice. Every rep, every drill, every shift is part of setting the tone for the game.
- **Team Focus:**
 - Cell phones may be used for music/warm-up - not for texting, snapping or other social media outlets. This is a privilege!
 - Use that time to mentally lock in, stretch, and support teammates. Positive, focused energy only in the locker room.
- **Post-Game:**
 - Win or lose, line up, shake hands, and leave the ice with class.
 - Coaches will address the team after the game; players should remain attentive and respectful. Locker room cleanup is everyone's responsibility.
 - Locker room must be spotless after our team has used it.
 - Represent the Lady Cougars positively when leaving the rink or traveling.



PRACTICE SCHEDULE G14U

- Practice Schedule
 - Monday & Thursday 8:00 pm – 9:00 pm
 - Tuesday 7:30 pm – 8:30 pm
- Infinite Edge & Power Skating
 - 10/31 – 11/2
- Goal Robbers
 - 10/13
- Rink Cleaning (Thursday)
 - G14U Entire Floor, players benches, handicap seating area, zam tunnel, locker room tunnel
- Girls Weekend Opportunity
 - GV/U14/U10 Oct. 17-19 (Watertown)



GAME SCHEDULE- Girls 14U

- SDAHA League Schedule (10 Teams with 2 games vs each team) 18 League Games
- Tournaments
 - Worthington Tournament 12/5 – 12/7
 - SDAHA State Tournament - 2/27-3/1 Oahe
- Girls Weekend Opportunity
 - JV/U14/U10 Oct. 17-19 (Watertown)



COMMUNICATION/CONTACT INFO

- Team parent communications will be sent out via Crossbar Chat
- Coach may delegate Captains to distribute information to team
- 24hr rule will be strictly enforced
- V. Coach: Amy Munsterman-Wills 605.691.3699
- V. Coordinator: Arlette Keller 605-228-4834
- G14U Head Coach: Tyler Herman 605.715.6618
- G14U Coordinator: Angela Heagley 605.846.7562
- School Absences: May miss up to 5 days. Must advise school that the absence is hockey related.



Communication & Conduct

We believe in direct, honest communication. Players are encouraged to speak with coaches respectfully if concerns arise. Parents may follow up after a 24-hour rule period if needed. Social media should reflect our program's pride and values. Negative or disrespectful posts toward teammates, coaches, or other programs will not be tolerated. We expect all players to demonstrate maturity and discretion in their online presence.



POLICIES/PAPERWORK

- Code of Conduct
- Volunteer Policy
- Fundraising Policy/Dates
- Academic Release
- 24 Hour Waiting Rule
- Locker Room Policy
- Lettering Policy
- Zero Tolerance Policy



ZERO TOLERANCE (USAH/SDAHA/AHA)

The game officials will stop a game when the parents/spectators displaying inappropriate and disruptive behavior interfere with other spectators or the game. This inappropriate and disruptive behavior shall include:

1. Use of obscene or vulgar language in a boisterous manner towards anyone at any time.
2. Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing, threats of physical violence or actual physical violence
3. Throwing of any object in the spectator's viewing area, player's bench, penalty box, ice surfaces, or any other area inside the rink directed in any manner as to create a safety hazard. Spitting at players, officials (off ice, minor officials, or on-ice officials), or fans/spectators is also prohibited.
4. Touching, pounding, or hanging on the glass boards of the rink

Spectators not abiding by these rules may be removed from the facility with or without warning.

We want to ensure a great fan experience for all spectators and urge you to cheer loud and proud for your team in an appropriate manner. Please help us in making our ice rink the best place in South Dakota to watch hockey by displaying respectful behaviors!

“Administrators are responsible for enforcing the rules and policies established and approved by USA Hockey, their Affiliate, and their Association or Club. This includes taking disciplinary action, as deemed appropriate, towards any parent/spectator removed from a game as a result of a violation of the Zero Tolerance Policy.” **USA Hockey**



CONCLUSION

"Success is won by those who believe in winning and then prepare for that moment. Many want to win, but how many prepare? That is the big difference. A sound value system held water then, holds water today, and will hold water in the future." **Herb Brooks**

