



***Winfield & District
Minor Hockey Association***

**Athlete & Parent Handbook
2009 – 2010**

WDMHA
9830 Bottom Wood Lake Road
Box 41010
RPO South Lake Country, BC
V4V 1Z7

www.winfieldminorhockey.com

Table of Contents

	Page
Message from the President	2
WDMHA Executive & Directors, Volunteer & Paid Positions, Philosophy	3
Team Information – Coaches & Managers.....	4
Financial Obligations & Explanations	5
Expectations & Responsibilities – Players, Coaches, Managers, Parents	6
Equipment Requirements.....	7
Evaluations, Selection, Rep Players, Affiliated Players.....	8
Nutrition.....	9
Importance of Warming Up & Cooling Down, Dryland Training, Skills Ice.....	10
Hockey Canada Player Development.....	11
Long-term Athlete Development (LTAD)	12
T.E.A.M. First, Fair Play Code, Conflict Resolution Procedures, Discipline	13
Miscellaneous Information.....	14



Message from the President

Welcome to the 2009/2010 Winfield & District Minor Hockey season. The executive members have had a very busy summer and fall implementing a few new programs and ideas, tweaking some existing ones, and constantly striving to improve the experience for all involved. We ask for your understanding and patience, and we encourage your constructive feedback as we proceed in our new directions. Let's all work together to make this a great year for the kids.

Website & E-Mail...www.winfieldminorhockey.cominfo@winfieldminorhockey.com**Executive & Directors...**

President	Chuck Gallacher	979-8999
1 st Vice President	Sandi Kneller	765-0775
2 nd Vice President	Mike Youngest	766-9330
Past President	Randy Donselaar	766-1889
Treasurer	Shannon Libke	548-0074
Secretary	Christine Geiger	766-5215
Administrator	Jocelyn Nuyens	766-0022
Coach Co-ordinator	Sylvain Leone	863-3537
Coach Co-ordinator	Dan Leboe	766-1999
Sr. Director	Chris Goss	548-3088
Jr. Director	Lisa Olenczuk	766-5356
Member at Large	Michele Ginnell-Tassopoulos	766-1646
Member at Large	Kristine Greavette	766-5577

Volunteer & Paid Positions...

Ice Ambassador	Jocelyn Nuyens	766-0079 fax
Equipment Manager	_____	
Concession Manager	Sharon Brooks	548-3398
Referee in Chief – Admin	Jay Donaldson	766-0016
Referee in Chief – Scheduling	Wayne Baptiste	766-4904

Philosophy...

Winfield Minor Hockey promotes the welfare and enjoyment of its athletes and its community. The athlete's personal development at every level of play is an important component, as well as the development of character by instilling a sense of responsibility, fair play, respect for others, and self discipline. WDMHA is committed to providing excellence in coaching and our coaches have to maintain a certain standard based on the level coached. We endorse and provide opportunities for upgrading through clinics and workshops. All personnel directly involved with the athletes are required to undergo regular criminal record checks.

Let's show all our referees the acknowledgement and appreciation they deserve!

Coaches – Senior Division

Midget Rep Tier 2 (15/16/17 yrs)
Midget House 1 (15/16/17 yrs)
Midget House 2 (15/16/17 yrs)
Bantam Rep Tier 3 (13/14 yrs)
Bantam House (13/14 yrs)
Peewee Rep Tier 3 (11/12 yrs)
Peewee House (11/12 yrs)

Dave Whistle
Marty Woods
Mark Briggs
Jason Rohatensky
Mike Howes/Jim Smithman
Nick Stermer
Glenn Dolman

Coaches – Junior Division

Atom Development (9/10 yrs)
Atom House (9/10 yrs)
Novice 1 (7/8 yrs)
Novice 2 (7/8 yrs)
Novice 3 (7/8 yrs)
Initiation 1 (5/6 yrs)
Initiation 2 (5/6 yrs)

Rob Born
Tanya Leone
Rob Schaeffer
Mike Joseph
Peter Madsen
Dane Prentice
Nikki Burke

Managers – Senior Division

Midget Rep Tier 2
Midget House 1
Midget House 2
Bantam Rep Tier 3
Bantam House
Peewee Rep Tier 3
Peewee House

Anne Anchikoski
Dean & Sandy Johnstone
Donna Daoust
Anne Woods
Kim Mortenson
Sean Young
Kim McGuire

Managers – Junior Division

Atom Development
Atom House
Novice 1
Novice 2
Novice 3
Initiation 1
Initiation 2

Jodi Berget

Cerise Campbell



Wayne Gretzky: ***"You miss 100% of the shots you never take."***

Fees...

All hockey fees are due by November 15th, including Rep tryout fees. If selected for a rep or development team, the extra fees are due by October 23rd.

Volunteer Commitment Cheques (\$150)...

It is not our priority to collect your money, but rather to have you as an active participant in our association. If you are paying the \$150 in lieu of volunteering, it must be dated for October 15th. If you choose a volunteer position, your cheque may be dated for December 15th, and will only be cashed if you have not filled a volunteer position by that date. There are many options to choose from, whether you are involved with team staff or another association project. Visit the website at www.winfieldminorhockey.com and view the "Volunteer Form" tab for more information and to download the registration form. Together we can make it a great year for the kids!

Financial Obligations...

Athletes and their families will be required to cover costs for out of town tournaments. Some of the expenses for the players themselves may be covered by team fundraising. The primary source of team fundraising occurs by hosting a home tournament. Another example is 50/50 sales. ***New This Year*** - Rep teams will also be responsible for fund raising for the "Provincial Travel Fund".

Team Funds...

Each team will have individual sub-accounts at Interior Savings & Credit Union under the main WDMHA account. These will be deposit accounts only and money will be paid out to the team managers from the treasurer through the use of cheque requisitions via email. Your team can self assess an expense budget based on your proposed home tournament income.

Team Fund Uses...

Money fundraised through the team must be used to benefit the athletes in the following ways:

- Tournament entry fees
- Home tournament expenses
- Home tournament programs – each team will be responsible for buying a minimum of 100
- Approved, logo clothing & items
- Travel expenses (approved by WDMHA)
- \$250 total team float for team incidentals (power bar treats, equipment repairs, etc. while away at a tournament)
- Year End events – maximum \$25 per athlete and team management

Any extra money left at the end of the season can be used in the following ways:

- Yearly Charity (approved by WDMHA)
- WDMHA Provincial Travel Fund
- To cover fees (or a portion of) for all athletes on the team to attend the upcoming summer's WDMHA conditioning camp

Player Responsibilities...

- ✓ Listen to and respect your coaches when they are talking
- ✓ When in doubt, ASK QUESTIONS, there is no such thing as a dumb question
- ✓ Arrive at the time requested by your coach, before games to allow for an adequate, warm up and team “chalk talk”
- ✓ Assist with clean up of equipment at the end of practices
- ✓ Wear your requested team clothes to games, home & away
- ✓ Notify your coach or manager as soon as possible if you won't be able to make a game
- ✓ Use respect and make good decisions when representing your team
- ✓ Always give your best effort
- ✓ Treat officials, competitors, coaches, parents and team mates with courtesy and respect
- ✓ Follow appropriate pre-workout nutritional guidelines. A post-workout snack is recommended (small amount of carbohydrates & protein as soon as possible after the workout)
- ✓ Monitor sleeping and eating habits. Respect curfews. A healthy lifestyle ensures a solid training foundation.
- ✓ HAVE FUN!!

Coach Responsibilities...

- ✓ Primary responsibility is to the athletes
- ✓ Provide interesting, fun and effective practices
- ✓ Develop each athlete to the best of their ability while balancing what is best for the team as a whole
- ✓ Arrive on time to properly prepare before games & practices
- ✓ Treat officials, athletes, coaches and parents with courtesy and respect

Manager Responsibilities...

- ✓ Responsible for communication between the coach, team parents and all support systems, such as the MHA, the league, other teams, referees, etc.
- ✓ Ensure allotted ice times are used or responsible for trading them or paying
- ✓ Ensures all off-ice tasks are completed, either directly or through delegation
- ✓ Should hold a meeting shortly after team is formed to meet & begin discussions
- ✓ Must maintain contact lists and have regular communication with all parents & athletes in regards to schedules, tournaments, funds, team purchases, etc.
- ✓ Maintenance and data entry or forwarding of score sheets
- ✓ Team accounting

Parent Responsibilities...

- ✓ Responsible for getting your athletes to and from practices and games on time. Athletes and parents traveling with others should contribute to the cost of gas, tolls, and accommodations
- ✓ Your primary contact for questions or concerns (including on ice issues) should be the team manager, if they cannot help you out, they will then redirect to the appropriate person(s)
- ✓ If wanting to speak with the coach a request should be made through the team manager
- ✓ All parents are expected to help out with various team operations, such as; home tournaments, 50/50 sales, scorekeeping, timekeeping, etc.
- ✓ Assist your athletes in getting adequate sleep and eating habits (see guide on page 9)
- ✓ Notify coach or manager as soon as possible if not making a practice or game
- ✓ Treat officials, athletes, coaches, and fellow parents with courtesy and respect
- ✓ Use constructive, not emotional communication and if upset, observe the 24 hour rule

Equipment...

Hockey is a collision sport and injuries do occur. But with certified, quality, well fitting equipment, the frequency and severity of these injuries can be decreased. Penny-pinching is not wise when it comes to buying good protection. If you are buying used equipment, check it out carefully, try it on and make sure it fits properly. Injuries occur when loose-fitting equipment slides out of position. Check it often for signs of wear and tear. Keep your gear in a well-ventilated, dry area. It is imperative that you buy equipment with adequate protection if you are playing on a development or rep team.

“Take care of your equipment and it will take care of you!”

What you need...

Hockey Helmet: Important to choose for protection, comfort & fit. It must have a full cage or face shield. Adjust to ensure a snug fit. Adjust the chin strap so it gently makes contact under your chin when fastened. **If playing on a Rep team it is Highly Recommended to wear a Concussion Helmet.** To buy the correct size, measure where a sweat band would rest with a flexible tape and use the following chart:

21 ¹ / ₄ " = 6 3/4	22 ³ / ₈ " = 7 1/8	23 ¹ / ₂ " = 7 1/2
21 ⁵ / ₈ " = 7 5/8	22 ³ / ₄ " = 7 1/4	23 ⁷ / ₈ " = 7 5/8
22" = 7	23 ¹ / ₈ " = 7 3/8	24 ¹ / ₄ " = 7 4/8

Mouthguard: An essential piece of equipment which should never be overlooked. Not only does it significantly reduce the incidence and severity of injuries to the teeth and mouth, but also acts as a shock absorber against jaw fractures and concussions.

Elbow Pads: Easy to fit... your elbows should fit comfortably into the center of the cup. A good elbow pad will provide forearm protection by extending down to the cuff of your hockey glove.

Shoulder Pads: Properly fitted pads will provide protection for the collar bone, chest, ribs, back and upper arms. They should achieve this while still allowing a full range of motion. For example, lifting the arms above the head should not push the shoulder pads uncomfortably high around the player's neck.

Hockey Gloves: One of the primary concerns is to ensure that the gap between the glove and the elbow pad is minimal. Tightness is personal preference, although the finger tips should not go right to the end. The back of the glove should be lined with both foam and hard plastic. Should have a "lock thumb" which will protect the thumb from being bent backwards.

Shin Pads: The importance of quality shin pads cannot be overstated as the lower leg is an extremely high contact area. They are measured by the distance in inches between the center of the kneecap and the edge of the skate, just above the top eyelet. Protective foam which wraps around the back of the calf is recommended.

Hockey Pants: Should be loose and comfortable, but secured firmly around the waist. 90% of players can use their waist size as a guide for fitting. The bottom of the pants need to overlap the top of the shin pad kneecaps by 1 – 2 inches to ensure proper protection even when in a kneeling position.

Hockey Skates: Except for Mission & Nike, skates normally fit (1) size smaller than your shoe size. For performance this is the most important piece of equipment so it is recommended to get them professionally fitted and molded. Lace them up at home and wear skate guards to break them in.

Other Equipment: It is mandatory to wear an approved neck guard at all times. You will also need a Jock or a Jill and either a garter or Velcro shorts to hold up your hockey socks.

Hockey Stick: The best way to measure is to stand in your stocking feet, without your skates, on a flat surface. Place the bottom of your stick on the ground between your feet. Lean the stick straight up-and-down so that the handle touches the tip of your nose. Mark the stick at this point and cut the handle on your mark. A defenseman may want to use a longer stick for more reach for poke checking and a forward may want shorter for stick handling purposes.

Evaluations, Selection & Affiliated Player Process...

Initiation & Novice Program: An evaluation team consisting of volunteers, none of whom are parents or guardians of the players, will assess the players through a series of drills to identify strengths and weaknesses, with results to be used as a teaching guide by coaches. In the event that there is more than one team at this level, this will also help to determine the team makeup, attempting to form evenly matched teams.

House Program: Designed to retain the recreational flavor of hockey and to teach hockey, team concepts and life skills that will enable the player to become a lifelong participant in the game. Teams play set schedules in the North Okanagan Super League as well as hosting a home tournament and possibly attending away tournaments.

Rep Program: The Rep program is designed to challenge the more competitive and skilled players in our organization. The teams will play in leagues of their division within OMAHA and are committed to play a set schedule. An evaluation team of approximately 3 knowledgeable personnel not connected with the respective team will assess the players wishing to “try out” for the Rep team during a minimum of 3 ice sessions, based on the following criteria: a number of skating & hockey skills, coachability, attitude, work ethic, size, age, self-discipline, dedication, competitiveness and desire to win. If a player is asked to join a Rep team, they must be prepared to make all practices & games if at all possible. If a team decides to participate in the dry land training provided by the association, then attendance is mandatory. A Rep player must be “carded” by OMAHA and can then not play on a House team during that season. All players are expected to act as ambassadors of Winfield Minor Hockey, using proper behaviour and dress according to their coach’s requirements. Each Rep team hosts one home tournament and travels to an unspecified amount of away tournaments.

Please Note: Atom Development is not Rep, it is considered a transitional year – players are not carded.

Affiliated Players: House players may be asked to be an Affiliated Player (AP) for a Rep team. These players did not have to attend the Rep Team’s tryouts to become an Affiliated Player. An AP may be asked to play in a game or tournament, and then will usually be asked to attend the prior week’s practices with the Rep team. Affiliated Players are not to assume they may attend all Rep practices, arrangements must be made with both team’s coaches. An AP’s obligation is to their house team, therefore if games overlap, it can only be done via confirmation of the House Team Coach allowing them to miss their game to attend a Rep game. Affiliated Players play an important role to the Rep teams! We value our coaches’ decisions as to how much APs participate with their team and it is important to WDMHA to continue to develop players and have them familiar with learning skills and keeping them safe. Within the Rep program player contact is allowed and in the House league in which we play, there is no contact. Learning such skills will help the AP players to be more comfortable and effective to the Rep team if they are a part of that team’s environment, learning with that coach and playing with their players. After January 10th, if an AP plays 5 games with a higher category affiliate, you cannot go back to your lower category team (House), therefore you become part of the Rep team.

Please Note: Players being asked to be an AP from a lower division (example: Peewee to Bantam Rep) must have the permission of the division director and the executive.

Nutrition Tips...

Hockey players need fuel to perform athletic activities and your performance can be determined by the type of fuel you use. Knowing which fuels enhance performance is a valuable tool for athletes, parents and team management. Young athletes should be consuming close to the upper end of the recommended number of servings per day of each food group within the Canada Food Guide. Older athletes in intensive training often require more than the recommended number of servings. The key is to choose food products that will give the most energy. The energy-yielding nutrients in a well-balanced diet consist of carbohydrates, proteins, and fats.

Food Group	# of Servings	Description	Examples
Grain Products	5 – 12	Look for whole grains & enriched products	Bread, Bagels, Tortillas, Rice, Cereal, Pasta
Vegies & Fruit	5 – 10	Choose dark green & orange more often	Fresh, frozen or canned. 100% Juice
Milk & Alternatives	2 – 4	Choose lower-fat products more often	Milk, Soy drinks, Yogurt, Cheese
Meat & Alternatives	2 – 3	Choose leaner cuts or poultry & fish more often	Meat, Poultry, Fish, Shellfish, Legumes, Eggs, Tofu, Peanut butter, Nuts & Seeds

Pay close attention to the consumption of vitamins and minerals, particularly salt and iron. Deficiencies in these areas are often encountered in teenaged athletes.

Complex Carbohydrates...

- ✓ Carbohydrates are a major energy source during exercise. Carbs like whole grains, potatoes, pasta, rice, etc. should comprise 60% to 65% of calories consumed daily
- ✓ A pregame meal containing carbs should be eaten at least 1 to 2 hours before the game
- ✓ If not eating enough carbs, the blood glucose levels drop quickly & once sugar stores are depleted, the body will become fatigued and exhausted more rapidly, leading to higher potential for injury
- ✓ Light carbohydrates within 15 to 30 minutes following a game or practice will maximize energy storage for the next event
- ✓ Follow up with a complete meal within 1 – 2 hours post activity, combining carbohydrates & protein for maximum recovery

Protein...

- ✓ Your body uses protein to build & rebuild tissue, including muscle
- ✓ Keeps the immune system functioning properly and maintains fluid & electrolyte balance
- ✓ A protein snack such as nuts or protein bar should be consumed within 30 minutes to 1 hour post activity
- ✓ Follow up with a complete meal within 1 – 2 hours post activity, combining carbohydrates & protein for maximum recovery
- ✓ Multiply body weight by .5 - .7 grams per pound for recommended protein intake

Hydration – *What Does Water Do Anyway?...*

- ✓ Digests food, dissolves nutrients, lubricates joints, maintains normal circulation, sends electrical messages between cells (muscle contractions, vision, brain function)
- ✓ Coolant for working muscles – regulates the body's temperature
- ✓ Drink 1 – 2 cups of water immediately before exercise to begin hydrated
- ✓ Drink 1 cup every 15 to 20 minutes during activity, then continue to drink after activity
- ✓ For any activity lasting longer than one hour sports drinks containing 2.5% to 10% carbohydrates (CHO) may be beneficial

The Importance of Warming Up and Cooling Down...

Why Do We Warm Up? A warmed-up muscle performs better! A proper warm up has three components:

- 1. A progressive continuous movement from 2 to 5 minutes in length**
These exercises heat the body – especially such deep parts as muscles and joints, and get the energy systems ready to work
- 2. Stretching exercises**
Such exercises stretch muscles & tendons, especially those used in training or competition
- 3. Simulation exercises**
These exercises prepare participants for training or competition by stimulating them both mentally and physically. In general, athletes rehearse the skills they will call upon during the practice or game

Why Do We Cool Down? Every practice and game should finish with a cool down. There are two components to a cool down:

1. Progressively less vigorous exercise such as a slow skate or jog
2. Stretching exercises

A cool down must be completed to return the body to a resting state. Stretching in the cool down is the most beneficial time to increase flexibility

Team Practices...

Each team will have one or two set practice times per week and the schedule will be posted on the website on the Practice Calendar and on each Team Calendar. It is mandatory that you attend all practices unless prevented by illness, injury, or unforeseen reasons. If you are not going to be in attendance, please inform the manager or coach as soon as possible.

Dryland Training...

A dryland training schedule for all Rep teams from Atom Development through Midget will be arranged and the schedule will be posted on the website. This will take place at the Pursuit of Excellence Fitness Facility and will include cardio, strength training and balance work. If your team has made the choice to participate in dryland training, then attendance is mandatory.

Skills Ice...

We have specific ice time allocated for “skills ice” where we concentrate on the fundamentals to develop things like muscle memory of correct technique. Although these sessions can seem somewhat repetitive at times, this type of training is essential in improving the basic skills necessary to take players to the next level. This will be scheduled on a rotating basis between teams and/or levels and will be run by our coach coordinator, Dan Leboe as well as guest coaches. We will have a schedule available on the website so you can check and see when your next ice time is. We encourage everyone to use this extra, optional ice time. We are open to requests for specific topics if your team is looking for extra work in certain areas.

Hockey Canada Player Development...

Philosophically, Hockey Canada's goals are not to put players in the NHL. While we naturally want Canadian players to achieve the highest levels possible, we will achieve this sooner by focusing on the quality of the overall experience. For this reason, Hockey Canada's activities are centered on improving the quality of the hockey experience for players of all ages and skill levels.

"Learning the basic skills in practice at a young age is so important, because it allows the children to skate more, make more passes, take more shots on net and have the puck on their stick more than in any game."
-Paul Kariya

The age and skill level of the team defines the seasonal plan. The Hockey Canada skills development programs are based on progressive steps and follow the appropriate allocation of time illustrated in the skill development pyramid.

Initiation Program Goals

Fun
Introduction of Basic Skills
Reviewing of Basic Skills
Refining of Basic Skills

Initiation Practice Time Allotment

85% Technical Skills
15% Individual Tactics
0% Team Tactics
0% Team Play
0% Strategy

Children learn and develop through participating in practice drills and informal and modified games (such as shinny, freeze-tag and obstacle courses).

Novice Program Goals

Fun
Reviewing of Basic Skills
Refining of Basic Skills

Novice Practice Time Allotment

75% Technical Skills
15% Individual Tactics
10% Team Tactics
0% Team Play
0% Strategy

Atom Program Goals

Fun
Refining of Basic Skills
Introduction to Team Tactics

Atom Practice Time Allotment

50% Technical Skills
20% Individual Tactics
15% Team Tactics
10% Team Play
5% Strategy

Peewee Program Goals

Fun
Refining of Individual Tactics
Introduction to Team Play

Peewee Practice Time Allotment

45% Technical Skills
25% Individual Tactics
10% Team Tactics
10% Team Play
10% Strategy

Bantam Program Goals

Fun
Refining Team Play
Introduction to Team Strategy

Bantam Practice Time Allotment

40% Technical Skills
15% Individual Tactics
20% Team Tactics
15% Team Play
10% Strategy

Midget Program Goals

Fun
Refining Team Play and Strategy

Midget Practice Time Allotment

35% Technical Skills
15% Individual Tactics
20% Team Tactics
15% Team Play
15% Strategy

* **Basic Hockey Skills are: Skating, Puck Handling, Stopping, Passing, Turning, Shooting**

Hockey Canada Player Development Cont'd...

Goaltender Practice Time Allotment

Beginner

75% Movement & Positional Skills
20% Save Movements
5% Tactics

Intermediate

50% Movement & Positional Skills
20% Save Movement
30% Tactics & Transition

Advanced

35% Movement & Positional Skills
10% Post-Save Consequences
40% Tactics & Transition
15% Advanced Positioning

To be a good goaltender you must be an efficient skater. You do not necessarily have to be the fastest skater on the team, but the best in terms of control and mobility. It isn't so much about stopping the puck at first; it is more about getting the proper technique in place. When the proper technique is set, making the save will come naturally. There must also be time for the child to just have fun and let their athletic ability take over.

Long-term Athlete Development (LTAD)...

Scientific research has concluded that it takes eight to twelve years of training for a talented athlete to reach elite levels. This is called the ten year or 10,000 hour rule, which translates to slightly more than three hours of practice daily for ten years. Unfortunately, parents and coaches in many sports still approach training with a short-term focus and an over-emphasis on immediate results. We know that a long-term commitment to practice and training is required to produce elite athletes in all sports.

A specific and well-planned practice, training, competition, and recovery regime ensures optimum development through an athlete's career. Ultimately, sustained success comes from training and performing well over the long-term rather than winning in the short-term. There are no short-cuts to success in athletic preparations. Rushing completion will always result in shortcomings in physical, technical, mental, personal, and lifestyle capabilities.

The proposed model for long-term athlete development includes these main phases:

<u>Phase</u>	<u>Age</u>	<u>Focus</u>
1. FUNdamental	6 – 10	Fundamental Movement Skills
2. Learning the Skills	9 – 12	Fundamental Sport Skills
3. Training to Train	12 – 16	Build Fitness & Specific Sport Skills
4. Training to Compete	16 – 20	Specific Position Skills in Competition
5. Striving to Win	20+	Maximize Performance in Competition

The acquisition of fine motor skills cannot be accomplished by games alone. In a sixty-minute game, players have the puck on their sticks for an average of only 8 seconds and take an average of only 1 – 2 shots on goal. Ninety-nine percent of the feedback coaches give players is when they have the puck BUT the players only have the puck .2% of the game. Therefore, for the serious athlete, the formative years for skill development must emphasize the fundamental building blocs so that the GAME can be learned and enjoyed at later stages.

An approximate indication of the commitment involved in the pursuit of excellence!

<i>Stage</i>	<i>Weekly Sessions</i>	<i>Hours per Week</i>	<i>Training-to-Competition Ratio</i>	<i>Competitions per Year</i>
FUNdamentals	1-2 of 45 mins of ice plus lots of other activities	4-6 in physical activity	50:50 in a minor games setting	Each session includes minor games. Two events (tourneys)/year
Learning the Skills	2-3 of 60 mins of ice	6-7 in physical activity	70:30	25 – 35
Training to Train	3-4 of 60-75 mins of ice	5-7 including fitness training	60:40	30 - 40
Training to Compete	4-9 of 60-90 mins of ice (inc. games) & hockey specific off ice	5-6 developing fitness for hockey	50:50	35 – 45
Striving to Win	6-9 of 60-90 mins of ice (includes games)	4-6 hours refined hockey prep inc. mental prep	40:60	40 - 60

T.E.A.M. First & Fair Play Code, Conflict Resolution & Discipline...

T.E.A.M. First (Together Everyone Achieves More): The concept of “team” is greater than the players and their coaches. The “team” is as far reaching as the Zamboni driver, the community sponsor, the referee, the timekeeper, and the fans. Just as “it takes a village to raise a child” it takes teamwork, commitment and role modeling by all of the game partners to provide the hockey opportunity we want for our youth. The challenge of truly putting the “team first” is for everyone to recognize and respect not only their role and responsibilities but also those of the other game partners.

Fair Play Code: Sport is built on the ideals of Fair Play (respect, integrity and fairness) and on these basic principles: Respect the Rules, Respect the Opponent, Respect the Officials and their decisions, Give everyone a chance to participate, Maintain your self-control at all times. These form the standard of membership within BC Hockey and are the premise upon which the privilege of membership is extended and continued. **All** Parents, Players, Team Officials, On-Ice Officials, & Sport Administrators are required to sign a Fair Play Code Contract to be allowed to participate in hockey and must continue to observe the principles of Fair Play.

Conflict Resolution: In the event of a conflict, the following procedure should be followed:

1. Always contact the team manager first in writing (email)... if not satisfied
2. If it involves a team issue you can request a meeting with the head coach through the manager... if not satisfied
3. Contact the Jr. Director (Atom & lower) or Sr. Director (Peewee & higher) in writing... if not satisfied
4. Request a meeting with an Executive Member or Committee via the Executive List on the WMH website

Inappropriate Conduct: Any members of the T.E.A.M. who violate their Fair Play Contract, may in more serious cases, have their case reviewed by the code of conduct committee for recommendation of disciplinary action. Minimum Suspensions for such abuse will be as follows:

1. Verbal Abuse – 15 day suspension
2. Verbal Abuse including profane language – 30 day suspension
3. Verbal Abuse and threats – 45 day suspension
4. Physical Abuse – Suspension for 180 days

The above suspension times are for first time offences and will carry over into the next season if necessary. Any individual suspended will not be allowed to participate in any WDMHA sanctioned event, team event, or minor hockey related activities.

Discipline Committee (DC): The objectives of the DC are to foster, improve and perpetuate the playing of the game of hockey in a safe, sportsmanlike and responsible manner by members of the WDMHA, as well as to encourage good sportsmanship and citizenship by all WDMHA members. The DC shall deal with “on-ice” issues and these will be handled individually, by means of warning letters for first offenses, suspensions, etc.

Other disciplinary related matters shall be dealt with by the WDMHA Executive directly.

2008 / 2009 Miscellaneous Team & Association Information...

- ✓ There will be a blanket Gaming License for the association to cover all teams during their fundraising activities
- ✓ The HCSP (Hockey Canada Safety Person) replaces the old "Trainer" and the course is now valid for 6 years
- ✓ Jerseys must NOT be altered without permission from the equipment manager
- ✓ All parents are expected to help out with their child's home tournament, even if they are already filling a volunteer position with the association
- ✓ Please feel free to offer feedback or requests for the concession
- ✓ The concession is happy to accommodate group orders for bus trips, or provide specials for tournament meals, inquire with Sharon
- ✓ NO COMMUNAL WATER BOTTLES – Every player must provide their own water bottle, WDMHA will no longer provide water bottles. It is recommended that you sanitize your water bottle after each use.
- ✓ Skates should be sharpened approximately every 5 skates
- ✓ Our website is developing and changing all the time, check it often for information
- ✓ There is standardized WMH Logo'd clothing & merchandise available for purchase by teams and family members
- ✓ Feedback and ideas are always welcome, send an email to any of the executive members by finding the Executive page under the About & Admin Tab on the website
- ✓ Looking for an out of town arena, check out www.arenamaps.com
- ✓ Remember that everyone views things in a different way, communication rather than criticism is the key to a productive association
- ✓ We are all in this for the kids!